

**RELATIONSHIP BETWEEN PSYCHOSOCIAL VARIABLES AND DELINQUENCY  
AMONG ADOLESCENTS IN SELECTED PUBLIC REHABILITATION SCHOOLS IN  
KENYA**

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## DECLARATION AND APPROVAL

### Declaration by the Student

This thesis is my original work and has not been presented for degree in any other university or for any other award.

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## DEDICATION

I dedicate my thesis to my children Solomon, Joyce, Peter, and Ruth who have been great support system throughout the period of writing this thesis.



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My gratitude to God for enabling me to complete writing this thesis. Thanks to my supervisors Dr. Karimi and Dr. Olaly for their devotion, support and invaluable guidance that ensured this thesis attained the quality required. I'm thankful to Mount Kenya University for letting me study and research. I appreciate NACOSTI for granting the permit for data collection, the Directorate of Children's Services and management of the study sites authorization to do the study. I am grateful to the Psychology Department, the School of Social Sciences, and its dean, Dr. Serah, Humanities and Languages faculty members for their support and input. I am grateful to the Directorate of Graduate Studies for the support and facilitation of my studies at Mount Kenya University.

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## ABSTRACT

Teenage delinquency is a growing problem in Kenya and a major issue for society as a whole. Examining selected Kenyan public rehabilitation centers, this research seeks to understand the relationship between psychological variables and juvenile criminality. The study used a mixed-methods approach, drawing from both the "Storm and Stress" Theory and Social Learning Theory. In particular, we choose a convergent parallel research strategy because we think it will work well with our approach. At four specific public rehabilitation schools, 360 people—including students, administrators, instructors, and welfare officers—will be part of the target group. A total of 271 responders are chosen at random from this pool. While convenience sampling is used to pick managers, stratified random sampling, systematic random sample, and basic random sampling are used to select teachers, teenagers, and welfare officials, respectively. Managers and welfare officials conduct interviews and provide questionnaires to educators and students. A pilot study verifies the dependability of research instruments by producing Cronbach's Coefficient Alpha values higher than 0.7, indicating reliability. Asking supervisors for their professional views is another way to guarantee veracity. We use SPSS 25.0, a Statistical Package for the Social Sciences, to do quantitative data analysis using descriptive and inferential statistics. In order to examine qualitative data in a way that was consistent with ethical issues, thematic analysis was used. During the indicated time, the demographic data showed that there were more male adolescents (65.7%) than female adolescents (34.3%) in these correctional facilities. An analysis of variance (ANOVA) confirmed the existence of a statistically significant association between delinquency and self-esteem, which was shown to have a positive correlation coefficient (R) of 0.826. Some teenagers had healthy amounts of self-esteem, whereas others didn't. In a similar vein, between stress levels and delinquency, there was a positive correlation (R = 0.07) and ANOVA analysis confirmed a statistically significant link (F = 0.065,  $p < 0.05$ ). Results for all parameters in the one-sample t-test analysis of the family structure data were 0.000, suggesting statistical significance. The ANOVA analysis confirmed a statistically significant link (F value 0.025,  $p < 0.05$ ) between impulsivity and delinquency, which was backed by a high positive correlation (R value of 0.77). These results are useful for probation officers, instructors, and administrators of rehabilitation schools when making policy decisions to improve the rehabilitation process. Counselors, clinical psychologists, adolescents, and probation officers may all benefit greatly from their ideas as they assist rehabilitating and reintegrating formerly incarcerated youth.

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## LIST OF ABBREVIATIONS AND ACRONYMS

<b>ABIS</b>	Abbreviated Impulsiveness Scale
<b>ADHD</b>	Attention – Deficit Hypheractivity Disorder
<b>ANOVA</b>	Analysis of Variance
<b>BIS – 11</b>	Barratt Impulse Scale – 11
<b>ISRD – 2</b>	International Self – Report Delinquency Questionnaire – 2
<b>ISRD – 3</b>	International Self – Report Delinquency Questionnaire – 3
<b>MKU</b>	Mount Kenya University
<b>NACOSTI</b>	National Commission for Science Technology and Innovation
<b>PSS – 10</b>	Perceived Stress Scale – 10
<b>RSES</b>	Rosenberg Self – Esteem Scale
<b>SEQ</b>	Self – Esteem Questionnaire
<b>SES</b>	Social Economic Status
<b>STI'S</b>	Sexually Transmitted Infections
<b>U. N. HABITAT</b>	United Nations Habitat
<b>U. S</b>	United States

## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background to the Study

Like in other regions of the globe, the size and severity of the issue of juvenile delinquency has been growing at a frightening pace in Kenya. Incidences of street children and organized gangs involvement in crime in major cities and urban towns have escalated. There seems to be an increase in issues involving suicide, homicide, drug abuse and alcohol abuse, dynamics in family structure has led to emergence of complexities in the society which are likely to impact negatively on adolescents hence contributing to delinquent behaviours. The trend of delinquent behaviours among adolescents is worrying and causes great concern to parents and guardians, education system, justice system, rehabilitation schools' management. The problem of adolescent delinquency has remained a challenge that has resulted in consequences which have tended to have negative implications on the adolescents, their families, education system, rehabilitation institutions, justice system and the whole society (Mbiriri, 2017; United Nations Habitat, 2013).

Adolescent delinquency may be associated with various psychosocial variables. These refer to “psychological and social variables” (Long & Cuning, 2013). Variables refer to “characteristics that may change per unit” (Shukla, 2018). Psychological variables are found within an individual, these include personality, attitudes, beliefs, values and feelings while social variables are those in the environment in which an individual operate which include peers, parents and other family members, teachers, religious organizations' members who interact with an individual. This study sought to examine psychosocial variables self- esteem, stress levels, family structure, impulsivity and their relationship with delinquency among adolescents in selected public rehabilitation shools

in Kenya. Self-esteem can extensively be defined as “generally assessment of oneself in either a positive or negative manner” (Shaheen & Jahan, 2014). Self-esteem development is a process which starts from childhood and reaches peak during adolescence period. Adolescents experience physical, emotional, cognitive and social changes as they go through the adolescence period, which may impact positively or negatively on the adolescents’ self-esteem and consequently on their behaviour. Teens' health and actions are affected in many ways by their self-esteem, which ranges from high to poor.

Low self-esteem, vengeance and absence of strong connections were related with delinquency and findings of the past researchers were not consistent in building up a link in the context of poor self-esteem and criminal behavior (Dogar, Akhwanzada, & Bajwa, 2016). Self-esteem has small negative but significant effect on crime and delinquency (Mier & Ladney, 2018). A strong correlation was shown between low self-esteem and juvenile criminality (Tosin & Sabboh, 2021). High self-esteem for males and females was observed to be associated with lower likelihood of reporting delinquent behaviors (Kabiru, Elung’ata, Majola & Beguy, 2014). Credible negative correlation between the adolescents’ self-esteem and involvement in delinquent behaviours was observed, There was a correlation between low levels of delinquency and high levels of self-esteem (Aomo, Aloka, & Raburu, 2018). There is inconsistency in the views of these scholars on the association between low self-esteem, high self-esteem and delinquency. The researcher aimed to investigate the link between delinquency among teenagers in selected public rehabilitation schools in Kenya and both low self-esteem and high self-esteem, based on these opinions. Stress can be characterized as “the imprecise reaction of an individual’s body to every demand change” (Roy, Kamath & Kamath, 2015). Stress levels exist in a continuum with high stress levels at one end low stress levels at the other end. People experience different levels of stress depending on how they handle and react to

different types of stress. During the formative years of puberty, adolescent brains and social lives experience a whirlwind of transformation on many levels. Adolescents' physical and mental health may suffer as a consequence of the stress that builds up as a result of these changes. Adolescents' everyday lives are full with common stresses (Roy et al., 2015). Adolescents with PTSD are more likely to commit violent crimes, according to the research (Paulino et al., 2023).

Pressure in teenagers was connected to chronic frailty and destructive conduct, social clash at different levels that led to increment in pressure that had unsafe ramifications for well-being of an adolescent. (Sigfusdottir, Kristjansson, Thorlindson & Allegrante, 2017). Non-periodic users of substances of abuse and frequent drug users had more significant levels of mental, intellectual and physiological manifestations of stress (Frade, Micheli, Andrade & Formigoni, 2013).

Openness to latent smoking and abusing drugs were found to be positively associated with psychological distress (Pengpid & Peltzer, 2020). Substance abuse Adolescent depression symptoms were substantially predicted by victimization experiences and stress at school for both boys and girls (Adjorlolo, Anum & Huang, 2022). There were more mental health problems among the females than the males however, adverse life experiences with an exception of substance abuse and trauma were more among the males (Adjorlolo et al., 2022). Depression, anxiety and There was a favorable correlation between stress, bullying, and depression was the only one which was found to be a predictor of bullying victimization among adolescents (Arhan, Asante & Boadi, 2019). Stress levels were attributed to underwhelming academic achievement, too demanding academic standards from both parents and educators, bullying by other students, addiction to drugs, peer pressure and pressure from home (Ayiro, Misigo & Dingili, 2023).

There is a positive correlation between delinquent conduct and adverse life occurrences. Kabiru, Elung'ata, Majola, and Beguy (2014) found that parental supervision was negatively correlated with delinquency in both boys and girls, with boys whose parents were more strict being less likely to engage in delinquent behavior. Although these researchers have stressed the importance of stress, they have mostly dealt with stress in general rather than addressing individual stress levels. Adolescents enrolled in certain Kenyan state rehabilitation institutions are the focus of the current research, which seeks to examine the correlation between stress and criminal behavior.

Individuals from a related family via marriage or blood line are shown by the phrase "family structure," which is used concerning something like a child dwelling in the home who is younger than eighteen years" ( Pasley & Petren, 2015). Family is the primary agent of socialization which carries out the role of transmission of beliefs, values, attitudes, cultural norms, morals to the children during their development period. Family structure dynamics have been changing overtime which has led to emergence of different types of families that have their complexities with implications on the behaviour of children as they grow up in these family structures. There are different types of families such as two-biological parents /married parent families (nuclear families), categories of families that include grandparents, stepparents, single parents, cohabiting parents, and blended families (BeckMeyer & Russel, 2018).

Juvenile delinquency was higher among children whose parents were unmarried, divorced, or had died as opposed to those whose parents were married (Kroese, Bernasco, Rouwenda & Liefbroer, 2022). Children go through childhood experiences in non-traditional family structures either with solitary parent, non-biological guardians such as step-parents or grandparents (U.S Census Bureau, 2016). When comparing adolescents

from cohabiting households to those from two-biological-parent families, Park (2013) found that the latter were more likely to engage in criminal and deviant conduct. Children born out of wedlock with families headed by single-mothers the children lacked father-figures (Desta, 2020). Children living with non-biological parents is increasing at a high (Abuya, Mutisya & Onsomu, 2019). Adolescents brought up in one- parent families (living with mother or father) were linked to increased delinquency as well as those in two-parent families (Ndaita, 2017). The present study aimed to investigate the link between family structure and delinquency among teenagers in selected public rehabilitation institutions in Kenya. Researchers have different opinions on the subject.

Impulsivity refers to “urges and cravings that occur in the process of performing an activity in light of a genuine outside or emotional boost (Foroozandeh, 2017). Impulsive responses tend to occur spontaneously evoked by internal body reactions or stimuli from the environment of a person. Impulses are either triggered by internal factors such as hormones or they be as a result of reflex action response towards stimuli. Sometimes the stimuli may be detected as dangerous to the body, the impulse reaction occurs to protect the person from harm as response to emergency, stimuli detected as dangerous by the body defense mechanisms. Impulsive reactions may impact negatively on the behaviour of adolescents. Researchers have shown that cognitive impulsivity is a key differentiator between those who have suicidal thoughts and those who really try to end their lives (Wang, He, Yu & Yan, 2014). Teens living in low-income neighborhoods are more likely to be violent and impulsive, according to research by Vogel and Ham (2018). Also, a lack of self-control can explain why some teenagers act out criminally (Foroozandeh, 2017). Adolescents' impulsivity is a possible cause of their delinquent behavior; factors like lack of knowledge, misinterpretation of dangers, and the innate irrationality of youth may also play a role (Shulman, Harden, Chein & Steinberg, 2015).

According to recent studies, impulsivity may moderate the negative effects of traumatic events in childhood, which in turn might cause people to participate in risky behaviors (Mlouki et al., 2021). In addition, among teenagers making the transition from elementary to secondary school, there is a correlation between depression and lifetime alcohol consumption and the chance of suicide conduct (Mokaya, Kikuvi, Mutai, Khasakhala & Memiah, 2022). Most studies on impulsivity have been carried out in Western nations, with limited research in African nations and minimal investigation within the Kenyan context. This is significant considering the definition of impulsivity and its association with suicidal ideation and behavior (American Psychiatric Association, 2013). This study sought to investigate the connection between impulsivity and delinquency among teenagers attending certain Kenyan public rehabilitation institutions; it was informed by the viewpoints of the researchers whose work was included in the analyzed literature.

## **1.2 Statement of the Problem**

An increasingly pressing societal issue, juvenile delinquency continues to be a concern in Kenya and throughout the globe. There was 16.7% increase in crime reported in 2021 and a re-emergence of criminal gangs in Kenya (Kenya Police Service Report, 2021). The trend is worrying causing great concern to the parents and guardians, education system, justice system rehabilitation schools' management and department of children's services. A study conducted on relationship Research conducted by Gicharu, Githui, and Alumanda (2023) found a correlation between psychological maltreatment and teenage criminality. By investigating the connection between psychosocial factors and delinquency in teenagers, this research aimed to close a knowledge gap. This study examined, self-esteem, stress levels, family structure and impulsivity. The problem of adolescent delinquency has negative implications which threaten the mental health and wellbeing of

individual adolescents, their families and security of the whole society. There are rehabilitation schools which were established to assist adolescent delinquents undergo behaviour reformation yet the efforts have not yielded results as expected in the behaviour change of the adolescent delinquents. The rate of recidivism among adolescent delinquents after exit from the rehabilitation schools is high. The instructors/teachers, parents and guardians, rehabilitation schools, probation officers, justice system adolescents and the whole society seem not to have understood how the rehabilitation process should function effectively to address the challenges. Delinquency among teenagers in a subset of Kenya's public rehabilitation schools was the intended focus of this research.

### **1.3 Purpose of the Study**

The purpose of the study was to examine the relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya.

### **1.4 Research Objectives**

This study was guided by the following objectives:

1. To determine the relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya
2. To determine the relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya
3. To examine the relationship between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya
4. To find out the relationship between impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya

## **1.5 Research Hypotheses**

- HO<sub>1</sub>: There is no statistically significant relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya.
- HO<sub>2</sub>: There is no statistically significant relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya.
- HO<sub>3</sub>: There is no statistically significant relationship between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya.
- HO<sub>4</sub>: There is no statistically significant relationship between impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya.

## **1.6 Significance of the study**

According to the findings, self-esteem levels among teenagers ranged from very high for some to very low for others. Curiously, this group showed signs of delinquency before either high or low self-esteem were considered. Both male and female teenagers exhibited a tendency of increased aggressiveness when their self-esteem was poor, according to the research. The importance of self-esteem in influencing the emergence of antisocial behaviors is shown by these results.

Some of the adolescents had mental disorders such as post-traumatic stress disorders, anxiety disorders, drug abuse and alcohol abuse disorders, mood disorders, depression which are all linked to destructive misconduct. This requires urgent attention by the rehabilitation schools' to make arrangements with mental health practitioners for screening for early detection of mental health issues. Findings showed that the adolescent delinquents from two-family structures and the other types of families were linked to delinquent behaviours. This information will be useful to the education system, rehabilitation schools' management in the development of programmes to assist

adolescents in the rehabilitation and those in the community who are not yet in delinquency. Findings indicated some adolescents had delinquent behaviours associated with impulsivity while other delinquent behaviours were not associated with impulsivity. The rehabilitation schools' management, teachers and welfare officers to seek help from health practitioners in identification of the group which is impulsive then involve counselling psychologists and clinical psychologists to offer support.

### **1.7 Justification of the study**

The juvenile crime rate in Kenya and the majority of the world has been escalating at an alarming rate among adolescents which poses challenges that threaten adolescents' wellbeing and impacting negatively on their health, their families are likely to be affected by having financial constraints to put medical bills. There has been negative implications on education system, justice system and the security of the whole society. The findings contributed information to the existing knowledge on the need for effective empirical evidence-based intervention measures to curb the social problem of adolescent delinquency. The research findings obtained provided knowledge which will help mental health care givers, marriage counsellors, counselling psychologists as they offer interventions to the adolescents, their parents and guardians to attain skills to assist in guiding their children after exit from rehabilitation schools to sustain the positive behaviour change attained during rehabilitation process. This will reduce rate of recidivism among adolescents after exit from the correctional institutions. The information will create awareness and help the parents and guardians to gain knowledge on the appropriate parenting styles, the teachers, caretakers will be empowered on caregiving skills to help the adolescents in the behaviour reformation. The findings will be useful in policy formulation by rehabilitation schools' management, primary and

secondary schools' management, justice system, for improvement in assisting both juveniles who have already found themselves in legal trouble and those who have not. This will be beneficial to all these stakeholders in averting the escalating rate of delinquency among adolescents.

In a convergent parallel design, the researcher used several study methodologies to gather quantitative and qualitative data at the same time. Triangulation was used to increase the validity of the findings by merging the results from each dataset that had been studied individually throughout the interpretation and debate phase. His strategy included enhancing the conversation by integrating findings from quantitative and qualitative research. In order to grasp the variables and solve the study topic, the quantitative data gave statistical insights that allowed for generalizations. Qualitative data, however, provided a more in-depth knowledge of the phenomena under study, enabling the researcher to glean insightful conclusions.

### **1.8 Scope of the Study**

What the researcher meant by "scope" was the limits of the investigation. This study was confined to four selected public rehabilitation schools in Kenya, Dagoretti Girls and Kirigiti Girls' rehabilitation schools, Just two rehabilitation schools cater specifically to females in Kenya. Among them, the Kabete Boys are the most senior.

Getathuru Boys is an expert in evaluating and categorizing juvenile offenders in Kenya. This was driven by the fact that there has been an increased rate of offenses committed by females nearly of the same rate as those committed by males. This study was informed by two theories that were the exclusive focus of this research: Hall's (1904) "Storm and Stress" Theory and Bandura's (1973) Social Learning Theory. Researchers were able to gather both quantitative and qualitative information at the same time because they used a mixed-methods strategy. To improve triangulation and validate findings, both sets of data

were first examined separately, and then combined during discussion and interpretation. This study did not primarily concentrate on other research methodologies.

The study was conducted through convergent parallel design, the focus was not on other types of research designs in this study. Only four public rehabilitation schools in Nairobi and Kiambu counties, home to juvenile offenders, were included in this research, which were Dagorretti and Kirigiti Girls' rehabilitation schools, Kabete and Getathuru Boys' rehabilitation schools, who were direct beneficiaries of provision of services by the justice system in Kenya but not the adolescent delinquents in private rehabilitation institutions who were not direct beneficiaries of government support in the provision of services in the reforming process of adolescent delinquents. The adolescent delinquents who had exited the rehabilitation Schools were omitted from the study's sample due to the difficulty in finding them, they might have valuable information to offer but they might not be available during the study to be included in policy formulation. The target population was obtained from the four selected public rehabilitation schools which comprised of managers, teachers, welfare officers and adolescents and not any other correctional institutions. Participants in the research included administrators, educators, social workers, and students from four different public rehabilitation schools.

Piloting of the research instruments was conducted at Nairobi Children's Remand Home which was composed of children who were waiting for their court cases to be completed then they would be acquitted or committed to the rehabilitation schools, therefore the population was similar to that of actual population of the study and not in other correctional institution.

In order to choose study participants, the researcher used a variety of selection methods, including simple random sampling, purposive sampling, stratified random sampling, and convenience sampling. We did not employ any other sampling techniques.

Questionnaires and interview schedules were the only tools used for the study. Tables, frequencies, percentages, and standard deviation were the only data presentation tools used in the descriptive statistics study. Tables, frequencies, percentages, and standard deviation were the only data presentation tools used in the descriptive statistics study.

This study yielded findings which will add information to the existing knowledge. The results will be useful in policy formulation and implementation by rehabilitation schools' management in development of effective programmes to be used in the rehabilitation process of the adolescent delinquents, education system, justice system and department of children's services. The findings will also be helpful to the counselling psychologists, clinical psychologists, mental health care givers and probation officers as they offer help to the adolescent delinquents after exit from the correctional facilities. The findings will be useful to the parents, guardians and teachers in equipping them with knowledge and skills to assist the adolescent delinquents to sustain the positive behaviour change.

### **1.9 Limitations of the study**

Factors outside the control of the researcher are known as limitations.

The population of the study was not homogenous, the study expected possible influence on the sampling procedure because of the sample size, therefore random sampling techniques were used to minimize biases in process of sampling. Inaccessibility of some of the personal information of the adolescent delinquents due to the sensitivity of the cases. Some of these institutions were regarded as penal and correctional facilities hence not accessible to general public, unanticipated occurrences might come up.

In order to reduce these constraints, the researcher was honest about the research's purpose: to create trust with the managements of rehabilitation institutions. The researcher gave assurance of confidentiality of the information gathered from the documents of the

institutions and also planned early to allow time for adjustments according to the programs in the institutions.

In order to brief the institution's administration about the study's goals and methods, the researcher requested an appointment. The research was based on Hall's (1904) "Storm and Stress" theory, which states that teenagers go through a "Storm and Stress" phase of transition characterized by many changes.

The other theory which guided the study was Social Learning Theory (Bandura, 1973) based on the principles of observational learning and modelling of behavior which may occur mainly from the environment of the adolescents. However, behavior of a model is not automatically observed and imitated as the Social Learning theory depicts, mediation process is involved which was not emphasized in the theory. The research variables included self-esteem, stress, family structure, with impulsivity being the only independent variable.

Using a convergent parallel research strategy, the study gathered quantitative data was collected using quantitative research methods leading to collection of large amount of data and qualitative data was collected using qualitative research methods in which in-depth information was corrected from the respondents simultaneously. Both sets of data were analyzed independently then findings were combined during the interpretation and discussion, which led to triangulation of the findings.

During interpretation and debate, combining the results of quantitative and qualitative data analysis strengthened the validity of the findings. Quantitative data helped shed light on the study issue and its factors by allowing for statistically-based generalizations. Qualitative data, meanwhile, provide light on the study's central issue. There were no additional research designs used in this study. Questionnaires and interview schedules were the primary study tools used for data collection. Only instructors and teenagers were

given questionnaires, and only managers and welfare officials were given interview schedules.

### **1.10 Assumptions of the Study**

Assumptions upon which this research was founded were:

1. Adolescents committed to the selected public rehabilitation schools have delinquent behavior problem.
2. Adolescents in selected public rehabilitation schools probably have issues of self-esteem.
3. Adolescents in selected public rehabilitation schools have issue on Stress.
4. Adolescents in selected public rehabilitation schools may be having issues related to family structure.
5. Adolescents in selected public rehabilitation schools may be having issues of impulsivity.

## 1.11 Operational definition of Terms

**Adolescent delinquency:** Refers to “Criminal behavior exhibited by young people, who are transiting from childhood to adulthood” that is adolescence stage of development.

**Adolescence:** Transition period between childhood and adulthood, which is a critical developmental stage, in which adolescents are likely to experience many changes and challenges, that have various implications on their behavior.

**Family structure:** "Closely related" is a way to describe people who have a common ancestor by marriage or blood., and concerning in any event, one child dwelling in the home, and is below eighteen years of age.

**Impulsivity:** Inclinations and desires to play out an activity, because of a genuine outside or emotional boost.

**Psychosocial variables:** Variables encompassing psychological and social variables.

**Rehabilitation:** A combination of practices aimed at intervening on the inappropriate behaviour of adolescents.

**Relationship:** An association between two or more variables.

**Self-esteem:** broadly speaking, it is the practice of evaluating one's own performance, good or bad.

**Stress:** Stress can be defined as "the loose reaction of the body to any interest for change.

**Variables:** Characteristics that may change per unit

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

The purpose of this section was to summarize the findings of previous studies on psychosocial variables in relation to adolescent delinquency. This was carried out thematically according With relation to the study's aims. The variables included Self-esteem, Stress, Family structure and Impulsivity. Theoretical framework and Conceptual framework were reviewed.

#### 2.2 Empirical Literature Review

Concepts of psychosocial factors were used to conduct an empirical literature review defined as “combined psychological and social variables” and variables are defined as “characteristics that may change per unit”. The psychosocial variables are the independent variables which included Self-esteem, Stress, Family structure, Impulsivity and their relationship with delinquency is a subset of Kenyan public rehabilitation schools for teenagers. Delinquency was the dependent variable in this study.

##### 2.2.1 Self-Esteem

A broad definition of self-esteem is "a generally positive or negative assessment of oneself." (Shaheen & Jahan, 2014). Self-esteem in an individual develops from childhood and reaches peak, during adolescence. Internal factors found within an individual which include self-esteem, attitudes and perceptions and external factors influences behavior of an individual.

A research was carried out to examine the role of gender in mediating the connection between adolescent delinquency, low self-esteem, and child sexual abuse.

The research included 8,194 students from the Quebec province of Canada who were in the fourteenth to eighteenth year of high school; 57.8% were female and 42.2% were male

(Deuchesne, Herbert & Blais, 2021). According to the findings, self-esteem was an underlying factor in the correlation between sexual abuse of children and criminal behavior. Plus, delinquent behaviors were more common among boys since they had greater levels of self-esteem than girls (Deuchesne, 2021).

Teens who have experienced sexual assault, especially boys, should have their self-esteem addressed as an intervention goal, according to the study's authors. For male teenagers dealing with the consequences of delinquency, they suggested that putting an emphasis on promoting positive self-esteem might help reduce risk. They also suggested giving them better coping skills to help them feel better about themselves (Deuchesne, 2021).

For the purpose of making a research contribution, a U.S.-based meta-analysis analyzed 48 impact sizes from 42 studies covering 25 years (1990-2015) and 71,130 persons in total. The results showed that delinquency and criminality were negatively affected by self-esteem, but to a lesser extent than previously thought. According to Miier and Ladney (2018), there is a negative relationship between low self-esteem and participating in delinquent behaviors and criminal activity.

Shaheen and Jahan (2014) in a study that comprised of two hundred one hundred male and one hundred female students from a senior secondary school of Aligan Muslim University in India involved respondents who were fifteen to eighteen years old. All the respondents were from upper middle class socio-economic background. They investigated the work off confidence being developed of animosity among the young people. According to the results, there is a negative correlation between self-esteem and all aspects of violent conduct

(Shaheen & Jahan, 2014).

Additionally, the results demonstrated that both male and female teenagers had significant levels of aggressiveness, which was linked to poor self-esteem (Shaheen & Jahan, 2014). However, these findings have not showed the association of high self-esteem and delinquent behavior such as aggression among adolescents and the study considered only aggression but no other forms of delinquent behaviors. The study focused on non-delinquent adolescents, not adolescent delinquent students. Rosenberg (1965) asserted that low self-esteem, according to social-bonding theory, weaker social relationships make it harder to adapt to social norms and increase misbehavior.

Wang and Yen (2013) conducted a study in Taiwan, on self-esteem in adolescent animosity culprits, casualties and culprits - casualties, and the directing impacts of sorrow and family support. The scientists pointed toward analyzing contrasts in the degree of confidence among teenagers with various jobs in hostility contribution (animosity culprits, casualties, culprit casualties and neutrals) as indicated by sex. The scientists additionally inspected the directing impacts of misery influence the connection between aggression, confidence, and familial support.

A sum of 8,000 and 85 teenagers in Taiwan, who finished surveys as respondents in this review. The Rosenberg Self-Esteem Scale (RSES) was used to measure confidence; high scores indicate a high level of self-assurance. The connection between confidence and animosity inclusion were analyzed by numerous relapse examination (Wang & Yen, 2013). The findings demonstrated that female animosity victims' sense of self-worth was lower than those of the other three groups. In any case, there was no huge contrasts in self-esteem between male casualties and culprit casualties (Wang & Yen, 2013). The discoveries support the possibility that degrees of confidence are not the equivalent in youths with various examples of association in hostility and those without contribution

of animosity (Wang & Yen, 2013). The connection between hostile attitudes, high self-esteem, and various forms of delinquency has not been addressed in this review.

The ebb and flow review were educated by these perspectives, the specialist looked to decide the connection between confidence (low confidence and high confidence), and misconduct, among teenagers in chosen public recovery schools in Kenya

Khajehdaluae, Zavar and Pourandi (2013) conducted a cross-sectional review in Iran to assess the connection between low confidence and unlawful substance addiction. The respondents were nine hundred and forty three grades nine to twelve secondary school understudies from Sarakhs district.

People were asked to fill out a survey. It had queries and questions that were divided.

Personal and familial details were the primary emphasis of these. Additionally, they discussed the individual's cigarette and drug using histories. There were many other drugs, such as marijuana, opium, pills, alcohol, betel nut, and more. A measure of confidence was taken. A Persian translation of the Rosenberg Self-Esteem Questionnaire was used for this purpose.

The results of this study showed that drug abuse was quite uncommon most likely due to legitimate denial of unlawful medications in Iran social upsides of

Families in Iran are fighting back against substance abuse, especially among young people, and there is widespread parental discontent with the prevalence of chronic drug use (Khajehdaluae et al., 2013). The findings indicated that the prevalence of drug abuse among the males was about fifty three percent which was higher than that for females.

A correlation between drug misuse and self-esteem, as measured by the Rosenberg Self-Esteem Scale, was also found in the findings. Significant relationships with self-esteem were found in the following substances: alcohol, heroin, pills, and smoking (Khajehdaluae et al., 2013). those with a history of smoking or drug addiction (including

heroin, tablets, betel, and others) had significantly lower Rosenberg self-esteem ratings than those without a history of substance abuse. When it came to opium and marijuana, however, the correlation was negligible. The results did not show a correlation between drug misuse and either low or high self-esteem, but they did generalize the link with self-esteem. This research sought to address these competing perspectives by investigating the correlation between teenage misbehavior, self-esteem (both high and poor), and a few public rehabilitation institutions in Kenya.

Dogar, Akhwanzada and Bajwa (2016) conducted cross-sectional study in Borstal Jail of Feusaland Pakistan assessed the level of self-esteem of youthful delinquents to sought out psychological factors linked to delinquency. A total of one hundred men were surveyed using systematic and random sampling methods. Low self-esteem, vengeance and absence of strong connections were related to delinquency (Dogar et al., 2016). These researchers observed that past research findings on young adult misconduct were not steady in setting up a connection between low confidence and juvenile wrongdoing.

The researchers' opinions showed that there was no clear correlation between low self-esteem and juvenile misbehavior. Findings highlighted the link between poor self-esteem, seeking retribution, and having supportive connections. certain sense of self-worth and its relationship with delinquency was not indicated in the findings. The respondents in the sample were only males, females were not included in the sample. These views informed the present research in which the researcher sought to determine the connection between self-esteem both low and high self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Two hundred and fifty students from six different junior highs in Patani Local Government Area, Delta State, Nigeria, were randomly chosen to participate in a research that aimed to identify the psychosocial variables that contribute to antisocial conduct

among adolescents. Multiple regression, analysis of variance, and Pearson product moment correlation were used to analyze the data (Tosin & Sabboh, 2021). Tosin and Sabboh (2021) discovered that teenagers' delinquent actions were positively correlated with peer influence and significantly inversely correlated with their parents' socioeconomic position.

Adolescent delinquent behaviors were also significantly associated with low self-esteem the researchers further noted that three independent variables combined accounted for ninety three percent variance in predicting adolescent delinquency among junior secondary school students (Tosin & Sabboh, 2021). On the basis of these findings the researchers recommended that the government should make strict laws on dealing with adolescent delinquency, individual delinquent adolescents to be taken through correctional process which will serve as deterrent measure to prevent other adolescents from involving themselves in acts of delinquency (Tosin & Sabboh, 2021). The views of the researchers have not specified whether the observations were for low or high self-esteem and their link to delinquent behaviours. This study drew from these views as the researcher sought to determine the relationship between self-esteem and delinquency among adolescents in selected rehabilitation schools in Kenya.

A cross-sectional research was conducted in Kenya involving two thousand and sixty-four male and female adolescents aged twelve to nineteen years to investigate the degree to which a composite index, disagreeable life events and their correlation with criminal behavior (Kabiru et al., 2014).

Parental supervision, religious affiliation, and self-esteem were the variables studied. The findings indicated that in both males and females, adverse life occasions emphatically and fundamentally related with misconduct. Negative associations were noted for parental monitoring, for both males and females, religiosity for males and self-esteem for

females (Kabiru et al., 2014). High self-esteem for males and females was found to be associated, with lower likelihood, of reporting delinquent behaviors. The researchers emphasized adverse life events as a variable, and their association with delinquency (Kabiru et al., 2014). Low self-esteem has not been discussed in the findings. The current study drew from the views of these scholars, as the researcher sought to find out the association connecting teenage misbehavior with low self-esteem in a sample of Kenyan public rehabilitation institutions.

Among secondary school students in Kenya, Aomo, Aloka, and Raburu (2018) looked at the correlation between poor self-esteem and engaging in harmful behaviors.

A sample size of three hundred and seventy-eight students, both males and females were sampled from mixed schools. Two hundred and seventy boys that was the study's sample consisted of sixty percent men and fifteen hundred and fifty-five females, or forty percent females. It seems that there is a negative link ( $r = -.664$ ) between students' self-esteem and their engagement in behavioral issues. The study did not differentiate between low and high self-esteem or the effects of either on engaging in antisocial conduct. There is contrast in the views of these scholars concerning association of low and high self-esteem and delinquent behaviors among adolescents. The current study drew from these views, the researcher investigates the correlation between juvenile delinquency and self-esteem (both low and high) in a sample of Kenyan public rehabilitation schools.

### **2.2.2 Stress Levels**

Stress can be characterized as "the loose reaction of the body to any interest for change" (Roy, Kamath & Kamath, 2015). The adolescent years are a time of profound personal and social change, marking the passage from childhood into maturity (Jaworska & MacQueen, 2015). Adolescents are establishing their social independence at this crucial

developmental phase (Steinberg, 2014). Adolescents undergo many changes which include physical, psychological, cognitive, emotional and social changes. These are likely to evoke internal reactions within the adolescents' body and most likely leads to pressure or stress build up. The most common stressors experienced by adolescents involve daily activities and life events (Roy, et al., 2015).

Paulino et al. (2023) conducted a countrywide register-based cohort research in Sweden to investigate the link between PTSD and the chance of perpetrating violent crimes. The purpose of this research was to test the hypothesis that post-traumatic stress disorder is associated with criminal aggression. It investigated familial variables using family members who did not suffer from PTSD (called sibling control participants). After controlling for past criminal episodes and shared family effects, the results still showed that PTSD was associated with an increased chance of violent crime conviction. Results showed a strong correlation between PTSD and criminal violence in the Swedish population, which might have wider ramifications (Paulino et al., 2023). The researchers suggest that although the results may not be generalizable to less severe or undetected cases of post-traumatic stress disorder the research findings informs on interventions which aim towards reduction of violent crime in the vulnerable populations. Addressing post-traumatic stress disorder is crucial for vulnerable groups to prevent and reduce violent crime, since it may be a contributing factor.

Frade, Micheli, Andrade, and Formigoni (2013) conducted research on the connection between secondary school students' drug use and stress symptoms.

The purpose of this research was to examine 954 Brazilian students from sixth through eleventh grade for signs of stress and psychoactive drug usage. The Stress Scale for Adolescents and Drug Use Screening Inventory were used to compare drug use to four stress indicators. Regular and non-/occasional drug users were compared for

psychological, cognitive, physiological, and interpersonal stress symptoms (Frade et al., 2013). Non/occasional and regular drug users had greater mental, intellectual, and physiological stress symptoms, suggesting a substantial continuum of stress (near exhaustion and weariness). Drug usage and stress were most among 11–13-year-olds, the youngest in the schools (Frade et al., 2013). Students 16 and older from upper-working class homes with dysfunctional family connections and academic challenges were the most frequent drug users (Frade et al., 2013). These results showed that juvenile drug misuse and stress are linked, emphasizing the need for early screening and intervention. Drug usage was linked to four stress levels among city children in public and private schools (Frade et al., 2013). However, student genders were not specified. Following these results, this research examined stress and delinquency in male and female adolescents in selected Kenyan public rehabilitation schools.

A research on stress and adolescent welfare: the requirement for an interdisciplinary structure was conducted in United Kingdom with the aim of introducing a structure to analyze the impacts of stress on various behavioral results among adolescent including substance abuse, self-destructive conduct, self-caused damage and misconduct (Sigfusdottir et al., 2017).

Teenage pressure was linked to persistent weakness and destructive behavior. Cultural and explicit social strife at family and friend gatherings increased strain. This endangered young health and prosperity. Social atmosphere caused mental stress. Upsetting life experiences and individual traits caused stress (Sigfusdottir et al., 2017).

The reserachers further noticed that natural and physiological components were involved in the destructive behaviour which impacted greatly on individuals' wellbeing (Sigfusdottir et al., 2017). The research examined stress's negative effects on teenagers' health. It explored hazardous behaviors, social conflicts, the social environment, and

biochemical and physiological systems that cause stress-related health problems. These experts informed the present study, which examined stress and delinquency in Kenyan adolescents in selected public rehabilitation institutions.

Researchers in Ghana investigated gender inequalities in unfavorable life events and mental health consequences among school-going teenagers in West Africa. The present study was informed by insights from these experts and attempted to investigate the association between stress levels and delinquency among teenagers in selected public rehabilitation schools in Kenya. The sample included 1,886 teenagers, 1,174 of them were girls, and they filled out self-report assessments on mental health and unpleasant life events. Analyses were performed on the data using descriptive and linear regression methods (Adjorlolo et al., 2022). Females had elevated levels of mental health problems in comparison to males. Gender similarity was seen in the incidence of unfavorable life events, with the exception of drug misuse and trauma, which were more prevalent among men (Adjorlolo et al., 2022).

The researchers discovered that unpleasant life events had a consistently substantial influence on mental health outcomes for both genders. Drug usage, victimization, and school-related stress were significant predictors of depressive symptoms in both genders. The research offered strategies that might improve the mental well-being of both boys and girls (Adjorlolo et al., 2022).

Ghanaian school-age teenagers who were victims of bullying were the subjects of an investigation by Arhin, Asante, and Boadi (2019). The survey was completed by 198 students, a mix of male and female students. In a cross-sectional study, the researchers measured mental distress (anxiety, stress, and depression) and experiences of being bullied using self-report questionnaires. Data analysis showed a clear correlation between being the victim of bullying and mental health issues such as stress, anxiety, and

depression. Data analysis showed a clear correlation between being the victim of bullying and mental health issues such as stress, anxiety, and depression. Additional investigation revealed that the only factor that could predict being bullied was depression (Arhin et al., 2019). The present research, which attempts to look into the connection between stress levels and criminality among teens in certain public rehabilitation centers in Kenya, was inspired by this study.

An analysis was conducted on data from 6,745 fifteen-year-old adolescents in Morocco to determine the prevalence and factors associated with mental distress. The researchers used cross-sectional data from the "2016 Morocco Global School-based Student Health Survey" conducted by Pengpid & Peltzer in 2020. The frequency of mental discomfort was 18.0% among males and 29.2% among females. Female gender, advanced age, history of bullying, physical assault, frequent participation in fights, absence of close friendships, feelings of hunger, parental emotional neglect, parental disregard for safety, school delinquency, passive behavior, and sustained serious injuries in the previous year were linked to mental distress (Pengpid & Peltzer, 2020). Psychological discomfort was also associated to peer support, lack of parental homework supervision, secondhand smoke, and drug addiction such as nicotine, cannabis, and amphetamines (Pengpid & Peltzer, 2020).

The researchers noted that one out of every four school children reported psychological distress. The other factors associated with mental distress were identified and this may help in control and prevention of psychological distress (Pengpid & Peltzer). The study involved both male and female adolescents and dealt with psychological distress and causes. The researcher noted that the students experienced psychological distress and the factors that caused the distress were identified however, the association of the distress with adolescent delinquency was not dealt with in the study. The current study drew from

these views the researcher sought to determine relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya.

A research in Ghana examined how distressing life occasions and viciousness are identified with emotional well-being: the defensive part of social relations in African setting (Nyarko et al., 2020). The examination broke down the buffering part of numerous connections in an African setting. The members were four hundred and fifteen Ghanaian students aged fourteen to seventeen years with mean of 16.51, young females composed seventy one percent. The researchers indicated that the outcomes showed that emotional wellness status was shown to be associated with burdensome indications and mental misery. The researchers also observed that the quality of parental connections with their children (backing and control), kin connections (warmth and competition), peer connections, openness to upsetting life-occassions and viciousness were linked to outcomes which were associated with distress. The discoveries showed that lone unpleasant life- occasions yet not savagery had relationship with more significant levels of burdensome and mental trouble side effects (Nyarko et al., 2020). The researchers reported that positive kin connections acted as cushion to psychological well-being. Stressful life-occasions were not related to burdensome side effects among young people who experience warm and close kin connections.

Although strong maternal and friend relationships were shown to be significantly associated with reduced levels of bothersome manifestations, the researchers claim that no protective capability was discovered for parental or peer connections (Nyarko et al., 2020).The researchers have zeroed in on mental health and how stressful life-events lead to depressive state and psychological distress with emphasis on protective factors that can prevent and control depressive effects and psychological distress (Nyarko et al., 2020).

During a cross-sectional research conducted in Kenya with 2,644 male and female adolescents aged twelve to nineteen years, examining the extent to which antagonistic life occasions were associated with delinquent conduct data analyzed on the impacts of parental checking strictness and confidence reported that the discoveries demonstrated that difficulties of both male and female adolescents were associated with misconduct (Kabiru et al., 2014).

The researchers found that there were negative correlations between male and female parental strictness and viewing was seen to be related to lower probability of exhibiting delinquent misconduct. The researchers further indicated that adverse life events were positively associated with delinquency (Kabiru et al., 2014). The study focused antagonistic life events that adolescents face that may have led to delinquent behaviors hence dealt with causes and not association of adverse events with delinquent behaviors among adolescents. The current study drew from this study, the researcher sought to determine the relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya.

A research done in Kenya sought to evaluate secondary school pupils' stress levels, coping mechanisms, and mental health literacy (Ayiro et al., 2023). The study comprised 400 secondary school students, ages sixteen to twenty-two, using a sequential exploratory research design and a mixed methods technique. Researchers found that students' stress levels ranged from moderate to high, indicating that secondary school pupils in Kenya may be more vulnerable to mental health problems (Ayiro et al., 2023). The kids also mentioned dealing with issues including subpar academic performance, high expectations from parents and instructors about their performance, an abundance of assignments, homesickness, bullying, drug addiction, and peer pressure (Ayiro et al., 2023).

Various stressors which affected the students such as poverty at home, parental divorce leading to single parenthood, failed romantic relationship resulting to heartbreaks, early pregnancies and STI's (sexually transmitted infections).

The findings also demonstrated a strong correlation between stress levels and avoidance as a coping strategy. Students tended to put off solving the issue more when they were very anxious (Ayiro et al., 2023). These academics' opinions on the connection between teenage delinquent conduct and stress levels vary. Inspired by this, the present research set out to find out how stress and delinquency related among teenagers attending certain public rehabilitation institutions in Kenya.

### **2.2.3 Family Structure**

The phrase "the individuals connected by marriage or bloodline, residing together in a household, with at least one member being under the age of eighteen" (Pasley & Petren, 2015) describes a family structure. It covers partnerships defined by living circumstances, marriage status, or biological connections. Various family structures can be classified into different categories, such as single-parent families, blended families, cohabiting couples who are single parents, situations where the child lives without a parent (e.g., with grandparents or other relatives, in foster care, or under guardianship), and two-parent families. (Pasley & Petren, 2015). "Family structure captures children's relationships to parents and is a term used to describe members of a family, having blood relationship or related by marriage which refers to the presence of at least one youngster under the age of eighteen residing in the household. In a study conducted using dutch population register data (Kroese et al., 2022) investigated single- parent families and adolescent delinquency, noted that adolescent delinquency likelihood was found among adolescents born in single- parent families, separated- parent families and as opposed to children raised in two-parent households with dead parents (Kroese et al., 2022).

Park and Lee (2020) investigated the relationship between Korean adolescent health habits, mental health, and academic accomplishment and family structure. A sample of 59,096 teenagers participated in the 2018 Korean Youth Risk Behavior Web-Based Survey, whose data they evaluated. The researchers investigated the association between family structure and health habits, mental health, and academic accomplishment using Calculated Regression, t-tests, Variance Analysis of a Complicated Sample, and Linear Model. They discovered that, in comparison to intact families (two-parent families), non-intact families (single-parent families and blended families) had significantly higher odds of participating in behaviors like smoking, drinking alcohol, using the internet, engaging in physical activity, having sex, and experiencing mental health issues like depression, suicidal ideation, perceived stress, and poor perceived health status (Park & Lee, 2020). The outcomes likewise showed that, non-unblemished families were fundamentally connected with low seen scholastic accomplishment, contrasted with flawless families. The discoveries showed that, family construction could be a danger factor, that may have adverse results, on young people's scholastic accomplishments, especially those from non-unblemished families (Park & Lee, 2020). The study's findings indicate that different family structures may have different risk factors impacting teenagers' health-related behaviors. Understanding the relationship between different family structures and health status is so critical. Blended households had a greater connection with smoking, alcohol use, sexual experience, sadness, suicidal ideation, stress, and poor subjective health (Park & Lee, 2020). Rebuilt families are probably going to experience the ill effects of relational troubles for example parental contentions contrasted with different families which include single-parent families and are presented to abusive behavior at home and misuse (Park & Lee, 2020). This study dealt with some of the non-intact families but others such as grandmother families. The views of these researchers informed the current

study in which the researcher investigated family structure and juvenile delinquency in Kenyan public rehabilitation schools.

Brown, Manning, and Stykes (2015) examined family design in the US and family intricacy on youngsters' prosperity handled by the U.S Census Bureau, a nationally representative data source with information got at the family and individual levels. The analyst utilized information from two thousand and eight review pay and program cooperation in which twenty three thousand nine hundred and eight five individuals participated (Brown et al., 2015). The examination zeroed in on youngsters' family design and family intricacy, which depended on family-level pointers of financial prosperity. The researchers involved kids aged zero to seventeen years living in a scope of family structures were included in the investigation (Brown et al., 2015).

Financial hurdles, such as a lower income-to-needs ratio and an increased probability of getting public assistance, were shown to be independently linked with family complexity. Brown et al. (2015) found that children in households with two biological parents who were married had a higher likelihood of obtaining public assistance, suggesting that family complexity had an unexpected but beneficial influence. Children whose parents are married were the only ones whose financial situation was examined in this research. This study is a product of the researchers' own beliefs. Its stated goal is to investigate, in selected Kenyan public rehabilitation institutions, the relationship between family composition and juvenile criminality.

In Asmara, Eritrea's capital, a study examined adolescent delinquency, its causes, its effects, and its prevention in sub-Saharan Africa, with a focus on Eritrea (Desta, 2020). The researcher used primary and secondary sources to draw data from 70 of the 120 teenage delinquents on remand at the Asmara juvenile rehabilitation facility. The study found that most teenage delinquents originated from unmarried couples, separated or

divorced parents, and missing or dead fathers (Desta, 2020). Unwed children, single moms, absence of father figures, poor parent-child connections, negative peer pressure, and fractured and pressured homes were all linked to teenage delinquency. The researcher further noted that stealing, truancy or absenteeism from school were reported by the adolescent delinquents (Desta, 2020). The researcher found out there different types of family structures except two-parent families which were not revealed as being in the study sample.

Kamiti Youth Correction and Training Center in Kiambu County, Kenya, studied how family patterns affect male adolescent misbehavior. According to Family Systems Theory, the family is the key place where people learn how to interact, forming behavior patterns and traits (Onsando et al., 2021). From a group of 120 delinquents aged 15–18, sixty male respondents were selected using purposeful and simple random selection (Onsando et al., 2021). Questionnaires were self-administered as part of the data gathering process, which also included focus group discussions and interviews. Statistical Package for the Social Sciences (SPSS) version 25.0 was used for quantitative data analysis using descriptive statistics, while means, frequencies, and standard deviation were used to present the thematic analysis of qualitative data collected from interviews and focus groups (Onsando et al., 2021).

The study found that the likelihood of juvenile delinquency was lowest in households with two parents behaviours and the family structure with absent parent had the greatest of adolescents developing delinquency. Therefore the family structure was found to have the critical role of preventing adolescent delinquency (Onsando et al., 2021). The researcher notes that based on these findings family- centered intervention measures are necessary to be put in place for prevention of juvenile delinquency, empowering the parents and guardians, especially in cases where parents are separated or divorced.

Religious groups, rehabilitation centers, and the Children's Department are all important players. These academics argue that the family unit is the most important setting in which to raise children. Disruptions in the home environment may have a negative impact on children, who may then act in ways that harm themselves and others. Based on these insights, researchers in Kenya set out to examine which public rehabilitation schools had the strongest correlations between family dynamics and juvenile criminality.

Ndaita (2017) carried out a study to investigate the psychological factors impacting adolescent wrongdoing among juvenile young girls at Kirigiti and Dagoretti Rehabilitation Centers in Kenya. The investigation utilized review of data and sample size of seventy- eight girl. The findings indicated that family issues such as material deficiencies, dysfunctional families, absence of parental consideration and friendship, abuse by step/ foster parents, youngster disregard and child abuse, were sources of adolescent delinquency (Ndaita, 2017). The researcher noted that adolescents brought up in one parent family (living with mother or father) were linked to increased delinquency, those living with both parents were also found to be linked to increased delinquency. The researcher also noted that, poor child upbringing skills, family size and child abuse were linked to adolescent delinquency (Ndaita, 2017). The study focused on psychological factors that caused delinquent behaviors among young girls however, the researcher did not deal with other factors such as the social factors.

There was a singular gender bias in the research; men were not even considered for inclusion in the sample. Results from this study contradict those from other studies that looked at the link between delinquency and teenagers from two-parent households. The researcher drew on these viewpoints in order to conduct the present study, which sought to investigate the connection between family dynamics and juvenile criminality among students enrolled in several Kenyan state rehabilitation institutions.

Researchers Abuya, Mutisya, and Onsomu (2019) looked at the relationship between family composition and children's level of schooling in Nairobi's shantytowns. The researchers used a logistic regression model to examine the hypothesis that two-parent households often improve educational performance in Kenya. They used data collected from the African Population and Health Research Center in Nairobi's ghettos. Their research showed that kids from two-parent households were more likely to be at grade level with their peers than those from single-parent households. In particular, according to Buya et al. (2019), children from two-parent homes were more likely to be in the appropriate grade than those from single-parent households (66% vs. 74%).

The researchers noted that a child living in a family with two parents was an indicator for children's educational achievement (Abuya et al., 2019). These researchers focused on family structure and education achievement of children in two-parent families as compared to single-parent families not other family structures such step-parent families, grand-parent families and their link with behaviour problems such as delinquent behaviours exhibited by children (Abuya et al., 2019).

This research aimed to investigate the connection between juvenile delinquency and family structure in a subset of Kenyan public rehabilitation centers, drawing on the work of these academics.

Among juvenile offenders in Nairobi County, Kenya, Kago (2018) sought to determine if there was a connection between father involvement and juvenile delinquency. The effects of fathers' accessibility, actions, and parenting styles on juvenile delinquency were examined in the study. A total of 71 inmates, including both male and female juveniles housed at Kamiti Prison, were surveyed using a mixed-methods research strategy. A father figure was absent for over half of the respondents' formative years for a variety of reasons, including parental separation, divorce, or death (Kago, 2018). These teenagers

engaged in anti-social conduct, such as fighting with their parents, abusing drugs and alcohol, and misbehaving. There was a statistically significant correlation between delinquent behavior development and an authoritarian parenting style, according to the research (Kago, 2018). Authoritarian parenting was more common than permissive parenting, and both styles were shown to have a substantial impact on the emergence of antisocial conduct. The teenagers' criminality was not, however, correlated with their fathers' accessibility or actions while behind bars. Findings from this study stress the need to improve child-inclusive programs for low-income families dealing with issues caused by dads' absence (Kago, 2018). With these varied viewpoints in mind, the present research set out to examine how certain public rehabilitation schools' adolescent populations' family structures relate to their rates of delinquency.

#### **2.2.4 Impulsivity**

Symptoms of impulsivity include acting on impulse rather than planning ahead, having trouble sticking to plans, experiencing feelings of urgency, and engaging in self-harming activities when emotionally unstable (American Psychiatric Association, 2013). It also includes desires and impulses that come up while doing things as a result of emotional or environmental triggers (Foroozandeh, 2017). Delinquent actions like violence and criminality are connected to impulsivity, which is linked to malfunction in the human brain's cognitive system. It covers a lot of ground, including immaturity, a lack of planning, and a focus on immediate gratification (Foroozandeh, 2017) Impulsivity is a complex characteristic that influences behavior and decision-making in many areas of life. It often shows itself in subtle and varied ways. Fundamentally, impulsivity is the tendency to act without giving sufficient thought to possible long-term effects or repercussions before acting on one's present impulses. This distinctive feature, which has been noted in a wide range of people, may manifest in a variety of ways, each of which

provides a different perspective on the intricate structure of the condition. The propensity to act without thinking is one of the most noticeable signs of impulsivity. People who possess this feature can find themselves making snap judgments when things become tough, motivated more by primal instincts than by reason (Foroozandeh, 2017). Because they are impulsive, people often make decisions they later come to regret because they were unable to consider the consequences of their actions. An further characteristic of impulsivity is the inability to postpone satisfaction. This shows itself as an obsessive search of instant gratification, even at the price of wellbeing or long-term objectives. When someone with delayed gratification indulges in impulsive spending, gives in to addictive habits, or partakes in dangerous activities, they often find themselves caught in a vicious cycle of short-term benefits and long-term repercussions (Foroozandeh, 2017). Apart from these conspicuous displays, impulsivity may also show out in more subdued forms, such having trouble focusing or abruptly cutting someone off in conversation . These actions may have serious and unexpected societal repercussions. A lack of self-control is shown by the actions taken, which might lead to negative consequences (Foroozandeh, 2017). Involvement in risky decisions and delinquent behavior, as well as impulse action, are likely to result from a mix of diminished mental capacity (Foroozandeh, 2017). Adolescents' involvement in risk-taking delinquent behaviors may appear to be as a result of ignorance, misunderstanding of risks and being irrational as a result of young age (Shulman et al., 2015).

Researchers Carvalho, Arroz, Costa, Cordeiros, and Cabral (2023) set out to determine what factors—personal, familial, social, and community-based—explain impulsivity in adolescents. To find explanatory psychosocial factors, this cross-sectional research drew on many parts of the unified theory of development, such as psychological variables, the peer subsystem, the community system, and the family processes subsystem. Early

warmth and safety memories, logical decision-making style, resilience, emotion control, coping strategies, parental connection, and school and family pleasure were these variables. The study found that these variables negatively correlated with impulsivity in younger adolescents (13–15) and older adolescents (16–19) and moderated associations with risk-related outcomes like verbal aggression, anger, self-harm, and other high-risk behaviors. The study included a representative sample of 6,894 Azores-based teenagers aged 13–19, 52.9% of whom were female. We ran a two-stage multiple regression for every age bracket. The results showed that in both age groups, impulsivity was negatively impacted solely by emotion control, parental attachment, and social group attachment. Furthermore, impulsivity in younger adolescents was impacted by teacher satisfaction. Early recollections of warmth, safety, and logical decision-making style also reduced the favorable connections between impulsivity and risk-related outcomes. The researcher concluded that the psychological system and all social environment subsystems explain teenagers' impulsivity. To reduce teenage impulsivity, they suggested emotion management, supportive parenting, and better teacher interactions.

Impulsivity and aggression were positively correlated in a cross-sectional study in Selangor, Malaysia, of 413 adolescents from twelve secondary schools using Multistage Cluster Sampling Technique (Pung, Yaacob, & Baharudin, 2015). Lower self-control indirectly affected violence via peer delinquency (Pung et al., 2015). The purpose of this longitudinal research was to examine the relationship between impulsivity and the severity of drug addiction outcomes among 1,216 male teenagers from crossroads who were connected with the court system in the United Kingdom. The racial breakdown of this cohort was as follows: 46% Latino, 37% Black, 15% White, and 2% other (Kan, Beardslee, Frick, Steinberg, & Cauffman, 2023). Even when compared to youth who used substances at the same frequency, adolescents with lower impulse control were more

likely to experience negative social, academic or work-related, offending, legal, and physical consequences from substance use (Kan et al., 2023). Treatment and intervention strategies that target impulse control difficulties, in addition to drug misuse, may help mitigate the severity of repercussions faced by young people, according to the results (Kan et al., 2023). According to these studies, juvenile delinquency is worsened when impulse control is impaired. This research set out to address these gaps in knowledge by investigating impulsivity in a sample of Kenyan adolescents attending public rehabilitation schools.

A total of 412 males from the Pittsburgh Youth Study participated in the research. To study how children's cognitive impulsivity affects their delinquency development from adolescence to early adulthood, researchers measured delinquent behavior every year. They looked at how late childhood, parenting behaviors, and peer relations mediated this effect (Menting, Van Lier, Koot, Pardini, & Loeber, 2015). The research also took into account interactions with intelligence. According to Menting et al. (2015), the guys' ages ranged from thirteen to twenty-nine and they all had convictions on their records.

Parental practices, juvenile delinquency, and traditional peer activities were evaluated between the ages of 10 and thirteen, while cognitive impulsivity was evaluated using neurocognitive test scores and IQ during the ages of twelve to thirteen. The results showed that parents' actions influenced the relationship between cognitive impulsivity and delinquency, and that IQ, cognitive impulsivity, and peer delinquency interacted with one another (Menting et al., 2015). Interestingly, the impact on delinquency was mitigated by intellect, not cognitive impulsivity. The effect of cognitive impulsivity on the likelihood of engaging in antisocial conduct seems to differ across social contexts (Menting et al., 2015). Overall, the results indicated that, in a supportive social context,

but not in an unfavorable one, high cognitive impulsivity and poor IQ were linked to an increased risk of delinquency, particularly among boys (Menting et al., 2015).

Investigating the Connection Between Environmental Deficits, Impulsivity, and Teen Violence was a 2018 American research by Vogel and Ham. The Longitudinal Investigation of Adolescent to Adult Health included 12,935 adolescents as part of its sample, and environmental-based group decomposition was used. According to Vogel and Ham (2018), there is a strong correlation between impulsivity and self-reported violence, and this correlation is even more pronounced among adolescents from economically disadvantaged backgrounds. Higher rates of impulsivity and self-reported aggression among teenagers in impoverished neighborhoods might explain a major percentage of this interaction, according to the researchers. This finding emphasizes the importance of both compositional and contextual variables. The research used data from a longitudinal study on the health of adolescents and adults to examine the correlation between misbehavior and risk-taking among poor teenagers. The results highlighted the correlation between young people's economic deprivation, impulsivity, and aggression (Vogel & Ham, 2018). Based on these findings, the present research set out to investigate how impulsivity relates to juvenile delinquency in a subset of Kenyan public rehabilitation schools.

A research on Impulsivity Mediation, the Link Between Youth Deviance in Portugal and a Focus on the Future was conducted in which the researchers tested arbitration model of these variables among one hundred and twenty- six Portuguese adolescents (Pereira, Gomes, Roncom & Mendonca, 2017). The findings showed that lesser future oriented adolescents cultivate an impetuous conduct which further describes their likelihood of involvement in delinquent behaviour. The researchers assert that the outcomes support the intervention model in examination that impulsivity intercedes the impact of future

direction on delinquent conduct (Pereira et al., 2017). They further noted that both future direction and impulsivity are significant segments of teenagers' discretion and observational proof build-up as key elements in development of adolescent delinquent behaviour. Lesser future oriented. According to Pereira et al. (2017), impulsive behaviors in teenagers are associated with delinquent behavior.

In a cross-sectional study in Mahdia Tunisia involved two thousand five hundred and twenty adolescents as respondents, one thousand nine hundred and forty returned the questionnaires (Mlouki et al., 2021).

The results showed that impulsivity contributed to the increased risk associated with traumatic events in childhood, which may lead to engaging in risky behaviors (Mlouki et al., 2021). Impulsivity was revealed as a significant factor to the higher risk linked with childhood trauma. Traumatic events may impair emotional regulation and impulse control, causing people to engage in dangerous conduct later in life. It seems that impulsivity makes the difficulties that teenagers encounter while moving to secondary school even worse, which might result in the usage of unhealthy coping methods like drug misuse and self-harm. Another major risk factor for suicide behavior among youths during this transitional era was alcoholism (Mokaya et al., 2022). Due to its disinhibitive effects, which impair judgment and increase impulsivity, alcohol use and abuse are strongly linked to suicidal conduct. In addition, the risk of suicide conduct is magnified when alcohol misuse is coupled with other mental health conditions, such as depression. The results highlight the significance of tackling depression and drinking as root causes in youth suicide prevention initiatives. The key to reducing the likelihood of suicide conduct during this sensitive transition time is early diagnosis and intervention for these risk factors (Mokaya et al., 2022). Adolescents may better handle the stresses of puberty and lessen their need for unhealthy coping mechanisms like drug misuse if they

participate in programs that teach them to better manage their emotions and develop healthy coping mechanisms. There are several elements that contribute to the complicated and multi-faceted nature of the link between drinking and suicide, including impulsivity, traumatic events, and preexisting mental health issues.

Five randomly chosen secondary schools in Nairobi County were the sites of an investigation of the variables linked to the risk of suicide behavior among eleven- to eighteen-year-olds making the change from elementary to secondary school. Five hundred and thirty-nine first-year students were engaged (Mokaya et al., 2022).

Researchers used a generalized linear model to examine characteristics associated with suicidal conduct after collecting data from the Suicidal conduct Questionnaire-Revised. The results showed that there was a risk of suicide conduct among teenagers, with a median age of fourteen years. In addition, teenage depression and alcoholism were shown to be risk factors for suicide conduct as they moved from elementary to middle school (Mokaya et al., 2022).

Research out of Ghana found that those who exhibited low rates of antisocial and delinquent behavior were also more likely to be violent and engage in other antisocial behaviors (Adjorlolo, Asamoah & Poku, 2018). Several factors have been associated with delinquency and criminal behavior; however, the relevance of impulsivity as a measure relies on the psychometric characteristics of the instrument used (Adjorlolo, Asamoah & Poku, 2017). Three hundred and sixty-three high school students, ranging in age from fifteen to nineteen, were surveyed in a cross-sectional study. Of them, 119 (or 41% of the total) were recruited as males (Adjorlolo et al., 2017). Examining the Abbreviated Barrat Impulsivity Scale's (ABIS) latent structure and its convergent validity with aggression and psychopathy measures in a Ghanaian population was the primary objective of the research. In addition to delinquency, aggressiveness, and psychopathy assessments,

respondents were asked to fill out the ABIS. The results were consistent with a gender-neutral three-factor model of impulsivity (attention, motor, and non-planning) (Adjorlolo et al., 2017).

Both aggressive and nonviolent delinquent conduct were linked to impulsivity in motor and attentional processes. Further evidence of convergent validity was found in the correlation between impulsivity and aggressiveness and psychopathy scores (Adjorlolo et al., 2017). The ABIS showed strong psychometric characteristics in a representative sample of secondary school students from Ghana, including those with low rates of antisocial and delinquent conduct. Adjorlolo et al. (2017) discovered a correlation between motor and attention impulsivity scores and overall delinquent and aggressive behaviors in this group. According to Adjorlolo et al. (2017), the ABIS has the potential to be a useful tool for identifying at-risk adolescents and for preventing damage via early interventions, regardless of cultural background. Their results show that impulsivity, especially in motor and attentional processes, is linked to delinquent acts, whether violent or peaceful. This points to the importance of impulsivity in many types of delinquent behavior, including overt aggressiveness and more subtle antisocial actions. The interrelated nature of these variables is shown by the association between impulsivity and aggressiveness and psychopathy scores. This suggests that impulsivity is a common underlying element in violent and antisocial conduct (Adjorlolo et al., 2017). In addition, using a statistically valid sample of Ghanaian secondary school pupils, the research proves that the ABIS has strong psychometric properties. Even in communities where antisocial and delinquent behavior is uncommon, the ABIS was able to reliably and validly measure these traits. The ABIS's validity in identifying at-risk adolescents, regardless of cultural background, is further supported by the link between impulsivity scores and overall delinquent and aggressive behaviors. These results have important

implications, indicating that the ABIS might be a useful tool for identifying and helping teenagers who are showing symptoms of antisocial and impulsive conduct early on. The best way to stop delinquent behavior from becoming worse and protect vulnerable people from damage is to identify them early on so that interventions may be put in place (Adjorlolo et al., 2017). Both the potential for early interventions to favorably affect long-term results for at-risk adolescents and the significance of culturally appropriate assessment tools in addressing behavioral issues across varied communities are highlighted by this.

Wanyana, Baar and Mwangala (2019) conducted a study in Kilifi County, Kenya on factors contributing to violence and injury among young people in a Kenyan province: anecdotal evidence. The researchers used socio-ecological model to collect data from eighty-five youngsters and ten neighborhood partners on structures and basic elements for accidental injury, savagery, self-hurt, and self-destructive conduct of teenagers matured ten to nineteen years in Kilifi County, Kenya. Among Kenyan teenagers (aged 10–19), a number of contextual variables were shown to increase the likelihood of unintentional injuries, violent acts, self-harm, and suicidal thoughts and behaviors (Wanyana et al., 2019). Multiple tiers of the socio-ecological model revealed these environmental hazards. Poverty, drug abuse, and dropping out of school are major risk factors at the individual level. The risk of accidents and violence may be worsened by living in dangerous circumstances and having restricted access to resources and opportunities, all of which are associated with poverty. Addiction to drugs or alcohol not only makes people more impulsive and clumsy, but it also makes them more likely to be involved in violent incidents. Disruption of social support networks and educational possibilities, brought on by dropping out of school, might lead to an increase in hazardous behaviors. Interpersonally, elements like violent exposure and parenting styles were

emphasized as potential dangers(Wanyana et al., 2019). Because they don't have anybody to turn to for advice or support, teenagers are more likely to act out criminally when their parents' actions, such as inconsistent punishment or a lack of parental monitoring, are problematic. In addition to having a negative effect on adolescent mental health, exposure to violence—whether it be sexual or gender-based—in the home or community may increase the likelihood that adolescents would engage in violent conduct themselves or resort to unhealthy coping techniques(Wanyana et al., 2019).. Broadly speaking, there are major dangers posed by unstable environmental elements including unsafe neighborhoods and dangerous places of work. When teenagers live in areas plagued by crime and violence, they may feel less secure and more exposed to dangerous circumstances. Adolescents engaging in hazardous forms of work, such as exploitative or informal labor, face physical dangers in addition to a lack of educational and developmental possibilities, which may lead them to engage in delinquent conduct. The youngsters participated in eleven center gathering conversations and ten top to bottom meetings were led with neighborhood partners. The discoveries showed that street car crashes, falls, battles, sexual and sex- based viciousness, burglary, and defacing were seen to be normal (Wanyana et al., 2019). There was cover of hazard factors, at intra- and- relational levels (sex, destitution, substance use, nurturing conduct, and school quitter). Some more extensive level danger factors were shaky environmental factors and hazardous wellsprings of work (Wanyana et al., 2019). The examination had focus, on factors which accounted for individual actions among young people, which led to delinquent behavior likely to cause harm to the adolescents. Risks factors were observed were overlapped at both intrapersonal level and interpersonal level and also broader level risks were noted (Wanyana et al., 2019). However, the researcher did not deal with psychosocial variables and how they were associated with delinquency among

adolescents. There were contrasting views of the scholars which informed this research in which the study teenage impulsivity and criminal behavior in a sample of Kenyan public rehabilitation institutions.

### **2.2.5 Delinquency**

According to the American Psychological Association (2018), delinquency is defined as "behavior that violates social norms or conventions," often including misbehavior by children or teenagers. A wide range of characteristics and actions that go against accepted social mores and established laws are indicators of delinquency, suggesting that the individual may be involved in illegal or rule-breaking pursuits. Issues at home, at school, or in the society that manifest as persistent disobedience of norms and authority figures may point to a more systemic problem with delinquency (Katz et al., 2023). Furthermore, a tendency towards delinquency may be indicated by violent activities like physical fighting or vandalism, particularly if these behaviors worsen over time. As a coping technique or a factor in impulsive decision-making, substance addiction is significantly linked to delinquent conduct, especially when it begins at a young age or continues over time. School disciplinary concerns, falling grades, and chronic absenteeism are typical among students who engage in delinquent conduct. Being around other people who are criminals or have a history of misbehavior might greatly increase one's chances of doing the same. Disregard for social standards and moral principles, together with an absence of empathy or regret for damaging acts, could be signs of delinquency (Katz et al., 2023). Additionally, those who are prone to delinquency typically engage in risky and impulsive actions, such as driving recklessly or engaging in other unsafe activities, without thinking through the potential outcomes. If a person steals from stores or commits other forms of stealing because they feel they need the money or goods, it might be an indication of

delinquent conduct. In order to intervene and provide assistance, early recognition of these indications is essential.

Over 18,000 students from 9 English-speaking Caribbean countries were surveyed to determine the frequency of gang involvement, drug use, and self-reported delinquency (Katz et al., 2023). According to Katz et al. (2023), students were found to be more engaged in violent crimes than other types of offenses. Additionally, for every category of infraction, more males than girls claimed being the offender. However, girls in some of the nations reported more delinquent behaviours than the boys, this indicated a contrast in the findings on delinquency among male and female adolescents in which more males were found to be involved in delinquent behaviours (Katz et al., 2023).

An investigation was carried out at Northern Ethiopia's Axum Correctional and Rehabilitation Center explored the social causes of adolescent delinquent behaviours and type of offenses committed were explored, eighty adolescent delinquents aged thirteen to seventeen years were selected using systematic random sampling to obtain the sample from a list of one hundred and fifty five adolescent delinquents. Data was collected using questionnaires and interviews (Tesfamichael, Zeleke & Kidane, 2020). The researchers found out that poverty, peer pressure, dysfunctional families, large family size, lack of parental control, availability of drugs and alcohol were associated with delinquent behaviours among adolescents. Adolescents living in poverty face several stresses and difficulties, such as a lack of financial resources, social support, and other resources. Some teenagers may resort to criminal activities as a coping mechanism or way of obtaining material items when they are economically disadvantaged since these emotions may be exacerbated by living in poverty. The temptation to engage in illegal activities or steal from others could be too great to resist, especially in places where there are few legal options. As people strive for approval, affirmation, and inclusion in their social

groups, peer pressure plays a significant role in shaping adolescents' actions. Adolescents may engage in unsafe or unlawful activities because of a sense of pressure to fit in with their peers (Tesfamichael et al., 2020). Individual principles and logical decision-making might be overwhelmed by the need to fit in, which can lead to engaging in delinquent behaviors like vandalism, drug misuse, or criminal crimes. An atmosphere full of emotional pain and interpersonal tension results from dysfunctional family dynamics marked by instability, neglect, or conflict. As they try to make sense of their families' complicated dynamics, adolescents growing up in such homes may also lack positive role models, direction, and support structures, making them more likely to engage in antisocial conduct. Adolescents may seek approval and satisfaction via different ways, such as participation in criminal activities, if they do not have constant parental supervision and do not have supportive connections. This may lead to feelings of isolation, miscommunication, and marginalization (Tesfamichael et al., 2020). Caregivers may find it difficult to adequately address the varied needs of several children in large families, which increases the difficulties of parental supervision and resource allocation. When teenagers don't get enough one-on-one time with their parents, they may start to feel ignored and abandoned, which may lead them to hunt for approval and validation from their friends.

Furthermore, in big families, sibling rivalry and dynamics may intensify competitiveness and resentment, which in turn can cause conflict and antisocial behavior. When parents don't set limits, expectations, and consequences for their children's actions, the likelihood of delinquency increases (Tesfamichael et al., 2020). Some adolescents may feel more comfortable engaging in dangerous or antisocial activities when they are reared in homes that lack structure or regular punishment. This might be because they experience a feeling of autonomy or impunity.

At the Arusha Remand Home in Tanzania's capital city of Arusha, researchers set out to identify risk factors for juvenile delinquency. A total of 103 participants were sought for the study by means of a simple random selection technique. Mlay and Mpeta (2023) used questionnaires and interview schedules to gather data from primary and secondary sources. The researchers reported that the adolescent delinquents were involved in theft these were forming a significant proportion, abuse and vandalism. Poverty, peer influence, family dysfunction, gender, household size and parenting styles were factors which were linked to adolescent delinquency (Mlay & Mpeta, 2023). Theft was found to be a common offence among the juvenile offenders housed in the detention facility, suggesting that a sizeable number of persons engaged in this form of criminal behaviour. Furthermore, the juvenile offenders exhibited a wide variety of offences, with abuse and vandalism being mentioned as frequent behaviours. The researchers were able to identify many important risk variables for juvenile criminality (Mlay & Mpeta, 2023). Recognising poverty as a major role brought attention to the socioeconomic inequities that impact the criminal behaviour of disadvantaged adolescents. Peer pressure was also a major factor; teenagers were easily swayed by the standards and expectations set by their friends, which often resulted in their engaging in antisocial activities. In addition, gender was shown to be an important determinant in teen criminality, which may indicate that boys and girls display and engage in delinquent behaviours differently. The size of the home was also mentioned as an issue, with bigger families perhaps making it harder for parents to keep an eye on their children and keep the family unit together (Mlay & Mpeta, 2023). Additionally, parenting styles had a major impact on how adolescents behaved; for example, children whose parents were too authoritarian, overly lenient, or both were shaped by values, beliefs, and habits of conduct. The probability of delinquent

behaviour among adolescents was shown to be influenced by differences in parental participation, communication, and punishment.

Cole and Chipaca (2013) carried out a study in Angola which depended on self-report of thirty adolescent guilty parties housed at the Observation Center in Luanda. The examination analyzed the youngsters' perspectives on what represents their wrongdoing. The findings indicated that the social environment where the adolescents lived had central importance in contributing to the children's development of delinquent connections and experienced encounters of genuine savagery. Most kids credited their culpable to the monetary and social issues made by war (Cole & Chipaca, 2013). The investigation zeroed in on adolescent misconduct nonetheless as far as possible isn't determined.

A total of eighty one thousand two hundred and seventy two crime cases were recorded, which was an increase of 16.7% or eleven thousand six hundred and seventy two crime cases were recorded during the period under review (January to December 2021). These were more than those recorded same period in 2020, which recorded sixty nine thousand six hundred and forty five cases (Kenya Police Service Crime Annual Report, 2021). An alarming spike in crime rates was documented in the 2021 Annual Report of the Kenya Police Service Crime Unit, as compared to the previous year. In the time frame under consideration, a grand total of 81,272 criminal cases were documented, marking a notable increase of 16.7 percent, or 11,672 more instances, when compared to the same period in 2020. During the indicated era, there was a noticeable increase in criminal activity throughout many sectors of society, which is reflected in this rise in crime incidence. It seems that criminal activity and the frequency of illicit activities have been on the rise in Kenyan communities, as shown by the significant increase in recorded instances (Kenya Police Service Crime Annual Report, 2021). This spike in crime rates can have been

caused by a number of things. A major contributor may have been the economic uncertainty brought on by the COVID-19 epidemic and its related social and economic effects. Many people and families have been struggling financially due to high unemployment rates, shrinking wages, and other factors. Some may have turned to illegal acts as a way to survive or ease this economic burden. Further, the pandemic's effects on social and societal structures—including travel restrictions, company closures, and reduced access to vital services—may have fostered an atmosphere where criminal activity flourished. Criminals may now feel more comfortable operating with impunity as a result of these disturbances, which may have harmed social cohesiveness, decreased informal monitoring, and damaged faith in community institutions (Kenya Police Service Crime Annual Report, 2021). Effective crime prevention and law enforcement initiatives may have been impeded by structural obstacles within the criminal justice system, such as limited resources, inefficiency, and corruption.

The ability of law enforcement authorities to effectively handle increasing crime rates and preserve public safety may have been hindered by a lack of resources, including insufficient training, people, and financing. In addition, criminal activity persists because of systemic societal problems including poverty, inequality, and inadequate educational and occupational possibilities (Kenya Police Service Crime Annual Report, 2021). Particularly among disadvantaged and marginalised communities, criminal elements thrive in settings where structural injustices and persistent socioeconomic inequities are present. It will need a holistic strategy that includes both immediate fixes and structural changes to tackle the causes of crime (Kenya Police Service Crime Annual Report, 2021). If we want to lower crime rates and make communities safer, we must invest in programmes that prevent crime and social services, strengthen partnerships between police and communities, and strengthen community policing.

A report on Youth in Nairobi, Kiambu lead in crime cases, indicated that Nairobi takes the lead in reported crime-related cases which were ten thousand and seventy eighty, over the past year. Kiambu which borders Nairobi was second with nine thousand two hundred and forty two reported cases. Meru was third with six thousand two hundred and seventy eight cases, Nakuru and Machakos counties rank fourth and fifth with reported cases ,four thousand eight hundred and fifty and four thousand five hundred and sixteen cases respectively. Mandera county recorded three hundred and twenty three cases which were the least (Simiyu, 2023).

A research was carried out by Cheserek and Kavivya (2022) in Nairobi City, Nairobi County, Kenya, to examine the correlation between street children and criminal activity. The study's research approach was a cross-sectional survey, and it aimed to gather data from four distinct categories of people: youngsters living on the streets, residents of Nairobi, small and medium company owners, law enforcement officials, and most others. The study's sample was selected using a combination of stratified and basic random sampling techniques. Multiple linear regression was one of the inferential and descriptive tools used to examine the quantitative data (Cheserek & Kavivya, 2022). The results showed that kids living on the streets often face several forms of deprivation. There was a 100% response rate among businesspeople who said that street children suffered from severe malnutrition.

Those who agreed that shelter was deprivation was experienced by street children had response rate of 38(88.4%), health as a deprivation had response rate of 32(74.4 %), source of income deprivation had response rate of 27(62.8 %).

The majority of street children suffered from severe deprivations; 23 (53.5%) reported malnutrition and 22 (51.2%) reported lack of a safe place to live, both of which significantly increased the likelihood that they would engage in criminal activity

(Cheserek & Kavivya, 2022). Because they couldn't afford to attend school or satisfy their basic requirements, street youngsters were more likely to commit crimes, according to the study. Most street children couldn't participate in productive income-generating activities because they were too young and didn't have the right education, they said. Factors adding stress to the lives of children living on the streets include illiteracy, high poverty rates, violent or abusive parent-guardian interactions, and other forms of dysfunctional family dynamics (Cheserek & Kavivya, 2022).

According to the research, society should step up and help care for children living on the streets by raising public awareness and fostering sustainable education in every neighborhood. It suggested that the Nairobi county administration, together with the federal government, NGOs, the community, and other interested parties, work together to find solutions for the food, housing, and social support issues faced by children living on the streets. The increasing number of children living on the streets in Nairobi County and Nairobi City may be attributed to these key issues.

The 2016 National Crime Mapping Survey, carried out by the National Crime Research Centre, revealed that, nationwide, and particularly in Nairobi, young engagement in criminal activities was on the increase. The survey catalogued a number of typical juvenile offenses, such as shoplifting, drug dealing, robbery, burglary, rape, theft, robbery involving violence, murder, public intoxication, desecration, and violence against women and girls, including domestic violence.

The main factors that led to youth / adolescent crimes in Kenya were found to be unemployment, poverty, drug abuse, alcohol abuse, illiteracy and peer pressure.

According to the National Crime Research Centre (2017), young people perpetrated crimes against a wide range of demographics, including women, children, company owners, the general public, males, affluent people, farmers, adolescent girls, and non-

locals. The results showed that crimes committed mainly by men included: theft, assault with bodily harm, rape, murder, drug possession, burglary, stock theft (including cattle rustling), violent robbery, defilement, disorderly behavior while drunk, and violence against women. National Crime Research Centre (2017) found that contrary to previous assumptions, a significant percentage of men were participating in prostitution-related loitering. The 2016 Crime Mapping Report included several recommendations made by youth and adolescent respondents to reduce the increasing crime rates. These included economic empowerment programs by the Department of Youth and Gender to help youth earn money, civic education programs on crime prevention by security agencies to make communities safer, and increased security officer deployment in crime-prone areas with regular patrols (National Crime Research Centre, 2017). Females committed robbery, defilement, rape, murder, disorderly conduct while inebriated, gender-based violence, and drug possession at roughly the same rate as males. Females committed rape, defilement, theft, assault causing bodily damage, loitering for prostitution, child abuse and neglect, sexual abuse, and disorderly behavior while inebriated, according to the study (National Crime Research Centre, 2017).

Both minor and major delinquent behaviors were positively associated with parental disagreements, according to the results. Both minor-illegal and non-illegal delinquent behaviors were positively associated with increased parental alcohol usage (Githinji, 2020). During adolescence, many teens start acting out, with status offenses often coming before more serious criminal acts (Githinji, 2020). General delinquency and non-illegal delinquent behaviors among adolescents were impacted by parental disputes and violence. Adolescent counseling services, behavior monitoring tools, and parent training programs were all suggested as potential school initiatives (Githinji, 2020).

Located in Kiambu County, Kenya, the Kirigiti Girls Rehabilitation and Training Center was the site of an investigation on the correlation between psychological abuse and juvenile delinquency. Using an ex-post facto research methodology informed by Attachment Theory, the study surveyed 61 girls, including all of the center's female residents, using a census-based sampling technique (Gicharu, Githui & Alumanda, 2023). In order to gather data, experts reviewed the questionnaires and determined their reliability using Cronbach's Coefficient Alpha; a value of 0.855 was considered acceptable (Gicharu et al., 2023). Utilizing SPSS version 26.0, descriptive and inferential statistics were used in the data analysis process. Psychological maltreatment is positively associated with juvenile criminality, according to the results (Gicharu et al., 2023). This highlights the need of including parents, other family members, and teenagers in managing juvenile delinquency by tackling problems like psychological abuse. The importance of holding parent education forums on child abuse, its effects, and treatment options cannot be overstated (Gicharu et al., 2023).

A study on components impacting the juvenile delinquency program at Kenya's Eldoret Juvenile Remand Home was implemented. The investigation received an exploratory examination configuration, including one hundred adolescents nine to seventeen years old. The investigation was to set up singular components, family factors and local area factors, which impact adolescent wrongdoing (Rwengo, 2017). The discoveries showed that, low discretion, helpless scholarly execution and low scholastic desires, school nonconformist, were singular variables. The specialist saw that, poor nurturing styles, oppressive families, destitution and truant guardians were family factors connected to adolescent wrongdoing. Local area factors that were found to lead to adolescent delinquency were such as poor socialization, peer pressure, alcohol abuse and drug

abuse. The social environment has an important contribution towards delinquency among adolescents.

As the researcher sought to investigate juvenile delinquency in a subset of Kenyan public rehabilitation institutions, these points of view informed the current investigation. Another research in Malindi Township, Kilifi County, Kenya, examined family factors affecting juvenile delinquency. This study studied how family structure, relationships, and communication affect adolescent delinquency (Bakari, 2021). Social learning theory, family systems theory, social control theory, and family structure theory were the four guiding theories of the research. The study included a descriptive research methodology and a random sampling approach to recruit 210 youths and their parents or guardians from the Malindi Township Remand Home (Bakari, 2021). Researchers used questionnaires that included both closed- and open-ended questions, as well as organized and unstructured inquiries. Descriptive statistics were used to display the data as means, standard deviations, frequencies, and quantitative techniques of analysis. Data analysis was made easier with the help of SPSS version 22.0 (Bakari, 2021).

The results showed that there is a link between delinquency among youths and the socialization process. The findings also showed that teenagers' engagement in delinquent activities was impacted by their family connections (Bakari, 2021). Adolescents enrolled in a subset of Kenya's public rehabilitation institutions were the focus of this investigation of the relationships between impulsivity, delinquency, family dynamics, self-esteem, stress, and other psychosocial factors.

### **2.2.6 Summary of Literature Review**

In a nutshell, self-esteem is just one's general opinion of themselves, good or bad. It usually reaches its height around puberty, although it starts developing throughout infancy. Child sexual abuse and delinquency are related, however self-esteem may

moderate this association. Another important factor in violent conduct is low self-esteem, which is inversely associated to aggressiveness in all its forms. Aggression levels are greater in both sexes when self-esteem is low.

Compared to girls, boys whose self-esteem was high were more likely to engage in antisocial activities at work. High self-esteem for males and females was associated with lower likelihood of delinquent behaviours. In some studies low self-esteem is linked to delinquency while other studies showed that high self-esteem was associated with delinquency. This study agrees with some of the findings from other scholars in relation to self-esteem and its association with delinquency among adolescents.

Stress can be characterized as “the loose reaction of the body to any interest for change”. Any situation that annoys a person might lead to this state of mental or bodily stress.

A higher prevalence of violent crime was linked to post-traumatic stress disorder.

Pressure experienced by teenagers has been connected to chronic frailty and destructive conduct at different levels. Adverse life events or experiences were positively associated with delinquency, and mental health consequences were extensively across gender, school-level stress significantly predicted symptoms of depression in both males and females. Depression was the only one which was predictor of bullying victimization.

Adolescents' stress levels were moderate to high, suggesting a vulnerability to psychological issues. This was zeroed in on mental health and how stressful life-events led to depressive state and psychological distress. Non/ periodic users of drug abuse and frequent drug users had more significant levels of mental, intellectual and physiological manifestations of stress. There were contrasting views of the scholars on the association between stress levels and delinquent behaviours among adolescents. This study agrees with some of the views of the scholars in relation to the association between stress levels and delinquency among adolescents.

"A term that portrays the individuals from a connected family by marriage or blood line" is the definition of family structure and it is utilized concerning something like a child dwelling in the home, younger than eighteen years". Nearly half of the adolescents had grown up in single-mother families without a father figure, they exhibited delinquent behaviour problems. Adolescents brought up in one-parent families (living with mother or father) were linked to increased delinquency. Also those adolescents who lived with both parents (two-parent families) were found to be linked to increased delinquency.

Family issues such as material deficiencies, dysfunctional families, absence of parental consideration and friendship, abuse by step/foster parents, youngerster disregard and child abuse were sources of adolescent delinquency. Adolescents who had grown up in unmarried couple families, separated or divorced families, deceased-parent families, single-mother families, those born out of wedlock, those who lacked father-figures, poor parent-child relationships and negative peer pressure, stressed families were associated with adolescent delinquent behaviours, in contrast to teenagers raised in households with two breadwinners

Non-flawlessSingle-parent and reconstructed households were more likely to smoke and drink., web use, sexual experiences, and emotional well-being issues such as self-destructive ideation. Adolescents who lived with both parents (two-parent families) were found to be linked to increased delinquency. Two-parent families had lowest risk of adolescents developing delinquent behaviours. There was inconsistency in the views of the scholars in some of these studies in relation to the link between two-parent families and delinquency among adolescents. This study agrees with some of the views of other scholars in relation to association of family structure and delinquency among adolescents. People who are impulsive respond quickly to stimuli without thinking things through or planning ahead. Emotional instability is characterized by a lack of self-control, inability

to make and stick to plans, and a sense of urgency. Aggression is a less direct result of a lack of self-control. The negative effects of drug use are more likely to occur in adolescents who have poor impulse control as opposed to those who have good control. There was a robust correlation between impulsivity and self-reported violent behavior, especially among economically disadvantaged youth. Early recollections of warmth, safety, and logical decision-making reduced the risk-related benefits of impulsivity. Impulsivity may have translated bad childhood experiences into high-risk suicide conduct in 11–18-year-olds. There was a weak association between motor and attention impulsivity and aggressive and antisocial conduct.

Adolescent involvement in risk-taking delinquent behaviours may appear to be as a result of ignorance, misunderstanding of risks and being irrational as a result of young age. Involvement in risky decisions and delinquent behaviours, impulse actions, may have been as a result of combination of impairment of cognitive function. A wide range of behaviours which involve less thinking, immature and pleasure-reward seeking goals were associated with impulsivity, which were likely to lead to high risks and social unintended consequences. The actions shown demonstrated a lack of control over one's impulses and the desire to engage in destructive behaviors.

There were contrasting views of these scholars in the studies. This study agrees with some of the views of the scholars, while others indicated contrast.

"Behavior which involves violating social rules or conventions, often used to denote the misbehaviour of children or adolescents" is what delinquency means. More males than females were found to be involved in delinquent behaviours, adolescent delinquents involved in theft formed a significant proportion, other delinquent behaviours were physical abuse and vandalism. Parental conflicts had significant positive association with

non-illegal and generalized delinquency. Poverty, peer pressure, dysfunctional families, large family size, gender, lack of parental control, availability of drugs and alcohol, poor parenting styles, were found to be linked to adolescent delinquency. Parental conflicts elevated alcohol use, which was positively associated with both minor-illegal and non-illegal delinquent behaviors. In regards to juvenile delinquency, this research concurs with some conclusions drawn by the experts.

## **2.3 Theoretical Framework**

Both the Social Learning Theory and the "Storm and Stress" Theory provided theoretical frameworks that guided this investigation.

### **2.3.1 The “ Storm and Stress “ Theory**

One such theory is the "Storm and Strain" or "Storm and Stress" hypothesis. Hypothesis, explains characteristics of adolescence such as decreased self-control and increased sensitivity experienced by adolescents during puberty (Hall 1904). There are cognitive and body changes, which take place often leading to intense psychological changes which may impact on self-esteem. Researchers found that aggressive behavior was more common among teenagers whose self-esteem was poor.

It also agrees with Storm and Stress theory which indicates that there are cognitive and body changes which take place often leading to intense psychological changes. Views of adolescence are still shaped by Hall's perspective on the time. This theory uses three main categories of “ Storm and Stress” ; conflicts with parents, mood disruption and risky behaviour (Hall, 1904). This theory was appropriate to explain interactions and impacts which were stress levels related and impulsivity which resulted from impulse responses and how they were associated to delinquency. This study agrees with the theory by showing a strong correlation between impulsivity and delinquency.

The theory was also applicable in explaining family structure interactions in relation to delinquency. Conflicts with parents and siblings may lead to delinquent behaviours such as truancy, fights, assaults, drug abuse, alcohol abuse.

In line with the idea, the results which showed that irrespective of the family structure in which adolescents are brought up they have a likelihood of developing delinquent behaviours. Emotions might undergo sudden and abrupt changes due to the hormonal changes and psychological stress that accompany puberty. The adolescents are often dealing with elevated hormonal changes, they also respond to changes in their environments such as school and peers as they seek increased sense of independence.

### **2.3.2 Social Learning Theory**

Albert Bandura proposed the Social Learning Theory in 1973. People learn by seeing, imitating, and modeling the actions of others around them, according to the theoretician. In Social Learning Theory Bandura made assumptions that human beings learn through observation, reinforcement and punishment that impact indirectly on the learning processes. This theory emphasizes that the brain is involved in processing of information which require cognition but within a social context. Family interpersonal environment and parental interactions in the social settings may have influence on behaviour of adolescents by observing and imitating their models in the within the context of the family, including parents, siblings, and other relatives.

Children are more likely to be physically aggressive if they grow up in a home where there is a history of physical aggressiveness among parents, siblings, and other family members the adolescents observe and imitate such behaviour. The adolescents are likely to learn that violence and aggression are acceptable behaviours while these are unacceptable delinquent behaviours. Positive reinforcement in which the consequences of actions in modelled behaviours of others were rewarded in the social interactions may

explain some delinquent behaviors such as alcohol abuse, drug abuse, aggression and violence which involve observation, modelling, reinforcement and mediational processing. Adolescents are likely to model behaviours of individuals they consider similar to what they value. Sometimes the modelled behaviour may be socially unacceptable resulting to delinquency. Social Learning Theory has the principles of observational learning and modelling of behavior (Bandura, 1973). The adolescents were involved in social interactions that impacted on self-concept and as a result on self-esteem.

According to this idea, there is a strong correlation between self-esteem and stress levels, as shown in the research., family structure, impulsivity and delinquency.

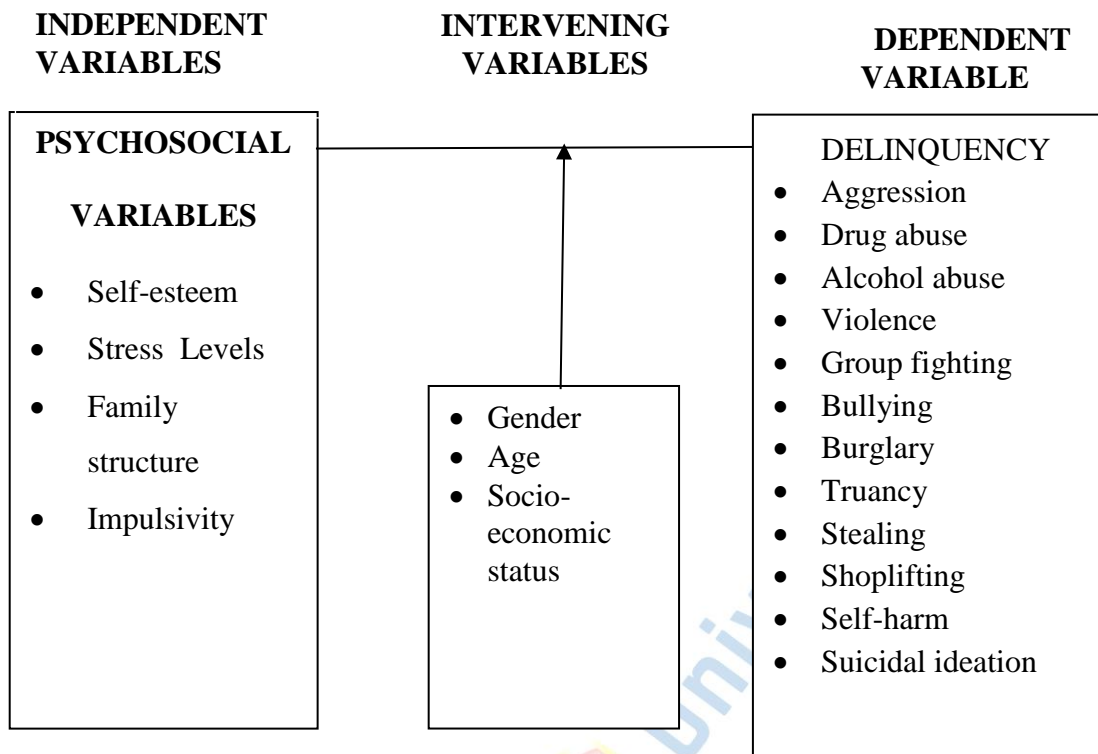
#### **2.4 Conceptual Framework**

The conceptual framework made use of to show the connection between the examined literature's independent factors and dependent variables. The assumption was that, Several independent factors were linked to the dependent variable. In this research, psychosocial characteristics served as the independent variables; they were self-esteem, stress levels, family structure, and impulsivity. The dependent variable was delinquency which included delinquent behaviors with indicators such as: aggression, drug abuse, alcohol abuse, violence, group fighting, bullying, burglary, stealing, shoplifting, suicidal ideation, self-harm, destruction of property, assault, illicit sex involvement.

Examining the causes and consequences of juvenile delinquency in a subset of Kenya's public rehabilitation institutions was the overarching goal of this research project. Among these inquiries was the possibility of a correlation between impulsivity, low self-esteem, high stress levels, and criminal behavior. Gender, age, and socioeconomic level were also included as intervening factors in the research. All possible biases in the study's results were eliminated by rigorously controlling these intervening factors.

Conceptually, the framework is related to the ideas of "Storm and Stress" and social learning. The three main categories of "Storm and Stress" theory i.e conflict with parents, mood disruption and risky behaviour are related to the independent variables, self - esteem, stress levels, family structure, impulsivity and the dependent variable delinquency. Adolescents go through the adolescence period in which they experience many changes such as hormonal and psychological stress which is likely to impact on their emotions which may lead to effects in self – esteem, stress level and impulsivity. The stress levels may lead to mental issues such as depression and suicide, conflicts with parents, siblings and rebelling against authority figures.

Teens are prone to engaging in dangerous behaviors like substance misuse, alcohol abuse, assault, gang involvement which impact negatively towards their well being. Social learning theory implies that the adolescents model behaviour from the environment and the people around them such as family members, siblings, relatives and peers. This is likely to lead the adolescents to involvement in delinquent behaviours such as drug abuse, alcohol abuse, gang involvement which impact negatively on the individual adolescents, their families and the society. Therefore the theoretical framework in this study has relationship with the conceptual framework.



**Figure 1: Relationship between Psychosocial Variables and Delinquency among Adolescents in Selected Public Rehabilitation Schools in Kenya.**

Source: Researcher, 2022

## 2.5 Research Gaps

High self esteem for males and females was associated with lower likelihood of delinquent behaviours ( Kabiru et al 2014).

According to Shaheen and Jahan (2014), aggressive behavior was more common among male and female adolescents who had low self-esteem. Men with greater self-esteem had a higher likelihood of delinquency than women. Deuchesme et al. (2021).

Past research findings on adolescents were not steady or consistent in settling up a connection between low self-esteem, revenge and supportive relationships.

The researchers' results show that there is variation in the relationship between delinquency and self-esteem levels. This discovery led to the current study's goal of determining if self-esteem and delinquency are related among teenagers attending certain public rehabilitation schools in Kenya.

Adverse life events were positively associated with delinquency( Kabiru et al, 2014). Stress levels were significantly linked to avoidance as a coping strategy: According to Ayiro et al. (2023), teenagers who were more stressed out avoided dealing with the issue more.

Stressful life situations were not related to burdensome side effects among adolescents who were offered warm and close connectional by guardians/parents and other family members ( Nyarko et al, 2020). Effect of adverse life experience and mental health consequences were extensively steady across gender drug abusers and victimization ( Adjorlolo et al, 2022). The views of these scholars are contrasting on the link between stress levels and delinquency, some have indicated no link and other studies have indicated association between stress levels and delinquency. These views informed the current study which sought to determine the relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya

There was likelihood of adolescents delinquency among adolescents born in single-parent families separated-parent families divorced parent families and deceased parent families as compared to those growing up in two-parent families (Kroese et al, 2022). Adolescents brought up by one-parent family (living with mother or father) were linked to increased delinquency ( Ndaita, 2017). Those living in two- parent families were also found to be linked to increased delinquency (Ndaita, 2017). The views of these researchers on

association between family structure and delinquency were inconsistent. This informed the current study which sought to investigate the connection between juvenile misbehavior and family structure in a chosen sample of Kenya's public rehabilitation schools. Adolescents involvement in risk taking delinquent behaviours may appear to be as a result of ignorance, misunderstanding of risks and being irrational due to young age ( Shuhman et al, 2015)

There was indication of work between violence and impulsivity levels among adolescents in areas which have economic disadvantages ( Vogel & Ham ,2018). Impulsivity is said to be associated with malfunctioning of the cognitive system of human brain.

Risky acts that exhibit immaturity and impulsive, pleasure-seeking impulses point to a lack of self-control in avoiding negative outcomes. The current research sought to investigate the relationship between impulsivity and delinquency among teenagers attending certain public rehabilitation institutions in Kenya. It was based on these divergent opinions from academics.

## CHAPTER THREE

### RESEARCH METHODOLOGY

#### 3.1 Introduction

The research approach employed for the study is presented in this chapter. It covers a number of topics, such as the target population, study location, sampling techniques, sample size, research equipment, validity and reliability of the instruments, and research strategy. It also covers data gathering methods, data analysis, data visualization, and ethical issues.

#### 3.2 Research Approach

The study used a mixed-methods approach, allowing the researcher to make predictions and testing of hypotheses. The quantitative data collected facilitated generalizations through calculated statistics for understanding of variables of the study and the qualitative data enabled the researcher to comprehend the research issue better.

#### 3.3 Research Design

This convergent parallel study gathered quantitative and qualitative data utilizing quantitative and qualitative research approaches. Both sets of data were analysed independently then the findings were combined during the interpretation and discussion which led to triangulation in which findings

Combined quantitative and qualitative data analysis were discussed to strengthen the conclusions.

Quantitative data enabled statistical analysis to generalize results and comprehend factors and the study challenge. Qualitative data were more insightful into the study phenomena.

The design fit the mixed research techniques approach employed in this study, helping answer the research question.

### 3.4 Location of the Study

Four public rehabilitation schools in Kenya were studied located in Nairobi and Kiambu counties which were indicated to have the highest incidents of adolescent delinquency according to counties in Kenya (Kenya Police Service Crime Statistics Report, 2014). These were Dagoretti and Kirigiti Girls' rehabilitation schools, which are the only girls' rehabilitation Schools in Kenya. Dagoretti Girls' rehabilitation school, coordinates (-1.2672511107493492<sup>0</sup>, 36.68834124917147<sup>0</sup>) is the oldest girls' rehabilitation school and Kirigiti Girls' rehabilitation school coordinates (-1.1721543343883765<sup>0</sup>, 36.8476850371061<sup>0</sup>) which carries out assessment and classification of adolescent girls committed by the justice system for placement, these institutions have vital information for this study. Kabete Boys' Rehabilitation School coordinates (-1.2337637059045259<sup>0</sup>, 36.7293119354854<sup>0</sup>) is the oldest Boys' rehabilitation school in Kenya and Getathuru coordinates: (-1.2170217976148872<sup>0</sup>, 36.801912832525474<sup>0</sup>) carries out assessment and classification for boys who violate Kenyan law for placement in rehabilitation schools and borstals. and the adolescent delinquents have vital information for this study;

### 3.5 Target Population

This research targeted managers, teachers, welfare officers and adolescents in the four selected public rehabilitation schools. The target population was 360, including 4 managers, 22 instructors, 39 welfare officials, and 295 adolescents (Table 1).

**Table 1: Target Population**

Rehabilitation Schools	Number of Managers	Number of teachers	Number of Welfare officers	Number of adolescents
Kirigiti	1	7	12	81
Kabete	1	8	9	69
Dagoretti	1	4	6	59
Getathuru	1	3	12	86
<b>Total</b>	<b>4</b>	<b>22</b>	<b>39</b>	<b>295</b>

**Source: Field Data, 2022**

### 3.6 Sampling Procedures and Sample Size

The act of choosing a subset, or a sample, of a larger population is known as sampling of interest in a research study” (Turner, 2020) the selected group or the sample, becomes representative of the total population. Ten percent to thirty percent of the available population, or less than ten thousand people, was appropriate representation of the population being studied (Mugenda & Mugenda, 2013).

#### 3.6.1 Sampling Procedure

The researcher classified the target population into four groups using stratified random sampling: managers, teachers, welfare officers and adolescents in the four selected public rehabilitation schools. The researcher used convenience sampling to pick one manager from each of the four selected public rehabilitation schools obtained four supervisors to be part of the research group. A thirty percent sample of the welfare officers and educators were chosen using basic random selection from the target population of the four selected public rehabilitation schools to be in the sample of study.

The target population was fewer than 10,000 people, therefore 10% to 30% represented the overall population. The researcher chose to use 30% of the teachers and welfare officers as the representation from the target population, to be in the sample of the study. Therefore, 4 managers, 6 teachers and 13 welfare officers were to be in the sample of study. Teachers and welfare officials were selected from the target group using simple random sampling of each of the rehabilitation schools to participate as respondents in the sample of study.

Using the Yamane Statistical Formula (Oribhabor & Anyanwu, 2019), the researcher set the sample size for the study at fifteen adolescents:

$$N / [ 1 + N (e)^2 ]$$

Where:

n = sample size

N = total population or target population

e = the level of significance or limit of tolerable error (0.05)

1 = a constant

The researcher applied this formula to obtain sample size as follows:

Kirigiti Girls:  $N=81; n = 81 / [ 1 + 81(0.05)^2]; n = 81 / [ 1+81 (0.0025)]$

$$n = 81 / 1.2025; \quad n = 67$$

Kabete Boys:  $N = 69, n = / [ 1 + 69 (0.005)^2]; n = 69 / [ 1 + 69 (0.0025)]$

$$n = 69 / 1.1725; \quad n = 59$$

Dagoretti Girls:  $N = 59, n = 59 / [ 1 + 59 (0.005)^2]; n = 59 / [ 1 + 59 (0.0025)]$

$$n = 59 / 1.1475; \quad n = 51$$

Getathuru:  $N= 86; n = 86 / [ 1 + 86 (0.005)^2]; n = 86 / [ 1 + 86 (0.0025)]$

$$n = 86 / 1.215; \quad n = 71$$

The number of adolescents obtained to be in sample of study were: 67 girls from Kirigiti Girls, 51 girls from Dagoretti Girls, 59 boys from Kabete Boys and 71 boys from Getathuru Boys, total number of adolescents to be in the sample of study was 248. The researcher employed systematic sampling to select the four strata consisting of the four selected public rehabilitation schools. Adolescents were chosen from the target group using simple random selection for each stratum that is each rehabilitation school who were respondents in the sample of the study.

### 3.6.2 Sample Size

The number of respondents obtained for the sample of the study comprised of: 4 Managers, 6 Teachers, 13 Welfare Officers and 248 Adolescents. The total sample size was 271. Details are as shown in table 2.

**Table 2: Sample Size Distribution**

<b>Rehabilitation Schools</b>	<b>Number of Managers</b>	<b>Number of teachers</b>	<b>Number of Welfare officers</b>	<b>Number of adolescents</b>
Kirigiti	1	2	4	67
Kabete	1	2	3	59
Dagoretti	1	1	2	51
Getathuru	1	1	4	71
<b>Total</b>	<b>4</b>	<b>6</b>	<b>13</b>	<b>248</b>

**Source: Field Data 2022**

The researcher employed systematic sampling, using class registers to select adolescents from each of the four selected public rehabilitation schools, obtained number of adolescents in the sample of the study. This ensured that each adolescent in the four selected public rehabilitation schools, had an equal chance of participating in the research.

### **3.7 Research Instruments**

The research made use of interview schedules and questionnaires. In order to gather data from a large number of respondents at once and make conclusions about the occurrence, questionnaires were given to both instructors and teenagers. Managers and welfare officers were surveyed using interview schedules, which allowed the researcher to get valuable insights into the study topic from important informants.

The study's aims informed the organization of the questions. The questionnaire items consisted of closed-ended items in which Likert Scale 1-5 was utilized 1 strongly agree, 2 agree, 3 neutral, 4 disagree, 5 strongly disagree.

The respondents were required to tick against the category which represented their opinion.

The questionnaires consisted of the following sections: Section A, demographics, section B, relationship between self-esteem, section C, relationship between stress levels, section D, relationship between family structure, section E, relationship between impulsivity and delinquency, section F, Delinquency Self-Report Questionnaire.

The Rosenberg Self Esteem Scale (1965) measured self-esteem, the PSS-10 measured stress, Abbreviated Impulsiveness Scale (ABIS) for determining impulsiveness and International Self – Report Delinquency Questionnaire (ISRQ – 3) among the adolescents. These instruments were adopted, some with modifications for use in this study. The researcher constructed questionnaires for examining family structure for the adolescents and teachers, interview schedule for welfare officers and managers.

The Rosenberg Self-Esteem Scale (1965) is the most popular study self-esteem tool in social sciences and mainly for adolescents. This scale has been used in more than one hundred research projects. It is a scale that has been used across cultures, involving about fifty- three countries and using different languages. RSES has generally high reliability test-retest correlations which range between 0.82 to 0.88 and Cronbach's alpha for various samples ranging between 0.77 to 0.88 (Blascovich & Tomaka, 1993; Rosenberg, 1986). RSES has satisfactory reliability and face validity with internal reliability index Cronbach's alpha 0.80 (Hensley & Roberts, 1976). RSES items has face validity being simple to administer as well as consisting of only ten items or statements that can be completed in a short time.

The Perceived Stress Scale (PSS-10) is frequently used in psychology to measure stress and how difficult everyday living is (Cohen, Kamarck & Mermelstein, 1983). Adapted into multiple versions for use across diverse populations and cultures, this scale—consisting of ten straightforward items with easily understandable response options—has been translated into languages such as Persian and Greek (Cohen & Williamson, 1988;

Cohen, Karmarck & Mermelstein, 1983). Utilizing data gathered from 941 urban inhabitants via Confirmatory Analysis, the validity and reliability of the Greek version of the Perceived Stress Scale were evaluated. The findings provided significant evidence that the Greek versions of the PSS-14 and PSS-10 were valid in terms of construct validity, internal consistency, and concurrent validity within the studied population. According to Cohen et al. (1983), the PSS-14 and PSS-10 both had acceptable alpha coefficients that were in line with prior research. According to a research by Andreou, Alexopoulos, and Darviri (2011), the Greek version of the PSS-10 also showed good reliability and validity. The current investigation determined that this research tool was appropriate for evaluating stress levels.

The researcher constructed questionnaires on family structure and interview schedules for welfare officers and managers. Their reliability was determined during the piloting and validity by experts that is the supervisors in this study. Their feedback was incorporated to strengthen the reliability of the study's hardware. The researcher used the Abbreviated Impulsiveness Scale (ABIS) which is a self-report scale which provides a means of assessment in various clinical and research contexts was appropriate in measuring impulsivity among the adolescents. This scale was derived from the original BIS- 11 that had thirty items. The ABIS consisted of three subscales with a total of thirteen items. The subscales measured were attentional (five items, with alpha value of .72), motor (four items, with alpha value of .75), non-planning (four items, with alpha value of .75) impulsiveness. These subscales were measured separately and each analyzed separately the unreliable items and poorly measured factors in the BIS-11 were left out by the researchers who came up with the model of ABIS (Coutlee, Politzer, Hoyle & Huettel, 2014).

This is an effective model which has steady inside consistent or internal consistency and it is a generalizable scale estimating attentional and non-arranging indiscretion. The internal consistency of ABIS is greater than that of BIS-11 as indexed by coefficient alpha in the subscales, attentional = .71, motor = .64, non-planning = .69, despite the ABIS scales being brief the correlations that resulted from the research were comparative to those of the relating BIS-11 scales across different character measures. The improved interior consistency prompted general propensity towards more grounded connection gauges when utilizing ABIS scales to measure impulsiveness / impulsivity. In a 2014 study, Coutlee et al. The researcher measured the impulsivity of the teenagers using the Abbreviated Impulsiveness Scale (ABIS) questionnaire.

The International Self-Report Delinquency Questionnaire (ISR - 3) was administered by the researcher which was administered to the adolescents. This questionnaire was developed from ISR - 2 questionnaire therefore it was a revised ISR (ISR- 2) questionnaire, it is a valid and reliable instrument (Marshall, Ericmann, Hough, Killias & Steketee, 2013).

Following waves of study have adopted the ISR-3 questionnaire as their standard instrument. This questionnaire has a core fixed portion (part 1), a flexible part (part 2), and an optional element (part 3). (Marshall et al., 2013). In order to improve upon the ISR-2 questionnaire (2005–2007) and make sure it remains useful in the future, the ISR-3 questionnaire (2012–2014) has been structurally improved (Marshall et al., 2013). By including new items that reflect developments in the field and removing incorrect or unclear ones, we were able to retain a large number of items from the ISR-2 (Marshall et al., 2013). The researcher derived a self-reporting delinquency measure for teenagers from this survey. These surveys helped gather vast amounts of data from respondents, permitting generalizations about the phenomena under study.

The researcher used interview schedules to acquire extensive information from correctional facility administrators and welfare officials who worked closely with teenage delinquents. These significant informants' detailed knowledge would help answer study questions. Data was analyzed using descriptive and inferential statistics. The results from the examination of the teenage and teacher questionnaires were merged with those from the interviews with the managers and welfare officials.

This led to triangulation of the findings obtained from data collected from more than one source these were multiple data sources or respondent groups: adolescents, teachers, managers and welfare officers. The findings obtained were combined during the discussion and drawing of conclusions for each construct that was being researched these were self-esteem, stress levels, family structure, impulsivity. The triangulation of the findings obtained from the data analysis provided more insights that enhanced the researcher's comprehension of the phenomenon to provide more accurate explanation. Triangulation strengthened the research by increasing the overall validity and credibility of the data and information for drawing generalizations on the phenomena being researched. The process of triangulation helped the researcher to minimize uncertainty, reduce bias, and minimize personal effects on the research findings.

### **3.8 Piloting**

A reduced sample size, comparable to the real research's, was used in the pilot study. Respondents were contacted by means of questionnaires and interview schedules.

The convenience-sampled Nairobi Children's Remand Home (-1.23742972509646830, 36.7365683383620340) in Nairobi County served as the site of the pilot project. The institution's management was hand-picked, whilst the faculty and welfare officers were selected by random drawing. Systematic random selection from class lists was used to choose the adolescents for the investigation. The pilot study included 88 participants in

total. Adolescents and educators filled out questionnaires, while managers and welfare workers were interviewed according to predetermined timetables. Finding Cronbach's Alpha coefficients allowed the researcher to evaluate the instruments' reliability. The study's supervisors, a group of professionals, reviewed the research tools and offered comments to guarantee their authenticity. Incorporating this input into the research itself improved its content validity. Two research assistants were trained in data collecting methods by administering the study tools and procedures, develop correct skills in carrying out the research procedures according to research ethics. After the analysis of data collected clarification of issues on the contents, confusion in the items, clarity of instructions, clear items, omissions and ambiguity in the procedures and instruments which arose were addressed by the researcher and research assistants.

### **3.8.1 Reliability of Research Instruments**

In terms of measuring constructs, reliability refers to how consistent the results are yields similar results, or steady outcomes, on the procedure is repeated on separate occasions on the same sample of population. ( Mousazadeh, Shan & Fateme, 2017). Prior to the genuine information assortment the analyst tested unwavering quality of the instruments during steering. Internal consistency of the instruments was used to ascertain the dependability of every device.

Each instrument's reliability was evaluated using Cronbach's Alpha coefficients; a value over 0.7 was deemed satisfactory. Results demonstrated that the self-esteem questionnaire attained a Cronbach's Alpha score of 0.832, suggesting that respondents' responses about the correlation between self-esteem and delinquency were consistent. Responses seemed to have followed a normal distribution, according to the variances of 0.187 and 0.019. Reliability is defined as a Cronbach's Alpha value of 0.70 or above (Cohen et al., 2005). Consequently, the self-esteem questionnaire was considered a valid

tool for gathering data in this research. A Cronbach's Alpha of 0.761 was also observed for the stress questionnaire, suggesting reliability when evaluating the correlation between stress and criminal behavior. This questionnaire's parameters all shown favorable associations. With a Cronbach's Alpha of 0.784, the family structure questionnaire was also found to be reliable enough to gather data. Also, the impulsivity questionnaire was reliable for measuring impulsivity and its correlation with delinquency (Cronbach's Alpha = 0.80). The reliability of the data collected from the Self-Report Delinquency Questionnaire for Adolescents was strong, with a Cronbach's Alpha of 0.922. All of the research tools were reliable for data collection since their Cronbach's Alpha values were more than 0.7

### **3.8.2 Validity of Research Instruments**

According to Zohrabi (2013), validity refers to how well a measuring device captures the target variable. This includes both face validity, which determines whether the questions in the instrument are appropriate for the study, and content validity, which determines how well the items address the targeted constructs (Mousazadeh et al., 2017). In this research, the experts' opinions, including those of supervisors and non-sample members of the target population, were used to assess the instruments' face validity. They helped improve the instruments by providing feedback on language, clarity, ambiguity, terminology, and relevancy, which made them more study-friendly. Similarly, supervisors evaluated the instrument's content and offered input to guarantee content validity via expert review. Their feedback was used to improve the instruments' content validity. All surveys demonstrated reliability in the pilot trial, with positive Cronbach's Alpha values. The validity and reliability results showed that the surveys were appropriate for this study's data gathering.

### **3.9 Data Collection Procedures**

The researcher then went about acquiring the appropriate authorizations to carry out the study when the proposal was finalized. The first step was to get approval from Mount Kenya University and the Ethical Research Committee to conduct the study. The researcher also secured authorization to visit the chosen public rehabilitation schools from the Directorate of Children's Services and filed for a Research License with NACOSTI. After acquiring these authorizations, the researcher approached the administration of the four chosen schools to request permission to gather data. The research method and the scheduling of appropriate times for the administration of the research instruments were discussed during appointments with both the respondents and the management. At the outset of data collection, the researcher met with each respondent individually to explain the study's goals and their specific responsibilities in it.

The researcher and research assistants worked together to facilitate data collecting. The team provided explanations and clarifications as required when administering the surveys to both instructors and teenagers. The team provided explanations and clarifications as required when administering the surveys to both instructors and teenagers.

The questionnaires were completed by the adolescents and teachers then collected the same day. Interview schedule were administered to the managers and welfare officers, by the researcher and research assistants which were completed and collected the same day.

### **3.10 Data Analysis and Presentation**

The researcher proceeded to clean, modify, and code the data for analysis after verifying its correctness. To describe the demographic information, descriptive statistics were used, which included visual representations, percentages, averages, and standard deviation. According to the study goals, inferential statistics were performed using SPSS version

25.0 and included one-sample t-tests, analysis of variance (ANOVA), and regression analysis.

Objective 1: To determine the relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya. The researcher used descriptive analysis, the results were presented in form of tables, frequencies, percentages and Standard Deviation, thematic analysis was also used in the data analysis. The researcher used the following inferential statistical analysis: multiple linear regression analysis, Analysis of Variance (ANOVA), the results were presented in tables. Multiple linear analysis was used, the regression equation applied was as follows:

$$y = \beta_0 + \beta_1x_1 + \beta_2x_2 + \beta_3x_3 + \beta_4x_4 + \beta_5x_5 + \beta_6x_6 + \beta_7x_7 + \beta_8x_8 + \beta_9x_9 + \varepsilon$$

The researcher used the data-derived regression correlation coefficient (r) to determine whether the independent variable (self-esteem) was significantly related to the dependent variable (confidence). Furthermore, this coefficient measured the direction and intensity of this link. The researcher found that there is a significant link between self-esteem and delinquency by comparing the calculated p-value from the data to the preset significance level ( $p < 0.05$ ). The research hypotheses were tested using ANOVA, and the findings were evaluated against the set criteria. Using the predetermined criteria, the researcher chose a 0.05 alpha level of significance ( $p < 0.05$ ), which indicates a 95% confidence level for testing the hypothesis.

Objective 2: To determine the relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya. The researcher used descriptive analysis, the results were presented in form of tables, frequencies, percentages. The following Inferential statistics were used in the data analysis: multiple

linear regression analysis, Analysis of Variance (ANOVA) and Multiple linear regression analysis, the regression equation applied was as follows:

$$y = \beta_0 + \beta_1x_1 + \beta_2x_2 + \beta_3x_3 + \beta_4x_4 + \beta_5x_5 + \beta_6x_6 + \beta_7x_7 + \beta_8x_8 + \beta_9x_9 + \varepsilon$$

In order to find out if there is a significant relationship between the two variables (stress and delinquency), how strong that relationship is, and in what direction it is going, the researcher used the data to calculate the regression correlation coefficient (r). The next step was to analyze the connection between the independent and dependent variables using Analysis of Variance (ANOVA). The researcher then choose to accept or reject the null hypothesis based on the derived p-value from the obtained data. In order to test the hypothesis with 95% confidence, a significance threshold of 0.05 ( $p < 0.05$ ) was used according to the defined criteria.

Objective 3: To examine the relationship between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Researcher used descriptive statistics to describe results in frequency tables with percentages and frequencies. Furthermore, the findings of theme analysis were also presented in frequency tables along with percentages and frequencies. Results were shown using the standard deviation, standard error mean, and One Sample statistics (One Sample t-test) for inferential statistics. Adolescent delinquency and family structure were the subjects of a t-test designed to measure the amount of each parameter, determine the direction and strength of the association, and evaluate statistical significance. The one-sample t-test of the population means was considered appropriate since the independent variable consisted of various subgroups reflecting different family kinds, each of which had more than two. The researcher proceeded to examine the study's hypotheses using the obtained p-value. Using pre-established parameters, a significance threshold (alpha)

of 0.05 ( $p < 0.05$ ) was selected. To decide whether to accept or reject the hypothesis, the estimated p-value from the study's data was compared to this threshold.

Objective 4: To find out the relationship between impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Tables with frequencies and percentages displayed the results of the descriptive statistics that were used. Frequency charts showing percentages and frequencies accompanied the results of the thematic analysis. Using the following regression equation, multiple linear regression analysis was conducted for inferential statistics.

$$y = \beta_0 + \beta_1x_1 + \beta_2x_2 + \beta_3x_3 + \beta_4x_4 + \beta_5x_5 + \beta_6x_6 + \beta_7x_7 + \beta_8x_8 + \beta_9x_9 + \varepsilon$$

To determine whether impulsivity and delinquency were significantly correlated, researchers used multiple linear regression analysis. We used Analysis of Variance (ANOVA) to see whether impulsivity and delinquency were significantly related. The existence of a significant link between impulsivity and delinquency among teenagers was determined by comparing the estimated p-value from the study's data against a significance criterion of 0.05 ( $p < 0.05$ ).

### **3.11 Ethical Considerations**

Some ethical considerations were applicable to the respondents, they were expected to sign a consent form. The respondents ( adolescents) who were below the age eighteen years had their consent signed by the responsible officer in the management on behalf of the adolescent. The respondents made decision to participate in the study voluntarily without coercion.

Ethical considerations also invoved the process, all respondents were consulted and accorded respect both by the researcher and research assistants.

The researcher was forthright with the participants about the study's goals. We got approval for participation from the administration of the institutions where the research took place as the majority of the youths participated were under the age of eighteen.

Some ethical considerations involved the researcher. Before conducting the study, the researcher obtained approval from the relevant institutional administrations.

The researcher ensured confidentiality of information collected during data collection and final report which was maintained by using codes and not names or other identities of respondents therefore anonymity was ensured. The researcher avoided plagiarism by always acknowledging the authors' sources of information such as books, publications, seminar reports. Data security was ensured by use of password protection to avoid unauthorized access. The researcher and research assistants strictly adhered to the professional and research ethics throughout the study.

## CHAPTER FOUR

### RESEARCH FINDINGS AND DISCUSSIONS

#### 4.1 Introduction

The section presents the findings based on demographic information and response rates. Qualitative data was evaluated thematically, and quantitative data was studied using descriptive and inferential statistics. Statistics and tables are used to show the results.

#### 4.2 Return Rate

Two hundred and seventy-one people participated in the study's sample comprising of two hundred and forty eight adolescents, four managers, six teachers and thirteen welfare officers. Adolescents and instructors were given questionnaires, while managers and welfare workers were given interview schedules. Out of the two hundred and forty eight respondents (adolescents) two hundred and thirteen of them completed and returned the questionnaires, response rate 213(82.24%).

The management team, together with the teaching staff and welfare officials, all received a perfect score. Fincham (2008) states that studies with low response rates (less than 30%) have a 70% nonresponse bias whereas studies with high response rates (more than 20%) have an 80% nonresponse bias. A response rate of 82.24% among the teens in this research suggests that the sample accurately reflects the population and its characteristics. The findings showed no bias and were representative of the community, according to the 100% response rate from welfare officials, instructors, and managers.

You may find these data in Table 3.

**Table 3: Return Rate**

<b>Sample size</b>	<b>Return rate</b>	<b>Frequency</b>	<b>Non-participants</b>	<b>Frequency</b>
248(adolescents)	213	85.89%	35	14.11%
13(Welfare officers)	13	100%	0	Oral interview done
6(Teachers)	6	100%	0	Oral interview done
4 (Managers)	4	100%	0	Oral interview done
<b>Total</b>	<b>236</b>	<b>83.69%</b>	<b>35</b>	

**Response Rate of Adolescents**

248(adolescents)	213	85.89%
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**Response Rate of Managers**

4 (Managers)	4	100%
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**Response Rate of Teachers**

6(Teachers)	6	100%
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**Response Rate of Welfare Officers**

13(Welfare officers)	13	100%
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**Source Field Data (2022)****4.3 Demographic Characteristics and the Distribution**

The demographics of the students and faculty of a few Kenyan public rehabilitation institutions were detailed in this section. These characteristics included gender, age, religion, locality of birth and residence, duration of committal to the institutions, age (years) on committal to the institutions. These results were presented in Table 4.

Demographic information for the teachers was presented in Table 5:

**Table 4: Demographic Characteristics and Distribution of the Adolescents**

Test Item		Frequency	%
Gender	Female	73	34.3%
	Male	140	65.7%
Age	10 - 12 years	8	3.8%
	13 - 14 years	77	36.2%
	15 - 16 years	111	52.1%
	17 - 18 years	17	8.0%
Religion	Christian	192	90.1%
	Muslim	21	9.9%
Locality of birth and residence	Rural area	92	43.2%
	Urban area	64	30.0%
	Informal settlement	57	26.8%
Length of time (years) since committal to this institution.	Less than one year	140	65.7%
	Less than two years	22	10.3%
	Two to three years	22	10.3%
	More than three years	29	13.6%
Age (years) on committal to this Institution	Below twelve years	16	7.5%
	12 - 13 years	45	21.1%
	14 - 15 years	92	43.2%
	16 - 17 years	59	27.7%
	18 - 19 years	1	0.5%

**Source Field Data (2022)**

The results indicated that there were more male adolescents with a response rate of 140(65.7%) than the female adolescents response rate of 73(34.3%). Majority of the adolescents were between 15 and 16 years with a response rate of 111(52.2%) those between 13 and 14 years had response rate of 77(36.2%) the adolescents who were between 10 and 12 years had response rate of 8(3.8 5%) and those between 17 and 18 years had response rate of 17(8.0%). Majority of the adolescents were Christians, with response rate of 192(90.1%) while those who were Muslims had response rate of 21(9.9%). Majority of adolescents were from rural areas with response rate of 92(43.2%), while those who were from urban areas had response rate of 64(30.0%) and those who were informal settlements had response rate of 57(26.8%). The time each adolescent had been in the rehabilitation school for less than one year were majority with a response rate

of 140(65.7%) while those who had been there for less than 2 years had response rate of 22(10.3%) those who had been there for 2 – 3 years and for more than 3 years had response rate of 29(13.6%). Some of the adolescents were found to had come to the rehabilitation schools when they were between 14 – 15 years with a response rate of 92(43.2%) those who came when they were between 16 –17 years had a response rate of 59(27.7%) and one respondent was between 18 – 19 years during the time of committal to the rehabilitation schools. Those who were less than 12 years and between 12 – 13 years had response rates of 16(7.5%) and 45(21.1%) respectively.

The results indicated that more male adolescents (65.7%) were committed to the correctional facilities while the female adolescents were fewer (34.3 %) during the same period. The were supported by findings from other studies which indicate that males tend to have engagement in risk-taking and deviant behaviors, a predisposition toward sensation-chasing, and reduced levels of drive control compared to females (Shulman, Harden, Chein & Steinberg, 2015).

Majority of the adolescents (52.2%) were aged between fifteen and sixteen years. Shulman et al., (2015) obtained similar results. Adolescents' involvement in risk- taking and delinquent behaviours may appear to be as a result of ignorance, misunderstanding of risks, and being irrational, as a result of young age (Shulman et al., 2015).

This study's results on gender and teenage age were in agreement with those of these other researchers and involvement in delinquent behaviours.

**Table 5: Demographic Characteristics and the Distribution of the Teachers**

		Count	Column N %
Gender	Female	4	66.7%
	Male	2	33.3%
Age	18 – 25 years	0	0.0%
	26 – 35 years	2	33.3%
	36 - 45 years	2	33.3%
	46 – 55 years	1	16.7%
	56 and above years	1	16.7%
	Length of service (years) in the Institution	1 - 5 years	1
	6 - 10 years	3	50.0%
	11 - 15 years	2	33.3%
	Above 15 years	0	0.0%
Length of service (years) in the Profession.	1 - 5 years	1	16.7%
	6 - 10 years	4	66.7%
	11 - 15 years	1	16.7%
	above 15 years	0	0.0%
Highest professional qualification.	Certificate	1	16.7%
	Diploma	3	50.0%
	Degree	2	33.3%
	Master's	0	0.0%
Highest academic qualification	KAPE /CPE/ KCPE	0	0.0%
	KCE / KCSE (O-level)	0	0.0%
	KJSE	1	16.7%
	Diploma	3	50.0%
	Degree	2	33.3%
	Masters	0	0.0%

**Source Field Data (2022)**

The findings showed that out of the total number of instructors surveyed, 4 (or 66.7%) were female while the male teachers had response rate of 2(33.3%). Most of the teachers were aged between 26 to 35 years response rate of 2(33.3 %) and 36 to 45 years with a response rate of 2(33.3%) The teachers aged between 46 to 55 years and 56 years and above had response rate of 1(16.7 %). Most of the teachers had been in the institutions for over 6 to 10 years response rate of 3(50.0%) while those who had been in the institutions between 11 to 15 years had response rate of 2(33.3 %).

Four out of ten educators (66.7% of the total) have been in the field for six to ten years. Those who had been in the service for 11 to 15 years response rate of 1(16.7 %) and 1 to 5 years response rates of 1(16.7 %). None of the teachers had more than 15 years of service response rate of 0(0.00%). The teachers had professional qualifications were as follows: most of them had diploma response rate of 3(50.0%) while those who had degree response rate of 2(33.3%). Those who had certificate level (Kenya Junior Secondary Education (KJSE) response rate of 1(16.7%). The researcher further noted that the teachers who had highest academic qualification had a degree response rate of 2(33.3%).

According to the data, there were more female instructors than male teachers (66.7% vs. 33.3%) Most of them were aged between twenty six to thirty five years (33.3%) length of service in the institutions indicated one to five years (16.7%) six to ten years (66.7%) and eleven to fifteen years (16.7 %).

The findings showed that most teachers had diploma as highest academic and professional qualifications and few had degree as qualification. These qualifications indicate that the teachers had adequate competency to implement the programmes in the institutions.

The study's results showed that most of the teenagers in these correctional institutions were males while the females were fewer. The majority of the study's participants were between the ages of 15 and 16.

The youngest were aged 10 to 12 years Male and female teenagers, ranging in age from 10 to 18, made up the study's sample. The numbers of the teachers may not be adequate for efficient implementation of the programmes in the institutions when teachers academic and professional qualifications are put into consideration. The numbers may need to be increased for effectiveness in programme implementation. Gender balance

need enhancement by increasing the number of male instructors to provide male and female teenagers with role models throughout rehabilitation to change behavior.

#### 4.4 Self-esteem

##### 4.4.1 Descriptive Statistics on Self-esteem

**Table 6: Adolescents Rating on the Self-esteem**

Test Item	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
	F	%	F	%	F	%	F	%	F	%
I am a person of worth	22	10.3	12	5.6	14	6.6	33	15.5	132	62.0
I have good qualities	30	14.1	16	7.5	29	13.6	40	18.8	98	46.0
I feel I am a failure.	79	37.1	27	12.7	39	18.3	22	10.3	46	21.6
I can do things as well as other people	35	16.4	15	7.0	31	14.6	41	19.2	91	42.7
I do not have much to be proud of	35	16.4	17	8.0	35	16.4	69	32.4	57	26.8
I have positive self-attitude	25	11.7	14	6.6	34	16.0	56	26.3	84	39.4
I am satisfied with myself.	34	16.0	32	15.0	31	14.6	40	18.8	76	35.7
I do not have respect for myself	48	22.5	19	8.9	32	15.0	48	22.5	66	31.0
I feel useless at times	33	15.5	27	12.7	46	21.6	41	19.2	66	31.0
I am no good at all	40	18.8	35	16.4	38	17.8	38	17.8	62	29.1

##### Source Field Data (2022)

Most of the adolescents indicated that they have good qualities in terms of conduct strongly agreed had response rate 98(46.0%), those who agreed had response rate of 40(18.8%), those who strongly disagreed, disagreed and neutral had response rates of

30(14.1%), 16(7.5%) and 29(13.6%) respectively. Most adolescents stated that they did not feel as failures in life and they had a response rate of 79(37.1%), those who felt as failures had response rate of 46(21.6%), those who did not know whether they were failures or not in life had response rate of 39(18.3%).

The majority of the teenagers were certain that they could do tasks just as effectively as other individuals had response rate of 91(42.7%), those who agreed had response rate of 41(19.2%), those who strongly disagreed, disagreed and neutral had response rates of 35(16.4%), 15(7.0%) and 31(14.6%) respectively. Some adolescents stated that they did not have much to be proud of, those who agreed had response rate of 69(32.4%), those who strongly agreed had response rate of 57(26.8%), those who felt good about themselves indicating strongly disagree had response rate of 35(16.4%), those who indicated disagree had response rate of 17(8.0%), those who were undecided had response rate of 35(16.4%).

In terms of positive self-attitude, most of the adolescents indicated strongly agree had response rate of 84(39.4%), those who indicated agreed had response rate of 56(26.3%), some adolescents indicated strongly disagree had response rate of 25(11.7%), those who indicated disagree had response rate of 14(6.6%). Adolescents responded on being satisfied with themselves, those who strongly agreed had response rate of 76(35.7%), those who indicated agreed had response rate of 40(18.8%), those who indicated, strongly disagree, disagree and neutral had response rates of 34(16.0%), 32(15.0%) and 31(14.6%) respectively. Most of the adolescents indicated that they did not have respect for themselves, those who strongly agreed had response rate of 66(31.0%), those who agreed, had response rate of 48(22.5%), those who were neutral, disagreed and strongly disagreed, had response rates of 32(15.0%), 19(8.9%), and 48(22.5%) respectively. Feeling worth about themselves, adolescents stated that they felt useless at times, those

who indicated strongly agreed had response rate of 66(31.0%), those who indicated agreed had response rate of 41(19.2 %), those who indicated neutral (undecided), disagree and strongly disagree, had response rates of 46(21.6 %), 27(12.7 %) and 33(15.5%) respectively. On the adolescents, feeling being of no good at all, those who indicated strongly agree had response rate of 62(29.1%), those who agreed had response rate of 38(17.8%), those who indicated neutral ( undecided), disagree and strongly disagree had response rates of 38(17.8 %), 35(16.4 %) and 40(18.8 %) respectively.

The results of this investigation showed that most of the teenagers (64.8 %) stated that they had good qualities in terms of conduct. Some adolescents did not feel as failures (37.1 %), majority of the adolescent (61.2 %), said that they could do tasks just as effectively as others. Some adolescents (24.4 %) felt they had much to be proud of, majority of the adolescents (65.7 %) indicated they had positive self attitude while 54.5 % stated that they were satisfied with themselves. Some adolescents (21.4 %) indicated they had respect for themselves, majority of the adolescents (77.0%) stated they were of worth. The findings obtained in this study from the self– reports stated by the adolescents revealed that some adolescents were likely to have high self– esteem as shown by the parameters used. Some adolescents (14.1 %) stated that they did not have good qualities in terms of conduct, 21.6 % stated they felt as failures, 23.4 % believed they couldn't do tasks as effectively as other individuals. Majority of the adolescents (59.2 %) indicated that they did not have much to be proud of while some had negative self – attitude (18.3 %) others were not satisfied with themselves (31.0%). Majority of the adolescents (53.5 %) stated that they did not have respect for themselves, 50.2 % indicated they felt useless at times, 15.9 % stated they felt that they were not people of worth. These responses were indicators of low self esteem, the study's conclusions showed that certain teenagers were more likely to have poor self-esteem. Some adolescents were undecided in relation to

some items or parameters which were indicators of self– esteem as independent variable in this study. The result coincide with the study carried out to examine the role of gender in mediating the connection between adolescent delinquency, low self-esteem, and child sexual abuse. According to the findings, self-esteem was an underlying factor in the correlation between sexual abuse of children and criminal behavior. Plus, delinquent behaviors were more common among boys since they had greater levels of self-esteem than girls (Deuchesne, 2021).

**Table 7: Teachers’ Rating on the Self-esteem**

Test item	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
	F	%	F	%	F	%	F	%	F	%
Most of them say they are hopeless in life	2	33.3	2	33.3	0	0.0	2	33.3	0	0.0
Most of them say they feel useless.	2	33.3	3	50.0	1	16.7	0	0.0	0	0.0
Most of them feel rejected by everybody.	2	33.3	3	50.0	0	0.0	1	16.7	0	0.0
Most of them say their family and peers have condemned them.	1	16.7	4	66.7	1	16.7	0	0.0	0	0.0
Most of them feel valueless.	1	16.7	4	66.7	1	16.7	0	0.0	0	0.0
Some say they are appreciated by their families, teachers and peers.	0	0.0	2	33.3	1	16.7	3	50.0	0	0.0
Some acknowledge they are of value to themselves.	0	0.0	0	0.0	0	0.0	3	50.0	3	50.0
Some are hopeful about the future.	0	0.0	1	16.7	1	16.7	3	50.0	1	16.7
Most of them say they are failures in life.	2	33.3	3	50.0	1	16.7	0	0.0	0	0.0
Most of them say they have been a disgrace to everybody.	2	33.3	2	33.3	1	16.7	1	16.7	0	0.0

**Source Field Data (2022)**

Most teachers stated that majority of the adolescents did not say they were hopeless in life, those who indicated strongly disagree had response rate of 2(33.3%), those who

indicated disagree had response rate of 2 (33.3%). Majority of the teachers indicated disagree that most of the adolescents, they felt being useless had response rates of 3(50.0%) and 2(33.3%) of teachers strongly disagree, one teacher was undecided. A response rate of 4(66.7%) by teachers indicated that they disagreed that most of the adolescents felt valueless. Those who strongly disagreed and undecided had response rates of 1(16.7 %) and 1(16.7 %) respectively. Most of the teachers indicated agree and strongly agree that most of the adolescents acknowledged they were of value to themselves had response rate of 3(50.0%). Majority of the teachers indicated agreed that most of the adolescents were hopeful about the future had response rate of 3(50.0%). Most of the teachers indicated disagree that most adolescents say they were failures in life had response rate of 3(50.0%) while strongly disagreed that most adolescents said they had been a disgrace to everybody had response rate of 2(33.3%). most teachers indicated strongly disagree and disagree had response rate of 2(33.3 %), those who indicated neutral and agreed had response rate of 1(16.7 %).

The findings indicated that, the responses of teachers showed, majority of the adolescents were likely to have high self-esteem, this was based on the parameters which were used in this study. Majority of the teachers stated that, most adolescents (66.6 %), do not say, they are hopeless in life, 83.3 % did not feel useless, 83.3% never indicated they are failures in life, 66.6%, were rarely found to be a disgrace to everybody. The bulk of the teenagers, according to the instructors' comments, were probably to have high self-esteem based on the parameters that were used in this study. However, responses from the teachers did not show any of the adolescents showing likelihood of low self-esteem based on the parameters that were used in the study.

Overall findings from the responses of the adolescents and the teachers revealed that some of the adolescents showed likelihood of having high self-esteem while others

indicated likelihood of low self-esteem as indicated by parameters that were used in the study. The findings were consistent with previous studies by other scholars.

In an investigation on the extent to which a composite index, unfriendly life occasions were connected to delinquency, the researchers examined parental monitoring, religiosity and self-esteem.

According to Kabiru et al. (2014), the results showed that both men and females with high self-esteem had a decreased propensity to report delinquent behavior. The research done by Shaheen and Jahan (2014) aimed to examine the impact of confidence on the emergence of enmity among youth. The results demonstrated a negative correlation between violent behavior and self-esteem with all dimensions of aggression. The findings further indicated that low self-esteem among adolescents was associated to high levels of aggression. This was found to exist in both male and female adolescents.

#### 4.4.2 Regression Results on the Self-esteem and Delinquency

Multiple linear regression was determined impact teenage misbehavior and self-esteem, was shown on a model summary, ANOVA summary and Regression analysis, results obtained were represented in Tables 8, 9 and 10.

**Table 8: Model Summary on the Self-esteem and Delinquency**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.826 <sup>a</sup>	.016	-.033	1.513618

#### Source Field Data (2022)

Table 8 displayed the acquired findings. with an R-value of 0.826, the regression model indicated a favorable relationship between self-esteem and delinquency, the two variables that made up the study. The independent variable (self-esteem) accounted for a significant

amount of the variation in the dependent variable (delinquency), with an R2 value of 0.716 (71.6%).



**Table 9: ANOVA Summary on the Relationship between Self-esteem and Delinquency among Adolescents**

		ANOVA <sup>a</sup>				
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	7.432	10	.743	.324	.004 <sup>b</sup>
	Residual	462.790	202	2.291		
	Total	470.222	212			

**Source Field Data (2022)**

Table 9 displayed the results, which indicated that  $F(10, 202) = 0.324$ ,  $p < 0.05$ . This revealed a statistically significant correlation between the adolescent's self-esteem and criminality. This led to the rejection of the null hypothesis ( $H_0$ ). The F value of 0.324 which was less than 0.974 of the established criteria indicated that there was statistically significant improving teen delinquency and self-esteem in a few Kenyan public rehabilitation institutions.

These results showed that there was goodness in the model fitting. The study further indicated a statistical value 0.004 which was less than 0.05. This indicated that there was statistical relationship between the parameters used in the study for this variable.

**Table 10: Regression Coefficients of the Self-esteem and Delinquency**

Model		Unstandardized Coefficients			
		B	Std. Error	t	Sig.
1	(Constant)	3.611	.420	8.602	.000
	I am a Worthy person.	.023	.111	.210	.834
	I have My virtues	.005	.095	.049	.961
	A failure, I feel.	-.042	.081	-.525	.600
	I can accomplish things like others.	-.083	.107	-.772	.441
	I'm not proud of much.	.035	.105	.333	.740
	Being optimistic is my mindset.	-.009	.110	-.079	.937
	I like myself.	.027	.096	.278	.782
	I lack self-respect.	.010	.120	.085	.932
	Sometimes I feel useless.	-.107	.123	-.871	.385
	I am useless.	.092	.115	.797	.426

**Source Field Data (2022)**

Table 10 shows the unstandardized coefficients that demonstrate how much the dependent variable fluctuates with an independent variable while all other independent variables are constant. “*I am no good at all*” was found to have the highest coefficient value of 0.95, this meant that increase in motivation to the adolescents may increase their feeling good about themselves. This may lead to increase in self-esteem among adolescents by 0.95 units, followed by “*I do not have much to be proud of*” of 0.35 while “*I feel I am a failure*” had the least coefficient of 0.042. The following multiple linear regression was formulated on the various parameters used assess teenage self-esteem and criminality.

$$y = \beta_0 + \beta_1x_1 + \beta_2x_2 + \beta_3x_3 + \beta_4x_4 + \beta_5x_5 + \beta_6x_6 + \beta_7x_7 + \beta_8x_8 + \beta_9x_9 + \beta_{10}x_{10} + \varepsilon$$

$$y = 3.611 + .023x_1 - .042x_2 + .005x_3 - .083x_4 + .035x_5 - .009x_6 + .027x_7 + .010x_8 - .107x_9 + .092x_{10} + \varepsilon$$

Where:

X1 = I am a person of worth

X6 = I have positive self-attitude

X2 = I have good qualities

X7 = I am satisfied with myself.

X3 = I feel I am a failure.

X8 = I do not have respect for myself

X4 = I can do things as well as other  
people

X9 = I feel useless at times

X10 = I am no good at all

X5 = I do not have much to be proud of

We achieved a statistical value of 0.000, which was below  $p < 0.05$ . These coefficients indicated that statistically significant relationship existed between independent variable (self-esteem) and dependent variable (delinquency). Hence, the null hypothesis was rejected.

Multiple linear regression analysis on data for self-esteem indicated positive correlation coefficient (R) 0.826 which indicated positive correlation between self-esteem and delinquency.

ANOVA analysis showed a strong association between self-esteem and delinquency (coefficient value = 0.000,  $p < 0.05$ ). Compared to the p-value of 0.05, the F value of 0.324 supports this conclusion. Based on the factors, some teenagers had high self-esteem and others low. These findings support earlier research linking poor self-esteem to violence in both boys and girls (Shaheen & Jahan, 2015). Self-esteem also had a minor but substantial detrimental influence on crime and delinquency (Mier & Ladney, 2018).

Low self-esteem, vengeance and absence of strong connections were related to delinquency (Dogar et al., 2016). However, there were contrasts in findings of studies conducted which indicated that the results were not consistent in setting up a connection between low self-esteem, revenge and supportive relationships and delinquents among adolescents ( Dogar et al., 2016). The findings were inconsistent with those of other

studies in which research findings indicated that male adolescents greater self-esteem were connected to more delinquency than in females (Deuchesne et al., 2021).

#### **4.4.3 Thematic Analysis on Self-esteem**

In an effort to boost teenage confidence an overall subjective sense of personal worth or value would be necessary, to influence motivation as person with a healthy, positive view of themselves understand their potential.

The welfare officers reported that programmes such as counselling and spiritual programmes implemented in the correctional institutions helped the adolescent delinquents in positive behaviour change. The welfare officers further noted that “social development programmes” enabled the adolescent delinquents in social interactions, equipping them with life skills for involvement in interpersonal communication and formation of healthy relationships. An adolescent delinquent in one of the four selected public rehabilitation schools reported the following as indicated in the statements:

*“Through the social development programs offered they help in the interaction among the adolescents and formation of healthy relationships, I learn to recognize who I can relate with and why I need to. I avoid those people when I evaluate and realize that some relationships do not bring value to my life. That's why I found a friend I sympathized with and we composed songs, sing and dance to our songs together. We are happy to know that we are doing constructive things with a group of friends that have changed our behavior and perceptions of life. At the time of release I advise the person to leave the institution a better person than one came and associate with other young people only with friends who can add value to their lives not with peers who deprive them of values and morals.”*

The welfare officers noted that this programme was likely to empower the adolescents with skills, to reduce the anxiety, fear, confusion and sadness associated with the adolescent delinquents in these rehabilitation schools. The welfare officers asserted that from their assessment, the programme helped some adolescent delinquents in formation of healthy relationships. It had no impact on the relationships and interactions of other juvenile offenders. Some of the adolescent delinquents indicated that the programme had impact on their behaviour towards positive behaviour change.

The responses in this study indicated that there was need for social development programmes which were likely to have effectiveness in the rehabilitation of the adolescent delinquents on social interactions and relationship building. After attaining the necessary information and abilities majority of these adolescent delinquents began to change their actions and attitudes positively toward others in an effort to learn from each other and how to have healthy interaction with them. This enabled the adolescent delinquents to relate with others who had similar interests and support their development of habits and socially acceptable behavior.

According to Bandura (1973) the social learning theory, children learn new behaviors as a result of modelling of behaviors of other people such as their peers and adults. Hence reinforcement in the form of rewards or punishment for participating in social development programs were likely to facilitate communication and the development of interpersonal bonds.

Adolescents who took part in social development programmes were rewarded by learning better social skills, understanding how to build positive relationships with others and knowing what to look for when dating. Adolescent delinquents' interest in social development programmes increased as a result of their desire to learn more about and strengthen their interpersonal abilities. As a result adolescent delinquents began altering

their behaviors and attitudes toward others to form healthy connections which led to fulfilling lives as a result of the knowledge and abilities they had attained. These were views that were brought out by the welfare officers and other care givers, as being essential in assisting the adolescents as they went through the rehabilitation process that may helped them attain positive behaviour modification.

F value,  $F(10,202) = 0.324$ ,  $p < 0.05$ , was also shown by the results.

The results showed a statistically significant correlation between the two variables, self-esteem and criminality, in the teenage population. Therefore, HO1 (the null hypothesis) was not accepted. There was a statistically significant correlation between delinquency and low self-esteem among adolescents in several Kenyan public rehabilitation institutions ( $F = 0.324$ , which was lower than the 0.974 threshold).

The findings of this study showed that majority of the adolescents in these correctional institutions were males while the females were fewer.

The majority of the study's participants were between the ages of 15 and 16. The youngest adolescents were aged 10 to 12 years. The respondents in the study were aged 10 to 18 years. These were consistent with those of previous studies.

A composite indicator, unsavory life events, parental supervision, and the extent to which, religiosity and self-esteem were related to delinquency, the adolescent were aged twelve to nineteen years (Kabiru et al., 2014). This implied that the adolescent delinquents consisted of young and older adolescents and involvement in delinquent behaviours by adolescents was irrespective of age or gender.

The overall findings on self-esteem as was in the self-reports of the adolescents and teachers in the sample of study revealed that some adolescents showed likelihood of having high self-esteem while others showed likelihood of low self-esteem as was indicated by parameters that were used in the study. Teens' likelihood of engaging in

antisocial behavior was therefore predicted to increase with both high and poor levels of self-esteem.

Findings from this study are in line with what other researchers have found. Adolescents who scored higher on measures of self-esteem were less likely to engage in antisocial conduct, regardless of gender, according to a research that looked at parental supervision, religion, and self-esteem (Kabiru et al., 2014). A person's tendency towards behaviors like prostitution and burglary may be significantly impacted by their self-esteem, according to the studies. Research that used the Rosenberg Self-Esteem Scale to measure self-esteem also discovered strong correlations with risky behaviors including smoking and substance misuse (Khajehdaluee, Zavar & Pourandi, 2013). Furthermore, violent conduct was shown to be connected with poor self-esteem, and vice versa, for both sexes among adolescents (Shaheen & Jahan, 2014)

#### **4.5 Stress Levels**

##### **4.5.1 Descriptive Statistics on the Stress Levels**

The adolescents' rating using various parameters to determine stress levels among adolescents were presented in Table 11.

**Table 11: Adolescents Rating on the Stress Levels**

	Never		Almost Never		Sometimes		Fairly Often		Very Often	
	F	%	F	%	F	%	F	%	F	%
	Been resentful about something that happened startlingly?	43	20.2	24	11.3	91	42.7	26	12.2	29
Felt that you were unable to control the significant things in your day- to- day existence?	36	16.9	28	13.1	58	27.2	32	15.0	59	27.7
You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you?	40	18.8	33	15.5	77	36.2	23	10.8	40	18.8
You were able to deal with day-to-day problems and annoyance successfully?	43	20.2	30	14.1	57	26.8	40	18.8	43	20.2
You had the option to adapt successfully to significant changes in your day- to day existence?	18	8.5	21	9.9	55	25.8	63	29.6	56	26.3
You are confident about your ability to handle your personal problems.	24	11.3	18	8.5	50	23.5	61	28.6	60	28.2
You felt that things were going your way?	32	15.0	11	5.2	74	34.7	42	19.7	54	25.4
You were not able to cope with all the things that you had to do.	11	5.2	17	8.0	68	31.9	61	28.6	56	26.3
You were able to deal with irritating life issues successfully. You were on top of things?	29	13.6	9	4.2	82	38.5	43	20.2	50	23.5

**Source Field Data (2022)**

In Table 11, you can see the outcomes. The findings showed that majority of the adolescents (42.7 %) sometimes found themselves being resentful about something that happened startlingly had response rate of 91(42.7%), those who indicated never had response rate of 43(20.2%), almost never had response rate of 24 (11.3 %), those who

indicated fairly often had response rate of 26(12.2 %) and very often had response rate of 29 (13.6%). Majority of the adolescents felt very often they were unable to control the significant things in their day- to - day existence had response rate of 59(27.7%), while response rate of 32(15.0%) indicated fairly often and response rate of 36(16.9%) indicated never. Most of the adolescents indicated sometime they felt that they were often feel tense, nervous and cannot control themselves which resulted to actions that were harmful had response rate of 77 (36.2%), never and very often had response rate of 40(18.8%) each.

Majority of the adolescents response rate of 57(26.8%), indicated sometimes they were able to deal with day-to-day problems and annoyance successfully while a number of the adolescents response rate of 43(20.2%) indicated that they felt very often they were able to deal with day-to-day problems and annoyance successfully, those who indicated never had response rate of 43(20.2%). Those who indicated almost never to deal with problems had response rate of 30(14.1%). Most of the adolescents indicated that they had option to adapt successfully to significant changes in their day- to day existence had response rate of 63(29.6%) indicating fairly often, those who indicated very often had response rate of 56(26.3%), the adolescents who indicated never and almost never had response rates of 18(8.5%) and 21(9.9%) respectively. Most of the adolescents were found to have confidence about handling their personal problems, fairly often and very often had the response rates of 61(28.6%) and 60(28.2%) respectively. Some of the adolescents indicated that they were unable to handle their personal problems had response rates 24(11.3%) and 18(8.5%), indicating never and almost never.

The findings indicated majority of the adolescents felt that sometimes things are going their way had response rate of 74(34.7%), those who reported that things were going their way on a regular or frequent basis had higher response rates of 42(19.7%) and 54(25.4%).

The respondents who indicated almost never felt that things did not go their way had response rate of 11(5.2 %). The percentage of respondents who said they struggle to keep up with everything had a response rate of 61 (28.6%), while very often had response rate of 56(26.3%). Those who indicated that they were able to cope with all the things they were to do almost always had response rate of 11(5.2%) and response rate of 17(8.0%) indicated almost never they were not able to cope. Those who were able to cope with them sometimes had response rate of 68(31.9%). According to the majority of respondents, there are instances when individuals are able to handle difficult life situations successfully had response rate of 82(38.5%), those who were able to deal with irritating life issues fairly often and very often to deal with their issues always on the top of things had response rates of 43(20.2%) and 50(23.5%) respectively. Those who were unable to deal with irritating issues who indicated never had response rate of 29(13.6%), while those who were unable to deal with irritating situations indicated almost never had response rate of 9(4.2%).

Frade, Micheli, Andrade, and Formigoni (2013) conducted research on the connection between secondary school students' drug use and stress symptoms.

The Stress Scale for Adolescents and Drug Use Screening Inventory were used to compare drug use to four stress indicators. Regular and non-/occasional drug users were compared for psychological, cognitive, physiological, and interpersonal stress symptoms (Frade et al., 2013). Non/occasional and regular drug users had greater mental, intellectual, and physiological stress symptoms, suggesting a substantial continuum of stress (near exhaustion and weariness). Drug usage and stress were most among 11–13-year-olds, the youngest in the schools (Frade et al., 2013). Students 16 and older from upper-working class homes with dysfunctional family connections and academic challenges were the most frequent drug users (Frade et al., 2013). These results showed

that juvenile drug misuse and stress are linked, emphasizing the need for early screening and intervention. Drug usage was linked to four stress levels among city children in public and private schools (Frade et al., 2013).

**Table 12: Teachers' Rating on the Stress Levels**

Test item	Never		Almost		Sometimes		Often		Almost always	
	F	%	F	%	F	%	F	%	F	%
Most of them have been upset by something that happened unexpectedly.	0	0.0	1	16.7	3	50.0	2	33.3	0	0.0
Most of them felt they could not control the important things in their lives.	3	50.0	0	0.0	2	33.3	1	16.7	0	0.0
Most of them often feel tense, nervous and cannot control themselves resulting to harmful actions.	0	0.0	0	0.0	4	66.7	2	33.3	0	0.0
Most of them were able to deal with day-to-day problems successfully.	3	50.0	0	0.0	3	50.0	0	0.0	0	0.0
Most of them were able to cope effectively with important changes in their lives.	0	0.0	0	0.0	2	33.3	2	33.3	2	33.3
Most of them are confident about their ability to handle personal problems.	0	0.0	0	0.0	4	66.7	2	33.3	0	0.0
Most of them felt things were going their way.	2	33.3	2	33.3	2	33.3	0	0.0	0	0.0
Most of them were not able to cope with all the things that they had to do.	0	0.0	0	0.0	2	33.3	3	50.0	1	16.7
Most of them were not able to deal with irritating life issues successfully.	3	50.0	1	16.7	1	16.7	0	0.0	1	16.7
Most of them felt they were on top of things.	0	0.0	2	33.3	1	16.7	0	0.0	3	50.0
Most of them have been upset by something that happened unexpectedly.	0	0.0	0	0.0	2	33.3	1	16.7	3	50.0

**Source Field Data (2022)**

Most of the adolescents reported that they were upset sometimes with something that happened unexpectedly had response rate of 3(50.0%) while response rate of 2(33.3%) indicated upset often. Most of the adolescents were indicated by the teachers that they could never control the important things in their lives had response rate of 3(50.0%) while response rate of 2(33.3%) was for those who found that sometimes they could control the important things in their lives.

#### 4.5.2 Regression Results on the Stress Levels and Delinquency

In order to determine if there is a correlation between adolescent stress and delinquency in a subset of Kenyan public rehabilitation institutions, researchers used multiple linear regression to examine the data. Tables 13, 14, and 15 show the outcomes of the model summary, analysis of variance, and regression, respectively.

**Table 13: Model Summary on the Stress Levels and Delinquency**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.703 <sup>a</sup>	.741	-.001	1.490398

#### Source Field Data (2022)

In Table 13, you can see the outcomes. A regression analysis revealed a positive relationship between the two variables, stress levels and delinquency, with a correlation value (R) of 0.703. The amount of variation in the dependent variable (delinquency) that was explained by the independent variable (stress levels) was 0.741, or 74.1%, according to the findings.

**Table 13: ANOVA Summary on the Relationship between Stress Levels and Delinquency among adolescents**

		ANOVA <sup>a</sup>				
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	19.301	9	2.145	.065	.000 <sup>b</sup>
	Residual	450.921	203	2.221		
	Total	470.222	212			

**Source Field Data (2022)**

ANOVA summary was presented in Table 14, the results obtained indicated that  $F(9,203) = 0.065$ ,  $p < 0.05$ , the F value achieved was less than the F table value which was 0.99993. This shown that among teenagers enrolled in certain Kenyan public rehabilitation institutions, there was a statistically significant correlation between stress levels and delinquency. The F value obtained was  $F(9,203) = 0.065$ ,  $P < 0.005$ . This indicated that there was context in which the two variables are interrelated. Which means that  $H_0$  was not true. The results indicated significance was 0.000, this showed that regression model was appropriate for the data analysis. The results showed that there was a statistically significant correlation between teenage stress and criminal behavior.

The findings were consistent with those of previous studies of other scholars. In a study obtained results which indicated that social climate impact resulted to pressure at mental level, upsetting circumstances and life occasions combined with individual qualities created unsafe pressure- related consequences ( Sigfusdottir et al., 2017). The study's characteristics indicated a statistically significant correlation between stress and delinquency. Based on these results there are implications of stress levels on adolescent delinquents which implies that prevention measures are necessary to curb stress-related and delinquency issues among adolescents.

In line with earlier studies done by other researchers, this one came up with the same results. Researching the connection between mental health and bullying and exploitation among students both males and females, the findings indicated that harassing exploitation was decidedly connected with all spaces of mental trouble which included depression, anxiety and stress (Arhin et al., 2019). There was just one predictor of bullying victimization, and that was depression, according to the research, which is a teenage antisocial behavior (Arhin et al., 2019). Pengpid & Peltzer (2020) in a study to approximate the prevalence and relates of mental stress among young adolescent students. The discoveries showed the commonness of mental misery was 18.0 % among guys and 29.2 % among females, openness to latent smoking, abusing drugs such as tobacco, cannabis or amphetamines consumption was adversely related to mental distress. The reserachers noted that one out of four school. Identifying the variables related with children's reported psychological discomfort may aid in its management and prevention, the study involved both male and female adolescents.

Frade, Micheli, Andrade & Formigoni (2013), In a research on the connection between secondary school students' drug use and stress symptoms, the findings indicated that non/periodic users of substance abuse, frequent drug user, had more significant levels of mental, intellectual and physiological manifestations of stress which were in the most serious continuum of seriousness ( near fatigue and weariness).

The youngest kids in the school, aged eleven to thirteen, showed a greater correlation between drug use and stress (Frade et al., 2013). The findings confirmed a link between adolescent drug use and stress, and they emphasize the need for early screening and mediation in the contexts of both medication use and stressful situations, with the majority of regular users being older students (Frade et al., 2013). Sigfusdottir, Kristjansson, Thorlindsson and Allegrante (2017), In a study on stress and adolescent

welfare to analyze the impacts of stress on various behavioural results among adolescents which included substance abuse, self-destructive conduct, self-caused damage and misconduct, pressure in teenagers has been found to be connected to chronic frailty and destructive conduct, social clash at different levels such as cultural levels to explicit gatherings like the family, or companion gatherings (Sigfusdottir et al., 2017). This led to increment in pressure that had unsafe ramifications for wellbeing and prosperity of youths. The social climate impact results of pressure at mental level, upsetting circumstances and life occasions collaborate, with individual qualities which created unsafe pressure related results (Sigfusdottir et al., 2017).

Roy, Kamath and Kamath (2015) in a study on determinants of adolescent stress, observed that, high levels of family stress from familial stressors tend to result to stress, which was likely to overwhelm adolescents leading to delinquency. Stress in females and males tended to have varying levels depending on the type of event they were involved in. Changes that occur during adolescence were likely to evoke internal reactions which were most likely to lead to pressure build up (Roy et al., 2015). Difficulties of male and female, young people, were emphatically and essentially connected with misconduct, adverse life events were positively associated with delinquency (Kabiru et al., 2014).

**Table 14: Regression Analysis Summary on the Stress Levels and Delinquency**

Model		Unstandardized Coefficients			
		B	Std. Error	T	Sig.
1	(Constant)	4.002	.470	8.516	.000
	Been resentful about something that happened startlingly?	.239	.112	2.128	.035
	Felt that you were unable to control the significant things in your day to day existence?	-.145	.103	-1.406	.161
	You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you?	.032	.085	.382	.703
	You were able to deal with day-to-day problems and annoyance successfully?	.017	.101	.170	.865
	You had the option to adapt successfully to significant changes in your day- to day existence?	-.032	.117	-.272	.786
	You are confident about your ability to handle your personal problems.	-.134	.096	-1.403	.162
	You felt that things were going your way?	-.054	.093	-.577	.565
	You were not able to cope with all the things that you had to do.	.015	.119	.130	.896
	You were able to deal with irritating life issues successfully. You were on top of things?	-.060	.104	-.580	.563

**Source Field Data (2022)**

Table 15 presents information on stress levels and delinquency among adolescents. The results indicated that, “*Been resentful about something that happened startlingly*” had

the highest coefficient of 0.239 towards stress levels among the adolescent delinquents followed by “*You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you*” had a coefficient of 0.032, while “*Felt that you were unable to control the significant things in your day to day existence?*” had the least coefficient of -0.145. The following multiple linear regression was formulated;

$$y = \beta_0 + \beta_1x_1 + \beta_2x_2 + \beta_3x_3 + \beta_4x_4 + \beta_5x_5 + \beta_6x_6 + \beta_7x_7 + \beta_8x_8 + \beta_9x_9 + \varepsilon$$

$$y = 4.002 + 0.239x_1 - 0.145x_2 + 0.032x_3 + 0.017x_4 - 0.032x_5 - 0.134x_6 + -0.054x_7 + 0.015x_8 - 0.060x_9 + \varepsilon$$

X1 = Been resentful about something that happened startlingly?

X7 = You felt that things were going your way?

X2 = Felt that you were unable to control the significant things in your day- to- day existence?

X8 = You were not able to cope with all the things that you had to do.

X3 = You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you?

X9 = You were able to deal with irritating life issues successfully. You were on top of things?

X4 = You were able to deal with day-to-day problems and annoyance successfully?

X5 = You had the option to adapt successfully to significant changes in your day- to day existence?

X6 = You are confident about your ability to handle your personal problems.

### **4.5.3 Regression Results on the Stress Levels and Delinquency**

A correlation value (R) of 0.703 was found in the multiple linear regression analysis of the stress level data, suggesting a positive association between stress and delinquency. The ANOVA analysis also revealed a significant F value of 0.065 ( $F(9, 203) = 0.05$ ) at the  $p < 0.05$  level. As a result,  $H_0$ , the null hypothesis, was rejected. The regression model showed acceptable fit and was appropriate for data analysis with a significance level of 0.000. These findings point to a correlation between high stress levels and criminal behavior among juvenile offenders. The results of this research show that mental health problems significantly influence the conduct of juvenile offenders, suggesting that stress levels are related to this problem. Prior studies have reached similar conclusions. Just as traumatic experiences are positively connected with delinquency (Kabiru et al., 2014) and post-traumatic stress disorder is highly associated with an elevated chance of violent criminal conviction (Paulino et al., 2023), there are certain other examples. Furthermore, increased levels of mental stress have been linked to isolated negative life experiences that cause loneliness (Nyarko et al., 2020). Ayiro et al. (2023) found that secondary school pupils had a higher risk of mental health issues due to their moderate to high stress levels. In light of these results, which have mainly concentrated on stressful situations for adolescents and a lack of research on less stressful experiences, the current study set out to investigate the correlation between stress and delinquency among adolescents attending certain Kenyan public rehabilitation schools.

### **4.5.4 Thematic Analysis on the Stress Levels**

The findings obtained indicated that the adolescents experienced mental health concerns which may impact on their behaviour. This may be as a result of 'adolescent delinquents'

overcrowding, adequate resources, and insufficient social networks, including friends and family. Solitary confinement or limited housing can exacerbate concerns related to mental health among juveniles incarcerated (National Institute of Justice, 2016).

The managers of these correctional institutions reported that when the adolescent delinquents were assessed before committal to the institutions, some of them were diagnosed with problems related to conduct, drug abuse, anxiety, ADHD, and mood. This showed that some adolescents exhibited mental health issues which was an urgent concern on their wellbeing. The managers asserted that it was important to identify the adolescents who may need immediate attention in relation to their mental health needs to identify those with a higher likelihood of special attention for intervention.

The managers further noted that trauma or exposure to violence might potentially increase the likelihood that youth will encounter the juvenile justice system.

Antagonistic behaviors, including delinquency, gang involvement, drug use, posttraumatic stress disorder, anxiety, depression, and aggression.

This study's results showed that stressful situations and surroundings, were likely to lead to delinquent behaviours among adolescents. The findings also showed that trauma or exposure to violence may also most likely lead adolescents to conflict with guardians, educators, or the juvenile justice system.

The findings indicated that early exposure to violence was associated with antisocial conduct such as gang involvement, drug use, posttraumatic stress disorder, anxiety, depression and aggression.

Disorders of behavior, drug abuse, anxiety, mood, and Attention-Deficit Hyperactivity Disorder (ADHD) are present in certain juvenile offenders. Therefore, it is critical to determine which juvenile offenders' mental health needs are most urgent and which ones are likely to need further support. These results agree with other research that researchers

have done. For example, after accounting for shared effects among siblings and the lack of prior criminal records, studies on PTSD and violent crime found that PTSD was associated with an elevated risk of violent crime conviction (Paulino et al., 2023). As a result, those at risk for violent crime should have their PTSD addressed in order to lower crime rates and protect vulnerable populations. Sigfusdottir et al. (2017) found that drug misuse, self-destructive behavior, self-harm, and misbehavior are prevalent effects of stress on diverse behaviors among teenagers. Similarly, studies examining the relationship between adversity and mental health have shown that the impacts of adversity and mental health repercussions are typically substantial regardless of gender. Male and female depressive symptoms were predicted by factors including substance misuse, victimization, and stress at school (Adjorlolo et al., 2022).

Changes that occur during adolescence were likely to evoke internal reactions which were likely to lead to pressure or stress build up (Roy et al., 2015). There is a correlation between the developmental changes that take place throughout adolescence and that condition of distress in adolescents.

High levels of family stress from familial stressors tend to result to stress which would most likely overwhelm adolescents leading to delinquency. Stress in females and males tend to have varying levels of stress depending on the type of event, they are involved in (Roy et al., 2015).

Hall (1904) asserted that cognitive, environmental and hormonal changes may lead to mood disruption in adolescents. Hormonal changes and psychological stress throughout adolescence may cause mood swings. Adolescents face hormonal changes, environmental upheavals, school, personal, independence, social and familial challenges, and future worries. Anger, frustration, rage, and aggressiveness are some of the more delicate emotional reactions that may be triggered by these changeable circumstances. Adolescents

may go through a period of acute uneasiness, loneliness, self-consciousness, shame, despair, and self-consciousness compared to any other point in their life.

Pengpid and Peltzer (2020) in a study to approximate the prevalence and relates of mental stress among young adolescents, both male and female, found out that, the female sexual orientation, harassing, exploitation, regularly truly assaulted, incessant investment in actual battles, having no dear companions, parental enthusiastic disregard, parental lack of security, school delinquency, inactive conduct and having supported single or numerous genuine wounds (past year), are all related with mental misery (Pengpid & Peltzer, 2020). Friend support, guardians never checking schoolwork, openness to latent smoking, abusing drugs such as: tobacco, cannabis or amphetamines, were all positively, associated with psychological distress, leading to delinquency (Pengpid & Peltzer, 2020). Difficulties of both male and female young people emphatically and essentially connected with misconduct. Adverse life events were positively associated with delinquency, among adolescents (Kabiru et al., 2014).

The findings of the study as were reported by the care givers who had close interactions with the adolescent delinquents in the correctional institutions revealed that stressful events and environments were likely to lead to delinquent behaviours among the adolescents. The findings also showed that trauma and exposure to violence may most likely lead adolescents to come into conflict with older siblings, parents, teachers, other authority figures and the justice system due to the delinquent behaviour of the adolescents..

The findings further indicated that exposure to violence in early years of life was associated with antisocial conduct such as gang involvement, drug abuse, alcohol abuse, posttraumatic stress disorders, anxiety, depression and aggression. The findings showed that some adolescents had mental disorders, drug abuse disorders, alcohol addiction

disorders, anxiety disorders, Attention Deficit Hyperactivity Disorder (ADHD) and mood disorders.

Therefore it was necessary to identify those who may need immediate attention for their mental health needs and those with a higher likelihood of needing special attention.

Scholarly investigations have shown results similar to this research on Adolescent Stress and Welfare: The Need for a Multidisciplinary Framework to Evaluate the Impacts of Stress on Various Behavioural Results among Adolescents (Sigfusdottir et al., 2017). The findings revealed that pressure in teenagers has been connected to chronic frailty and destructive conduct, social clash at different levels such as cultural levels to explicit gatherings like the family or companion gatherings, led to increment in pressure, that had unsafe ramifications for wellbeing and prosperity of the youths (Sigfusdottir et al., 2017). The scientists saw that social climate impact results of pressure at mental level, upsetting circumstances and life occasions collaborate, with individual qualities, created unsafe pressure, related results (Sigfusdottir et al., 2017).

Harassing exploitation was decidedly connected with all spaces of mental trouble which include depression, anxiety and stress (Arhin et al., 2019). Further analysis indicated that depression was the only predictor of bullying victimization (Arhin et al., 2019). A research to examine the extent to which antagonistic life occasions were associated with delinquent conduct revealed that adverse life events were positively with delinquency (Kabiru et al., 2014). The care givers observed that measures were necessary to be put in place to help the adolescents during the rehabilitation process and after exit from the correctional institutions. This would enable the adolescents maintain the behavioural changes attained during the rehabilitation and also help the parents and family members as they support the adolescents during the after committal period. This may help the adolescent to develop ways of coping with the changes at the individual level, family and social environment.

There is need to address mental health issues among adolescents, this would to assist them in minimizing psychosocial and delinquency issues which may impact on families and the whole society.

Consistent with earlier research, this study found... Teenagers with serious clinical disorders including drug addiction, aggression, and serious criminal conduct are the ones that Multisystemic Therapy (MST) in juvenile systems aims to help (Van der Stouwe et al., 2014). Through the use of environmental modifications and the identification of underlying reasons, MST seeks to promote prosocial behavior among youths while decreasing problematic and delinquent activity. A home-based service delivery strategy is typically used by MST to overcome obstacles to receiving services. Treatment lasts as long as needed, usually about four months, and includes weekly sessions with both the patient and their family.

This implied that the home – based approach would be more flexible and cost effective for the adolescent delinquents and the guardians and may lead to more effectiveness in the rehabilitation process, the results would be sustainable and reducing the rate of recidivism.

## **4.6 Family Structure**

### **4.6.1 Descriptive Statistics on Family Structure**

Descriptive statistics analysis, on the rating of the family structure among adolescents, is presented in Table 16:

**Table 15: Rating among Adolescents on Family Structure**

	Never/ Rarely		Occasionally		Neutral		Often		Almost Always		Always	
	F	%	F	%	F	%	F	%	F	%	F	%
I stay with both of my parents	77	36.2	20	9.4	19	8.9	25	11.7	5	2.3	67	31.5
I stay with my mother only	131	61.5	23	10.8	10	4.7	10	4.7	8	3.8	31	14.6
I stay with my father alone	147	69.0	21	9.9	18	8.5	8	3.8	7	3.3	12	5.6
I stay with my stepmother and my father.	148	69.5	24	11.3	6	2.8	4	1.9	18	8.5	13	6.1
I stay with my stepfather and my mother.	147	69.0	18	8.5	17	8.0	8	3.8	9	4.2	14	6.6
I lived with my grandparent(s).	138	64.8	42	19.7	7	3.3	0	0.0	13	6.1	13	6.1
I lived with stepparents.	151	70.9	30	14.1	15	7.0	1	0.5	5	2.3	11	5.2
I lived in my aunt's home.	137	64.3	27	12.7	13	6.1	9	4.2	9	4.2	18	8.5
I lived in my uncle's home.	157	73.7	30	14.1	6	2.8	8	3.8	6	2.8	6	2.8
I lived with my sister.	142	66.7	41	19.2	4	1.9	1	0.5	14	6.6	11	5.2
I stay with my brother	134	62.9	10	4.7	14	6.6	4	1.9	23	10.8	28	13.1

**Source Field Data (2022)**

Some of the adolescents indicated that, they never/ rarely stayed with both parents with had response rate 77(36.2 %) while others indicated they stayed with both parents always had response rate of 67(31.5%). Adolescents who indicated often had response rate of 25(11.7 %) and almost often had response rate of 5(2.3%). Adolescents who indicated that they never/rarely stayed with their mother only had response rate 131(61.5 %), while those who indicated they always stayed with their mothers had response rate 31(14.6%),

those who indicated almost always had response rate 8(3.8 %). those who indicated they stayed with their mothers often had response rate 10(4.7 %), those who indicated neutral had response rate 10(4.7 %). Adolescents who stayed home with their fathers had response rate 147(69.5%), followed by those who indicated occasionally. Some adolescents indicated that they stay long period of time with their step mother and their father had response rate of 148(69.5%), followed by those who indicated occasionally. Some adolescents indicated that they rarely stayed with their stepfather and their mother, had response rate 147(69.0%), while 14(6.6%) those who indicated that they always stayed with their stepfather and their mother, had response rate of 14(6.6 %).

A number of adolescents indicated that very rarely do they live with their grandparents had response rate 138(64.8%), those who indicated that they lived with their grandparents occasionally had response rate 42(19.7%), none of adolescents indicated often response. Most of the adolescents indicated that they have never lived with their stepparents had response rate 151(70.9%), while 11(5.2%) of the respondents indicated that they have lived with the step parents. Most of the adolescents indicated that rarely do they live with their aunts, and uncles in their home had response rate 137(64.3%) and 157(73.7%) respectively, followed by those who indicated that occasionally they lived with their aunts, others with uncles had response rate of 27(12.7%) and 30(14.1%) respectively. Some adolescents response rate 18(8.5%) and 6(2.8%) indicated that they always lived with their aunts and uncles in their home respectively.

Most of the adolescents indicated that rarely do they live with their sister or brother had response of rate 142(66.7%) and 134(62.9%) respectively, while those who indicated occasionally had response rate of 41(19.2%) and 10(4.7 %) of the adolescents indicated they do live with their sister nor the brother while almost always and always had response rate 14(6.6%) and 11(5.2%) of the adolescents indicated that they lived with their sister

had response rate 23(10.8 %) and 28(13.1 %), indicated that almost always and always they lived with their brother.

#### 4.6.2 Inferential Statistics Analysis on Family Structure and Delinquency

**Table 16: One-Sample Statistic on Family Structure and Delinquency among Adolescents**

Test item	N	One-Sample Statistics		
		Mean	Std. Deviation	Std. Error Mean
I stay with both of my parents	213	3.2911	2.12571	.14565
I stay with my mother only	213	2.2207	1.86657	.12790
I stay with my father alone	213	1.7934	1.44541	.09904
I stay with my stepmother and my father.	213	1.8685	1.59054	.10898
I stay with my stepfather and my mother.	213	1.8545	1.53034	.10486
I lived with my grandparent(s).	213	1.8122	1.47701	.10120
I lived with stepparents.	213	1.6479	1.31140	.08986
I lived in my aunt's home.	213	1.9671	1.61766	.11084
I lived in my uncle's home.	213	1.5634	1.19826	.08210
I lived with my sister.	213	1.7653	1.44108	.09874
I stay with my brother	213	2.3239	1.93850	.13282

#### Source Field Data (2022)

Adolescents enrolled in a subset of Kenya's public rehabilitation institutions had their structural and delinquent variables quantified using one-sample t-tests. The following results were obtained, where “*I stayed with both my parents*” had the highest impact compared to others with a score of (M = 3.2911, SD = 2.1257) was lower than the population normal score of 6. It was followed by those respondents who “*stayed with their brother only*” with a score of (M = 2.3239, SD = 1.93850) and less impact of stress was indicated by those respondents who indicated that “*they lived in their uncles homestead*” with a score of (M = 1.5634, SD = 1.19826).

**Table 17: One-Sample t-test on Relationship between Family Structure and Delinquency among Adolescents**

<b>One-Sample Test</b>						
Test Value = 0						
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
I stay with both of my parents	22.596	212	.000	3.29108	3.0040	3.5782
I stay with my mother only	17.363	212	.000	2.22066	1.9685	2.4728
I stay with my father alone	18.109	212	.000	1.79343	1.5982	1.9887
I stay with my stepmother and my father.	17.145	212	.000	1.86854	1.6537	2.0834
I stay with my stepfather and my mother.	17.686	212	.000	1.85446	1.6478	2.0612
I lived with my grandparent(s).	17.907	212	.000	1.81221	1.6127	2.0117
I lived with stepparents.	18.339	212	.000	1.64789	1.4708	1.8250
I lived in my aunt's home.	17.747	212	.000	1.96714	1.7486	2.1856
I lived in my uncle's home.	19.042	212	.000	1.56338	1.4015	1.7252
I lived with my sister.	17.878	212	.000	1.76526	1.5706	1.9599
I stay with my brother	17.496	212	.000	2.32394	2.0621	2.5858

**Source Field Data (2022)**

All of the parameters were found to be statistically significant, and there were 212 degrees of freedom, as shown in Table 18 of the One-Sample t-test since all values were 0.000, which was less than the p-value chosen by the researcher from the established significance criteria which was 0.05 ( $p < 0.05$ ). Therefore, the results showed that the population means

were statistically significantly different among parameters used to determine family structure and delinquency among adolescents. All parameters were statistically lower by a mean where “stayed with both of my parents” had the highest correlation of 3.29, 95%, followed by those “I stay with my brother” with a difference mean of 2.32, at 95% confidence interval.

#### **4.6.3 Inferential Statistics Analysis on the Results of Family Structure and Delinquency**

The impact of each variable on adolescent delinquency and family dynamics in a subset of Kenyan public rehabilitation schools was quantified using one-sample t-test analysis. Each parameter was shown to be statistically significant, and the results demonstrated 212 degrees of freedom of the One – Sample t – test since all the values were 0.000 which was less than 0.05, ( $p < 0.05$ ) chosen by the researcher from the established significance criteria. The results obtained indicated that the population means were statistically significantly different among parameters used to determine the family structure and delinquency among adolescents. All parameters were statistically lower by a mean where “stayed with both parents” had the highest correlation of 3.29, at 95% confidence interval those who indicated, “I stayed with my brother” with a difference mean 2.32 at 95% confidence interval. This meant that there were mean differences for the parameters used to determine family structure and delinquency which were statistically significant. The findings revealed that the adolescent delinquents were from two-parent families and the other types of family structures such as single-parent families, blended or step-parent families, grandparent families. These adolescents had likelihood of developing delinquent behaviours irrespective of family structure. The findings were consistent with the results obtained in a research indicated that there was likelihood of adolescents born in involved in delinquent behaviours (Ndaita, 2017). The findings were inconsistent with other studies

which indicated that adolescents born in single – parent families, separated-parent families, divorced-parent families and deceased-parent families had greater likelihood of involvement in delinquent behaviours than those who have grown up in in two-parent families (Kroese et al., 2022). Adolescents brought up by one-parent family (living with mother or father) were linked to increased delinquency (Ndaita, 2017).

#### **4.6.4 Thematic Analysis on Family Structure**

The managers in the correctional institutions reported that from the interactions with the adolescent delinquents, the development of delinquent behaviors was associated with poor parental management, disciplinary procedures, lack of clear expectations, poor monitoring, supervision, inconsistent discipline, familial stress and peer pressure. The welfare officers reported that excessively harsh or aggressive discipline and lack of clear expectations and guidelines on how to carry out tasks led to development of adolescent delinquent behaviours. The managers further noted that physical punishments are more likely to cause defiance than compliance when it comes to the impact of punishment on aggressive behavior. These observations were consistent with findings from previous studies by scholars. Findings of a study revealed that poor child upbringing skills, family size and child abuse were linked to adolescent delinquency (Ndaita, 2017). According to research, there is a correlation between authoritative parenting styles and the emergence of antisocial behavior in teenagers (Kago, 2018). Pressure in teenagers has been connected to chronic frailty and destructive conduct (Sigfusdottir et al., 2017). Adolescent delinquent behaviors are mostly caused by dysfunctional and stressful households, negative peer pressure, and poor parent-child connections (Desta, 2020).

The results of this research showed that among the juvenile offenders from families where they lived with both parents (two - parent families), lived with mother only or father alone (single - parent family), lived with step parents (step-parent or blended family), lived with

grandparents (grandparent families). Others lived with relatives such as aunts, uncles or brothers. Therefore adolescents from two parent families, one parent (single - parent) families, grandparent families or blended families, had likelihood of developing delinquent behaviour. Hence, irrespective of the type of family, in which adolescents are brought up, they may have likelihood of delinquency.

Scholarly work in the past is congruent with the results of this study.

In a study on family structure and behavioral well-being, mental health, and academic achievement, Park and Lee (2020) found that non-intact families (single-parent and blended families) had higher rates of smoking, alcohol use, internet use, physical labor, and sexual activity. People who grew up in broken homes were more likely to suffer from mental health problems such depression, thoughts of suicide, stress, and poor self-esteem than those whose families were intact (two-parent households). Domestic violence and abuse were more common in blended families, and they were more likely to have relational problems such parental disputes than in other types of families, including single-parent households.

Parks (2013) looked at how different kinds of households impacted juvenile delinquency and concluded that cohabiting families weren't any different. Adolescents from two-biological-parent households and other family arrangements showed lower rates of delinquent conduct than those from cohabiting families, however there was a marginal significance indicating otherwise. After looking at nonviolent delinquency, two-biological-parent households were somewhat different from cohabiting families; however, this difference was almost nonexistent after controlling for parental influence. According to the results, teenagers from two-biological-parent households were less likely to participate in criminal activities and deviant behaviors than those from cohabiting homes.

Ndaita (2017) in a study to investigate the psychological factors impacting adolescent wrongdoing among juvenile young girls observed that family issues such as material deficiencies, dysfunctional families, absence of parental consideration and friendship, abuse by step/foster parents, youngster disregard and child abuse were sources of adolescent delinquency. Adolescents brought up by one-parent family (living with mother or father) were linked to increased delinquency as well as those living with both parents (Ndaita, 2017). Poor child upbringing skills, family size and child abuse, were linked to adolescent delinquency (Ndaita, 2017). Children brought up in homes with four or more children have a higher risk of delinquency. Large families have been linked to less effective child supervision and discipline and it has been hypothesized that parenting challenges were mostly to blame for the link between delinquency and large families (Ndaita, 2017).

Authoritarian parenting styles were shown to be substantially linked to the development of delinquent behaviors among adolescents, according to research by Kago (2018) that examined the connection between father participation and adolescent delinquency. Additionally, the results showed that a parent's parenting style might affect their children's behavior development; authoritarian parenting was more common than permissive parenting. In addition, the research found that the sample of juvenile delinquents came from a variety of household arrangements, such as those with two parents, one parent, three parents, or even grandparents. Therefore, delinquent conduct was common among adolescents from these different types of families, indicating that teenagers may be vulnerable to delinquency regardless of their family's structure or kind additionally, the results demonstrated that ineffective parental supervision and disciplinary measures, inadequate monitoring, inconsistent discipline and lack of clear expectations for children's behaviour had increased likelihood of delinquency. Physical punishments were

more likely to lead to defiance than compliance when it came to the impact of punishment on aggressive behaviour. The findings had consistency with previous studies carried out by researchers. In his 2018 research on paternal involvement and adolescent delinquency, Kago found a strong link between authoritarian parenting and delinquency. The studies also showed that parental style may effect teenage behavior.

Park and Lee (2020) explored how family structure affects adolescent well-being, behavior, mental health, and academic performance. Single-parent families and stepfamilies had higher rates of smoking, alcohol consumption, internet use, employment, and sexual activity, as well as higher rates of mental health issues like depression, suicidal ideation, perceived stress, and overall poor well-being than intact families. Stepfamilies were more strongly associated with smoking, alcohol use, sexual activity, depression, suicidal thoughts, perceived stress, and poor well-being than other family arrangements.

Rebuilt families are probably going to experience the ill effects of relational troubles for example parental contentious contrasted with different families which include single-parent families and are presented to abusive behaviour at home and misuse.

Ndaita (2017), in a study to investigate, the psychological factors, impacting adolescent wrongdoing among juvenile young girls observed that family issues such as material deficiencies, dysfunctional families, absence of parental consideration and friendship, abuse by step/foster parents, youngster disregard and child abuse, were sources of adolescent delinquency. The researcher noted that adolescents brought up by one-parent family( living with mother or father) were linked to increased delinquency as well as those living with both parents. The researcher also noted that poor child upbringing skills, family size and child abuse, were linked to adolescent delinquency

## 4.7 Impulsivity

### 4.7.1 Descriptive Statistics on Impulsivity

Descriptive statistics analysis on impulsivity is presented in Table 19

**Table 19: Descriptive Statistics on Impulsivity among Adolescents**

	Never/ Rarely		Occasionally		Neutral		Often		Almost Always/ Always	
	F	%	F	%	F	%	F	%	F	%
I do not pay attention	66	31.0	29	13.6	11	5.2	24	11.3	83	39.0
I am self – control	12	5.6	19	8.9	28	13.1	43	20.2	111	52.1
I concentrate easily	21	9.9	53	24.9	42	19.7	21	9.9	76	35.7
I'm a cautious thinker.	30	14.1	33	15.5	43	20.2	30	14.1	77	36.2
I'm a consistent thinker	48	22.5	26	12.2	47	22.1	31	14.6	61	28.6
I get things done without thinking.	76	35.7	31	14.6	38	17.8	22	10.3	46	21.6
I make statements without thinking.	69	32.4	27	12.7	43	20.2	36	16.9	38	17.8
I act "without really thinking".	74	34.7	34	16.0	21	9.9	44	20.7	40	18.8
I follow up spontaneously	66	31.0	35	16.4	29	13.6	34	16.0	49	23.0
I plan tasks carefully.	55	25.8	19	8.9	32	15.0	32	15.0	75	35.2
I strategize visits well early enough.	33	15.5	32	15.0	27	12.7	33	15.5	88	41.3
I develop a plan for my work.	25	11.7	46	21.6	19	8.9	29	13.6	94	44.1
I'm futuristic	25	11.7	41	19.2	26	12.2	23	10.8	98	46.0

### Source Field Data (2022)

Most of the adolescents indicated that almost always they do not pay attention had response rate of 83(39.0%) while response rate of 66(31.0%) indicated those adolescents who rarely paid attention at all. Other responses were occasionally, neutral and often, had response rates of 29(13.6%), 11(5.2%) and 24(11.3%) respectively don't pay attention.

Most of the adolescents indicated that almost always do they have self-control had response rate of 111(52.1%) followed by those who indicated that they often had self-control had response of 43(20.2%). Adolescent delinquents who had concentration almost always had response rate of 76(35.7%), those who had concentration occasionally had response rate of 53(24.9%) while those who never concentrated at all had response rate of 21(9.9%). Most of the adolescents indicated that they were cautious thinkers had response rate of 77(36.2%), followed by those who indicated they don't know whether they are cautious thinker had response rate of 43(20.2%), those who indicated that they were never cautious thinker, had response rate of 30(14.1%).

Most of the adolescents indicated that they were always consistent thinkers had response rate of 61(28.6%), followed by those who indicated that they were never consistent thinkers had response rate of 48(22.5%). The findings of the study further showed that they didn't get things done without thinking had response rate of 76(35.7%), adolescents who indicated that they things without thinking at all had response rate of 46(21.6%), while those who occasionally did things without thinking had response rate of 31(14.6%).

Most of the adolescents who never made statements without thinking had response rate of 69(32.4%), followed by those who never thought whether they made statement without thinking response of rate of 43(20.2%). Those who always made statement without thinking had response rate of 38(17.8%). Adolescents who indicated that they never acted without thinking had response rate of 66(31.0%) while response rate of 40(18.8%)

indicated that they always acted without thinking. Adolescents who indicated that they never and rarely did they follow up spontaneously had response rate of 66(31.0%) while those who followed up spontaneously had response rate of 49(23.0%).

Most of the adolescents indicated almost always they planned their tasks carefully response rate of 75(35.2%) while those who never planned had response rate of 55(25.8%). Those who planned occasionally had response rate of 19(8.9%). Strategizing was used to determine the impulsivity among the adolescents most of them indicated almost always strategized had response rate of 88(41.3%) while never strategized visits well early enough response rate of 33(15.5 %) while adolescents who indicated strategizing visits well early enough occasionally, neutral and often, indicated response rates of 32(15.0 %), 27(12.7 %) and 33(15.5 %) respectively. Most of the adolescents planned their work had response rate of 94(44.1%) while those who never planned at all had response rate of 25(11.7%) and those who occasionally planned had response rate of 46(21.6%). Most of the adolescents indicated that they were always futuristic had response rate of 98(46.0%) followed by those who indicated neutral on the getting futuristic on their daily activities response rate of 26(12.2 %) while those who were never futuristic had response rate of 25(11.7%).

#### 4.7.2 Regression Analysis on Impulsivity and Delinquency

A multiple linear regression was performed and was presented in three tables: model summary, ANOVA summary and regression analysis presented in Tables: 20, 21 and 22 respectively.

**Table 20: Model Summary on Impulsivity and Delinquency**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.770 <sup>a</sup>	.773	.012	1.480043

### Source Field Data (2022)

Table 20 shows a substantial association between impulsivity and delinquency among adolescents in selected Kenyan public rehabilitation institutions, with a R value of 0.77.

With an R-squared value of 77.3%, we can see that impulsivity explains 77.3% of the variation in delinquency. The results further indicated the goodness in model fitting of the study on the parameters used to determine the delinquency among adolescents based on impulsivity.

**Table 21: ANOVA Analysis on Impulsivity and Delinquency**

		ANOVA <sup>a</sup>				
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	34.308	13	1.639	.025	.008 <sup>b</sup>
	Residual	435.915	199	2.191		
	Total	470.222	212			

### Source Field Data (2022)

Table 21 displays the results of the Analysis of Variance (ANOVA), which revealed a significance level of 0.008, which is lower than the predetermined threshold of 0.05 ( $p < 0.05$ ). This indicates that the data analysis was well-suited to the regression model. There was a statistically significant correlation between impulsivity and delinquency among adolescents in certain Kenyan public rehabilitation institutions, according to the F-value (13, 199) = 0.025 and the accompanying p-value, which was less than 0.05. Since the F-value was less than the crucial F-table value of 0.6548, which was selected according to predetermined criteria, the null hypothesis (HO4) was rejected.

**Table 22: Regression Analysis on Impulsivity and Delinquency**

Model		Unstandardized Coefficients			
		B	Std. Error	t	Sig.
1	(Constant)	3.196	.434	7.361	.000
	I do not pay attention	.030	.063	.467	.641
	I am self – control	-.078	.102	-.769	.443
	I concentrate easily	-.043	.096	-.446	.656
	I'm a cautious thinker.	.137	.094	1.459	.146
	I'm a consistent thinker	-.080	.098	-.813	.417
	I get things done without thinking.	-.111	.094	-1.181	.239
	I make statements without thinking.	.319	.110	2.892	.004
	I act "without really thinking".	-.014	.112	-.127	.899
	I follow up spontaneously	-.113	.090	-1.260	.209
	I plan tasks carefully.	-.082	.106	-.773	.440
	I strategize visits well early enough.	.092	.123	.753	.453
	I develop a plan for my work.	-0.067	.114	-.584	.560
	I'm futuristic	.102	.104	.978	.329

**Source Field Data (2022)**

Results on determination of the contribution coefficient of each parameter associated with impulsivity and delinquency among adolescents presented in Table 22 as follows: “*I make statements without thinking*” had the highest coefficient of 0.319 followed by “*I'm a cautious thinker*” with a response rate of with a coefficient of 0.137 while the parameter that had least coefficient been “*I follow up spontaneously*” with a corresponding coefficient of -0.113. the following multiple linear regression was formulated to determine the impulsivity and delinquency among adolescents.

$$y = \beta_0 + \beta_1x_1 + \beta_2x_2 + \beta_3x_3 + \beta_4x_4 + \beta_5x_5 + \beta_6x_6 + \beta_7x_7 + \beta_8x_8 + \beta_9x_9 \\ + \beta_{10}x_{10} + \beta_{11}x_{11} + \beta_{12}x_{12} + \beta_{13}x_{13} + \varepsilon$$

$$y = 3.196 + 0.030x_1 - 0.078x_2 - 0.043x_3 + 0.137x_4 - 0.080x_5 - 0.111x_6 \\ + 0.319x_7 - 0.014x_8 - 0.113x_9 - 0.082x_{10} + 0.092x_{11} - 0.067x_{12} \\ + 0.102x_{13} + \varepsilon$$

The equation above can be used to find out the link between impulsivity and delinquency among the adolescents in selected public rehabilitation schools in Kenya, assuming all factors are held constant.

x1 = I do not pay attention

x2 = I am self – control

x3 = I concentrate easily

x4 = I'm a cautious thinker.

x5 = I'm a consistent thinker

x6 = I get things done without thinking.

x7 = I make statements without thinking.

x8 = I act "without really thinking".

x9 = I follow up spontaneously

x10 = I plan tasks carefully.

x11 = I strategize visits well early enough.

x12 = I develop a plan for my work.

x13 = I'm futuristic

The model was statistically significant since the .000 achieved was less than the  $p < 0.05$  indicating goodness in model fitting.

The results showed that the F-value was 0.025,  $p < 0.05$ , using a 199-point sample size. This F value was less than the table value which was 0.6548. It was shown that there was a statistically significant association between impulsivity and delinquency among the teenagers in the public rehabilitation schools in Kenya that were chosen.

The result was a rejection of the null hypothesis. The results also showed that the parameters that were used which the adolescent delinquents stated such as “ they made

statements without thinking”, “followed up spontaneously” and “being cautious thinker” were most associated with impulsivity. These were likely to lead adolescent to act impulsively resulting to delinquent behaviours.

Impulsivity was decidedly connected with self-announced brutality, there is uniqueness in the parts of socio-financially impeded conditions that expanded the impact of impulsivity on savagery (Vogel & Ham, 2018). Mlouki et al. (2021) found that impulsivity contributed to the likelihood of engaging in high-risk behaviors as a result of poor childhood experiences.

The findings were consistent with those of other scholars. Shulman, Harden, Chein and Steinberg (2015) on sex differences in the maturation of impulse control and sensation, it may seem that teenagers' engagement in risky delinquent behaviors stems from a lack of knowledge, a naiveté about the dangers involved, or just plain old irrationality. The findings indicated that there was more prominent inclination of the females displaying more elevated levels of drive control and lower levels of sensation- chasing, when contrasted with males.

Compared to women, men exhibited lower levels of drive control and greater and more substantial sensation-chasing. The findings indicated that the patterns of increase of impulsivity and sensation- seeking tend to be fairly similar in males and females. However, the rates of growth in females being a bit faster than in males. Therefore, the males tend to be involved in delinquent behaviours more than the females.

Foroozandeh (2017) in a study observed that impulsivity was related to some of the delinquent behaviors such as violence and crime. It is also said to be associated with malfunctioning of the cognitive system of human brain. A wide range of behaviors which involve less thinking have pleasure-reward seeking goals and are immature are included in impulsivity (Foroozandeh, 2017). All these have high risks and social unintended

consequences. The behaviors exhibited inability to resist and avoid an impulse or drive to carry out a harmful behaviors. Involvement in risky decisions and delinquent behaviour as well as impulse action are likely to result from a combination of impairment of cognitive function (Foroozandeh, 2017).

Rwengo (2017) in a study on components impacting adolescent delinquency observed that low discretion, helpless scholarly execution, low scholastic desires, school nonconformist, were singular variables. The findings indicated that poor nurturing styles, oppressive families, destitution, truant guardians, were family factors connected to wrong doing (Rwengo,2017). Other factors which were found to be associated with juvenile delinquency were poor socialization, peer pressure, alcohol abuse and drug abuse (Rwengo, 2017).

Vogel and Ham (2018) in a study on unpacking the link between impulsivity, environmental shorting and adolescent violence. The discoveries demonstrated that impulsivity was decidedly connected with self-announced brutality. The discoveries additionally demonstrated the most grounded connection between impulsivity and misconduct existing among adolescents living in hindered conditions which could be credited to relevant cycles (Vogel & Ham, 2018). This infers that there is uniqueness in the parts of socio-financially impeded conditions that expanded the impact of impulsivity on savagery. The specialist noted that non-trivial bit of the communication could be ascribed to more elevated levels of impulsivity and self-revealed brutality among adolescents living in burdened regions (Vogel & Ham, 2018). This recommended the directing relationship which reflects in excess of a wealth of chances to rash adolescents to irritate in socio-financially hindered regions. The analysts noticed that there is solid proof that both compositional and relevant cycles were at play. The findings indicated

link between violence which is a delinquent behavior and impulsivity among youth in areas which have economic disadvantage (Vogel & Ham,2018).

#### **4.7.3 Regression Analysis on Impulsivity and Delinquency**

With an R-value of 0.77, the multiple linear regression study showed that there was a very positive association between the two variables (delinquency and impulsivity) in the teenage population. This suggests that impulsivity accounts for almost 77.3% of the variation in delinquency. A significance level of 0.008 in the Analysis of Variance (ANOVA) suggests that the regression model adequately fits the data by substantially predicting the outcome variable. Also, there is a statistically significant correlation between impulsivity and delinquency in teenagers, as the F value ( $F(13, 199) = 0.025$ ) was less than the selected significance threshold of  $p < 0.05$ . This study's findings contradict those of other research that has shown that teenagers' participation in risky delinquent activities is not always owing to their youth-related ignorance or irrationality. Nonetheless, the results are consistent with previous research that has shown a link between impulsivity and aggressiveness in teenagers, as well as a link to self-destructive actions and a role in turning the dangers of traumatic events in childhood into dangerous conduct.

Foroozandeh (2017) found that the human brain's cognitive system is dysfunctional, which in turn correlates with impulsivity and delinquent actions like violence and criminality. High risks and unforeseen social implications are often associated with a range of actions that exhibit impulsivity, immaturity, and an emphasis on immediate pleasure-seeking objectives. These acts and urges point to a lack of self-control, which might be caused by cognitive deficits (Foroozandeh, 2017). The purpose of this research was to investigate impulsivity and delinquency among teenagers attending certain Kenyan public rehabilitation institutions from a variety of academic viewpoints.

#### **4.7.4 Thematic Analysis on Impulsivity**

The welfare officers in the four selected public rehabilitation schools in Kenya observed that, some adolescent delinquents imitated what others were doing and without taking time to think about their actions and consequences, they would just follow other adolescent delinquents. In some cases they would be negatively influenced by their peers, this impacted negatively on their behaviour hindering effectiveness in their behaviour change during the rehabilitation process.

In line with Albert Bandura's Social Learning Theory, we find that juvenile offenders mimic one another's acts when interacting (1973). Individuals learn by seeing, mimicking, and emulating the actions of others, according to this notion. According to the Social Learning Theory, juvenile offenders often imitate aggressive and violent actions they see around them without giving any thought to the repercussions of their actions.

The four managers from the four selected public rehabilitation schools in Kenya, revealed that some of the adolescent delinquents were influenced negatively by their peers to be involved in risky behaviours such as aggression which had harmful effects in the adolescent delinquents' lives. Some joined groups which had negative perception concerning the correctional institutions, the rehabilitation activities and programmes integrated in the rehabilitation process without thinking about what is involved in the rehabilitation by themselves, they followed other people spontaneously.

That is in line with what other researchers have found; that is, that, there was link between violence, aggression and impulsivity among adolescents in areas which had economic disadvantage (Vogel & Ham, 2018). Impulsivity was related to some of the delinquent behaviours such as violence and crime. A wide range of these behaviours which involve less thinking, have pleasure- reward seeking goals and are immature are included in impulsivity (Foroozandeh, 2017). These actions demonstrated a lack of self-control and an unwillingness to refrain from engaging in risky pursuits (Foroozandeh, 2017).

#### 4.8 Self-Report Delinquency

**Table 23: Descriptive Statistics on Self-Report Delinquency**

	Never/ Rarely		Occasionally		Neutral		Often		Almost Always	
	F	%	F	%	F	%	F	%	F	%
Running away from school (truancy)	94	44.1	36	16.9	2	0.9	43	20.2	38	17.8
Stealing people's Property/ items	72	33.8	35	16.4	12	5.6	27	12.7	67	31.5
Fighting with people	95	44.6	25	11.7	4	1.9	38	17.8	51	23.9
Destroying people's property (vandalism)	124	58.2	13	6.1	26	12.2	18	8.5	32	15.0
Conflicts with parents	127	59.6	26	12.2	8	3.8	27	12.7	25	11.7
Drug abuse	131	61.5	17	8.0	8	3.8	35	16.4	22	10.3
Alcohol abuse	144	67.6	9	4.2	8	3.8	31	14.6	21	9.9
Group fights / gang fighting	138	64.8	5	2.3	8	3.8	34	16.0	28	13.1
Assaulting people	139	65.3	8	3.8	9	4.2	35	16.4	22	10.3
Fighting with siblings	133	62.4	11	5.2	5	2.3	31	14.6	33	15.5
Bullying peers	139	65.3	14	6.6	6	2.8	40	18.8	14	6.6
Aggressive activities	129	60.6	17	8.0	9	4.2	46	21.6	12	5.6
Running away from home (truancy)	121	56.8	18	8.5	15	7.0	37	17.4	22	10.3

It was found that out of all the teenagers surveyed, 44.1% had a response rate of 94, never/rarely, occasionally, often and almost always/ always had response rate of 36(16.9%), 43(20.2%) and 38(17.8%) respectively reported that they ran away from school (truancy). Majority of the adolescents response rate of 72(33.8 %) indicated never or rarely, response rates of 35(16.4 %), 27(12.7 %) and 67(31.5 %) indicated occasionally, often and almost always/ always, respectively, that they stole people's property / items. Most adolescents, response rate of 95(44.6 %) reported never / rarely, response rates of 25(11.7 %), 38 (17.8 %), and 51(23.9 %) reported occasionally, often and almost always / always, respectively that they fought with people. Further the results of the study indicated that, adolescents, response rate of 124(58.2%), indicated never / rarely while adolescents had response rates of 13 (6.1 %), 18 (8.5 %) and 32 (15.0 %) reported occasionally, often and almost always /always, respectively that they were involved in destroying people's property (vandalism). Most of the adolescents response rate of 127 (59.6 %) reported never / rarely while occasionally, often, almost always / always, had response rates of 26(12.2%), 27(12.7%) and 25(11.7%) respectively, that they had conflicts with parents. Adolescents response rate of 131 (61.5 %) indicated never / rarely while occasionally, often, almost always / always, had response rates of 17 (8.0 %), 35 (16.4 %), 22 (10.3 %) respectively that they were involved in drug abuse. Adolescents response rate of 144 (67.6 %) indicated never / rarely response rates of 9 (4.2 %), 31(14.6 %), 21(9.9 %) reported occasionally, often and almost always / always respectively that the adolescents were involved in alcohol abuse. Adolescents response rate of 138(64.8%) indicated never/ rarely, response rates of 5(2.3 %), 34(16.0 %), 28(13.1%) indicated occasionally, often, almost always / always, respectively that they engaged in group fights / gang fighting. The results indicated that adolescents' response rate of 139 (65.3 %) reported never / rarely, response rates of 8(3.8 %), 35(16.4 %), 22(10.3 %) indicated

occasionally, often, almost always / always, respectively that they were involved in assaulting people.

Adolescents response rates of 133(62.4 %) reported never / rarely, response rates of 11(5.2 %), 31(14.6 %), 33(15.5 %) indicated occasionally, often, almost always / always, respectively that they were involved in fighting with their siblings. Adolescent response rate of 139(65.3%) indicated never / rarely, response rates of 14(6.6 %), 40(18.8 %), 14(6.6 %) reported occasionally, often, almost always / always, that they were engaged in bullying peers. Some adolescents response rate of 129(60.6%) indicated never / rarely, response rates of 17(8.0 %), 46(21.6 %), 12(5.6 %) reported occasionally, often, almost always / always, respectively that they engaged in aggressive activities (aggression). Adolescents response rate of 121(56.8 %) indicated never / rarely, occasionally had response rate of 18(8.5 %), often had response rate of 37(17.4 %), almost always / always had response rate of 22(10.3 %).

The results of this study are in line with what researchers have found in their studies on juvenile delinquency. The 2016 National Crime Mapping Survey, carried out by the National Crime Research Centre in Nairobi, recorded a disproportionate number of male offenders in the following categories: theft, assault resulting in bodily harm, rape, murder, drug possession, robbery, burglary, robbery with violence, defilement, public intoxication, stalking, and gender-based violence. Curiously, the incidence of identical infractions committed by females was found to be almost equal to that of men. Among them were petty theft, drug possession, violent assault, prostitution solicitation, sexual abuse, public drunkenness, aggressiveness, rape, and defilement (National Crime Research Centre, 2017).

#### **4.8.1 Conclusion on Self -Report Delinquency**

Findings of this study on the self– report delinquency among adolescents in selected public rehabilitation schools in Kenya revealed that the adolescent delinquents in these correctional institutions were involved in delinquent behaviors such as truancy, stealing, vandalism, conflicts with parents, alcohol abuse, drug abuse, gang fighting, assaulting people, fighting with siblings, aggressive activities and bullying. As a result of the delinquent behaviours it may have led them to come into conflict with the justice system. The findings were consistent with those of previous studies conducted by scholars which showed adolescents' involvement in delinquent behaviors such as drug abuse, alcohol abuse, vandalism, bullying have been evident. Pengpid and Peltzer (2020) noted that openness to latent smoking, abusing drugs, such as tobacco, cannabis and amphetamines, were positively associated with psychological distress. Non/periodic users of substance abuse, frequent drug users, had more significant levels of mental, intellectual and physiological manifestations of stress (Arhin et al., 2013). Findings in a research indicated that smoking, abuse of illicit drugs such as heroin, pills, and other substances, alcohol abuse, had significant association with self- esteem. The findings of the researchers were consistent with those of this study. Effective measures are necessary for prevention of delinquent behaviors and treatment of mental disorders associated with delinquent activities among adolescents (Khajehdaluae et al., 2013).

The main of focus of this study was to examine the relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya. The psychosocial variables examined were self-esteem, stress levels, family structures and impulsivity and their relationship with delinquency among adolescents

The new knowledge in this study was shown by the findings obtained which indicated that the female adolescents are involved in crime and delinquents behaviours unlike earlier when

this was dominated by male adolescents. The results also indicated that adolescents who have high self-esteem were at high risk of developing delinquent behaviours contrary to earlier views that adolescents with low self-esteem were the ones at risk of developing delinquency. The findings of this study indicated that adolescents from two-parent families were at risk of developing delinquent behaviours contrary to views that other family structures are the ones prone to development of delinquent behaviours. The findings of the study shed light on impulsivity being linked to delinquent behaviours among adolescents. These findings on these psychosocial variables and delinquency in this study will contribute the existing knowledge. This knowledge will help in policy formulation for development of interventions to assist the rehabilitation schools' management, teachers, probation officers and parents as they support the adolescents during committal period and after exit from the rehabilitation schools to join the community.

## CHAPTER FIVE

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 Introduction

This chapter summarizes the findings, discusses the key findings of the study, based on the objectives of the study. The researcher draws implications from the findings of the study. The conclusions, recommendations and suggestions for further research, are also presented in this chapter. The purpose of this study was to examine, the relationship between psychosocial variables and delinquency, among adolescents in selected public rehabilitation schools in Kenya.

The purpose of the study was to examine the relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya. The study was guided by five research objectives: Objective one sought to determine the relationship between self- esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya. Objective two sought to determine the relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya. Objective three sought to examine the relationship between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya. Objective four sought to find out the relationship between impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya.

The study was based on the following hypotheses:

HO<sub>1</sub> : There is no statistically significant relationship between self- esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya.

HO<sub>2</sub> : There is no statistically significant relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya.

HO<sub>3</sub> : There is no statistically significant relationship between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya.

HO<sub>4</sub> : There is no statistically significant relationship between impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya.

The study adopted mixed research methods approach and convergent parallel design.

## **5.2 Summary**

### **5.2.1 Summary on Relationship between Self-esteem and Delinquency among Adolescents**

Objective one was to determine the relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya. The results were presented in table 8, which showed R value of 0.826 this indicated a good level of prediction between the independent variable and dependent variable while the value of R<sup>2</sup> was 0.716 which represented the proportion of variance in the dependent variable that could be explained by the independent variables, 71.6% hence, the dependent variable was explained on the variability of the independent variable. The findings of the study presented in Table 9: ANOVA summary in which F value obtained was 0.324 which was less than 0.974 the F table value. A statistical value of 0.00 was obtained from the multiple linear regression computations which were carried out, results presented in Table 10 indicated the value was less than  $p < 0.05$  which was chosen from the established criteria. Hence the null hypothesis (HO<sub>1</sub>) was rejected. The findings in this study revealed that statistically significant relationship between the independent variable ( self-esteem) and the dependent variable (delinquency) among adolescents existed. The results that were obtained based on the parameters used for self esteem implied that there was indications that some of the adolescent delinquents had indications of low self-esteem while others

had indications of high self-esteem. Overall, the findings revealed that it was likely some adolescents had high self-esteem while some had low self-esteem. Wang and Yu (2013) in a study noted that female aggression victims had lower self-esteem than aggression perpetrators victims, perpetrators-victims and neutrals, these findings are consistent with the findings of this study in which some adolescent delinquents had indications of low self-esteem. Shaheen and Jahan (2014) noted that low self-esteem has been linked to high levels of delinquent behaviors such as aggression in both male and female adolescents. Zavar and Dourandi (2013) observed that there was significant association between drug abuse, alcohol abuse and self-esteem, the prevalence among males was higher than the females. However, the findings of the study were inconsistent with the results of a study in which high self-esteem was associated with lower likelihood of delinquent behavior in both male and female adolescents (Kabiru, Elung'ata, Majola & Beguy, 2014). There was inconsistency in the findings of this study with the results of a study which indicated negative correlation between self-esteem and indulgence in behaviour problems in both male and female adolescent students (Aomo, Aloka & Raburu, 2018).

### **5.2.2 Summary on Relationship between Stress Levels and Delinquency among Adolescents**

Objective two was to determine the relationship between stress levels and delinquency among adolescents in the selected public rehabilitation schools in Kenya. The results obtained in this study were presented in Table 13 Model Summary showed that R value was 0.703. This indicated that delinquency among adolescents was explained by stress levels. The results showed R<sup>2</sup> was 74.1 % which meant that the dependent variable was explained by the independent variable. This indicates goodness in the model fitting for the data of the study. The ANOVA results summary presented in Table 14 indicated that F value obtained was 0.065 ( $p < 0.05$ ) was less than the table value which was 0.99993. This

showed that there was statistically significant relationship between stress levels (independent variable) and delinquency (dependent variable) among adolescents. Hence the null hypothesis (HO<sub>2</sub>) was rejected. There was goodness in the model fitting since the significance was 0.000. Linear regression results presented in Table 15 indicated that among the parameters used stress levels and delinquency among adolescents, *“Been resentful about something that happened startlingly”* had the highest coefficient of 0.239 towards stress levels among adolescents. *“ You often feel tense, nervous and cannot control yourself, which results to actions, that are harmful to you”* had a coefficient of 0.032, while *“ felt that you were unable to control the significant things in your day – to – day existence”* had the least coefficient of -0.145. Based on the parameters that were used to determine stress levels and delinquency among adolescents the findings indicated that the levels of stress were varying. The parameters discussed in the findings were likely triggers of stress in the adolescents which varied from one parameter to another among the adolescents. The findings indicated that mental health issues existed among the adolescents as was stated by the welfare officers which included post-traumatic stress disorders, anxiety, depression, aggression, drug and alcohol abuse, gang involvement. The findings were consistent with results of a study in which the results showed that all domains of psychological distress such as depression, anxiety and stress were positively associated with bullying, victimization, among adolescents and depression was only one which was a predictor of bullying victimization (Arhan, Asante & Boadi, 2019). The findings are in agreement with results of a study carried out in which the observations reported indicated that pressure in adolescents has been connected to chronic frailty, destructive conduct and social environment which may result to stressful situations at mental level and upsetting circumstances, life occasions, collaborated with individual qualities, to create unsafe pressure related results (Frade, Michel, Andrade & Formigoni,

2013). However, inconsistent results were obtained in a study that was conducted in which adverse life events were positively associated with delinquency among both male and female adolescents and negative associations existed as a result of parental monitoring for females and strictness for males that was likely to result to lower probability of delinquent behaviours (Kabiru, Elung'ata, Majola & Beguy, 2014). Coping with stress based on the interaction between the individual and one's environment, focusing on parameters that trigger stress is important likely to enhance minimizing occurrence of delinquency among adolescents.

### **5.2.3 Summary on Relationship between Family Structure and Delinquency among Adolescents**

Objective three was to examine the relationship between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya. The results of this study obtained from One Sample Statistic analysis presented in Table 17 were used to determine the magnitude of each of the parameters on the family structure and delinquency among adolescents. The results presented in Table 18 showed that there was 212 degree of freedom and the study found out that each parameter was statistically significant since they were all 0.000 as indicated in the One-Sample t-test results in Table 17. The value obtained was less than p-value 0.05 ( $p < 0.05$ ) chosen by the researcher from the established criteria. Hence, the null hypothesis ( $H_{03}$ ) was rejected. Therefore the results showed that the population means were statistically significantly different among parameters used to determine family structure and delinquency among adolescents. All parameters were lower by a mean where "*stayed with both of my parents*" had the highest correlation 3.29 at 95 % confidence interval while "*I stay with my brother*" had a difference mean 2.32 at 95 % confidence interval. The results presented in Table 16 further showed that based on the parameters used delinquent behaviours were observed

among adolescents who lived with both parents or did not live with both parents (single-parent families), blended families or not blended, grandmother families and those who lived or did not live with relatives (uncles, aunts, brothers or sisters). This implied that delinquency among adolescents may occur irrespective of the family structure.

The findings in this study indicated consistency with the results of a study in which adolescents from one-parent families (living with a mother or father) were found to be linked to adolescent delinquency (Ndaita, 2017). However, Park (2013) in a study reported that two-natural parent family types were insignificantly altogether unique contrasted with living together family types comparable to peaceful wrongdoing, the results indicated inconsistency with the findings of this study.

#### **5.2.4 Summary on Relationship between Impulsivity and Delinquency among Adolescents**

Objective four was to find out the relationship between the impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya. The results obtained were presented in Table 19 model summary of the multiple linear regression which indicated that R value 0.77. This value showed a strong correlation between the independent variable (impulsivity) and dependent variable (delinquency) among adolescents. The R squared ( $R^2$ ) was 77.3 %, which indicated the goodness of the model fitting of the study on the parameters used to determine delinquency among adolescents based on impulsivity. The dependent variable was explained by independent variable 77.3 %. Results of the Analysis of Variance (ANOVA) presented in Table 21 showed that a significant value of 0.008 was obtained which was less than p-value 0.05 ( $p < 0.05$ ). This indicated that the regression model statistically significantly predicted the dependent variable hence the model is a good fit for the data. F value was computed to determine whether statistically significant relationship existed between impulsivity (independent

variable) and delinquency (dependent variable) among the adolescents.  $F(13, 199) = 0.025$ ,  $p < 0.05$ . This indicated that statistically significant relationship existed since the F value was less than the F table value which was 0.6548. Hence, the null hypothesis ( $H_{04}$ ) was rejected. Results on regression analysis on impulsivity and delinquency among adolescents were presented in Table 22. These were on the determination of the coefficient based on contribution of each parameter associated with impulsivity and delinquency among adolescents. The results showed information as follows: “*I make statements without thinking*” had the highest coefficient of 0.319. “*I am a cautious thinker*” had a coefficient of 0.137, while the parameter that had the least coefficient was “*I follow up spontaneously*” with a coefficient of -0.113. This implied that some adolescents had delinquent behaviours, likely to have been associated with impulsivity while other adolescents had delinquent behaviours that may not have been associated with impulsivity. The multiple linear regression results showed a value 0.000 which was less than 0.05 ( $p < 0.05$ ). The model was statistically significant and indicated the goodness in model fitting for the data of this study.

The findings of this study were consistent with results of other studies, in a study adolescent delinquents’ behaviours were reported to indicate the possibility of inability to resist and avoid impulse-driven actions which were harmful to the adolescents (Foroozandeh, 2017). Adolescents are often involved in risky delinquent behaviours such as violence, murder, robbery with violence, arson, prostitution, drug and alcohol abuse, which threaten adolescents’ mental and physical well-being were likely to be linked to impulsivity among adolescents (Shulman et al., 2015). They further observed that the increased involvement in risk-taking delinquent behaviours may be due to ignorance, misunderstanding of risks and being irrational, as a result of their young age (Shulman et al., 2015). However, Ntshangase (2015) in a study obtained results which were

inconsistent with the findings of this study. The researcher observed that cultural impacts which were inappropriate may have led to irritating misconduct among adolescents.

### **5.2.5 Summary on Self- Report Delinquency among Adolescents**

The findings of this study based on the parameters that were used in the Self- Report Delinquency revealed that majority of the adolescents indicated that they had been involved in stealing people's property / items ( theft). Most of the adolescents reported that they had been involved in running away from school ( truancy) and fighting with people (violence). Some of the adolescents indicated that they had been involved in conflicts with their parents running away from home ( truancy), fighting with siblings, aggressive activities ( aggression), drug abuse, bullying peers, and group fights / gang fights. A few adolescents indicated that they had been involved in destroying people's property (vandalism) and alcohol abuse. Hence, theft, truancy, violence, were reported, as having the highest number of adolescents who were involved in these delinquent behaviours. Home environment, family and peers, seemed to have had impact on adolescent delinquent behaviours to some extent.

### **5.3 Conclusions**

The purpose of this study was to examine the relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya. According to the demographic characteristics of the adolescents, there were more males than females. The findings also showed that the males began committing crimes earlier than females. Majority of the adolescents were fifteen to sixteen years old some were thirteen to fourteen years old and few were ten to twelve years old. It was observed that there were few teachers, on teacher qualifications most of them had diploma, a few had a degree and some had certificate level. The study sought to determine the relationship between self-esteem, stress levels, and delinquency, to examine the relationship between

family structure and delinquency, to find out the relationship between impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya. The study established that according to the parameters used some of the adolescent delinquents had indicators of low self-esteem while other adolescent delinquents had indicators of high self-esteem. These findings were contrary to a view which had been held that low self-esteem and not high self-esteem was associated with adolescent delinquent behaviours. The findings established that statistically significant relationship existed between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya.

### **5.3.1 Conclusion on Self-esteem and Delinquency**

The findings of this study indicated that according to the regression model correlation coefficient (R) was 0.826. This showed that there was positive correlation between the independent variable (self-esteem) and dependent variable (delinquency). R<sup>2</sup> was 0.716 (71.6 %), which represented the proportion of variance in the dependent variable (delinquency) explained by the independent variable (self-esteem).

The findings further indicated F value,  $F(10,202) = 0.324$ ,  $p < 0.05$ . This indicated that there was statistically significant relationship between self-esteem (independent variable) and delinquency (dependent variable) among the adolescents. Hence, the null hypothesis (H<sub>01</sub>) was rejected. The F value of 0.324 which was less than 0.974, the value that was chosen by the researcher from the established criteria. This indicated that there was statistically significant relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya.

The findings of this study showed that majority of the adolescents in these correctional institutions were males while the females were fewer. Most of the respondents in the sample of the study were aged 15 to 16 years. The youngest adolescents were aged 10 to

12 years. The respondents in the study were aged 10 to 18 years. These were consistent with those of previous studies. Kabiru, Elung'ata, Majola and Beguy (2014) noted that the adolescents involved in the study which examined the degree to which a composite index, unfriendly life occasions, parental monitoring, religiosity and self-esteem were related to delinquency were aged twelve to nineteen years. This implied that the adolescent delinquents consisted of young and older adolescents and involvement in delinquent behaviours by adolescents was irrespective of age or gender.

The overall findings on self-esteem as was in the self-reports of the adolescents and teachers in the sample of study revealed that some adolescents showed likelihood of having high self-esteem while others showed likelihood of low self-esteem as was indicated by parameters that were used in the study. This implied that both high self-esteem and low self-esteem were likely to lead to delinquent behaviours among adolescents. These findings were consistent with those of previous studies by scholars.

The findings of this study were consistent with previous studies, in a research to examine parental monitoring, religiosity and self-esteem, observed that, high self-esteem was found to be associated with lower likelihood of delinquent behaviour in both male and female adolescents (Kabiru et al., 2014). The findings on self-esteem indicated that it had huge part in the person's propensity to habit, burglary and prostitution. There was similarity between the findings of self-esteem examined using Rosenberg Self-Esteem Scale and smoking, abuse of illicit drugs such as heroin, pills and other substances, alcohol abuse which had significant association with self-esteem (Khajehdalueee, Zavar & Pourandi, 2013). Self-esteem played an important role in aggressive behaviour and correlated negatively with all dimensions of aggression. The findings indicated that low self-esteem among adolescents was associated with high levels of aggression. This was found to exist in both male and female adolescents (Shaheen & Jahan, 2014).

### 5.3.2 Conclusion on Stress Levels and Delinquency

The study revealed that most adolescents indicated parameters that they had parameters that were triggers of stress to a great extent making the adolescents be likely prone to delinquent behaviours. Other adolescents indicated parameters which were triggers of stress to a less extent hence likely to be prone to delinquent behaviours to less extent. The findings established that statistically significant relationship existed between stress levels and delinquency existed among adolescents in selected public rehabilitation schools in Kenya.

The findings obtained using the regression model indicated that correlation coefficient (R) was 0.703. This showed that there was positive correlation between the independent variable ( stress levels) and dependent variable (delinquency). The results indicated that R squared was 0.741 ( 74.1 % ) which represented the proportion of variance in the dependent variable (delinquency) that was explained by the independent variable (stress levels).

The results obtained indicated that F value,  $F(9, 203) = 0.065$ ,  $p < 0.05$ . F value obtained was less than the F table value which was 0.99993 which the researcher chose from the established criteria. This showed that there was statistically significant relationship between stress levels (independent variable) and delinquency (dependent variable) among adolescents in the selected public rehabilitation schools in Kenya. Hence, the null hypothesis (  $H_0$  ) was rejected. The results indicated significance was 0.000 which showed that regression model was appropriate for the data analysis and there was goodness in the model fitting. There was statistical relationship between stress levels and delinquency among the adolescent delinquents. Based on the findings of this study there were implications of stress levels on adolescent delinquency.

The findings of the study as were reported by the care givers who had close interactions with the adolescent delinquents in the correctional institutions revealed that stressful

events and environments were likely to lead to delinquent behaviours among the adolescents. The findings also showed that trauma and exposure to violence may have most likely led adolescents to come into conflict with older siblings, parents, teachers, other authority figures and the justice system due to the delinquent behaviours that have developed in the adolescents.

The findings further indicated that exposure to violence in early years of life was associated with antisocial conduct such as gang involvement, drug abuse, post-traumatic stress disorders, anxiety, depression and aggression. The findings showed that some adolescents had mental disorders, drug abuse disorders, alcohol abuse disorders, anxiety disorders, Attention Deficit Hyperactivity Disorder (ADHD) and mood disorders. Therefore it was necessary to identify those who may have needed immediate attention for their mental health needs and those with a higher likelihood of needing special attention.

These findings were consistent with those of previous studies, in a study on Stress and Adolescent Welfare: the Requirement for an Interdisciplinary Structure to Analyze the Impacts of Stress on Various Behavioural Results among Adolescents (Sigfusdottir et al., 2017). The findings revealed that pressure in teenagers has been connected to chronic frailty and destructive conduct, social clash at different levels, for example cultural levels to explicit gatherings like the family or companion gatherings, led to increment in pressure that had unsafe ramifications for wellbeing and prosperity of the youths. The scientists saw that social climate impact results of pressure at mental level upsetting circumstances and life occasions collaborate with individual qualities, created unsafe pressure related results. In a research to investigate the relationship between mental health and tormenting exploitation among school-going youths, the researcher noted that harassing exploitation was decidedly connected with all spaces of mental trouble which included depression,

anxiety and stress. Further analysis indicated that depression was the only predictor of bullying victimization (Arhin et al., 2019). In a research to examine the extent to which, antagonistic life occasions were associated with delinquent conduct noted that, adverse life events were positively with delinquency (Kabiru et al., 2014). The care givers observed that measures were necessary to be put in place to help the adolescents during the rehabilitation process and after exit from the correctional institutions. This would be likely to enable the adolescents maintain the behavioural changes attained during the rehabilitation and also help the parents and family members as they support the adolescents during the after committal period. This may help the adolescent to develop ways of coping with the changes at the individual level, family and social environment. There was need for effective measures to address mental health issues among adolescents. These were likely to assist in minimizing psychosocial and delinquency issues among adolescents which may impact on families and the whole society.

Multisystemic Therapy (MST) in juvenile systems is intended to assist teenagers ages twelve to seventeen who may have displayed substantial clinical issues such as drug use, violence, and extreme criminal behaviors (Van der Stouwe et al., 2014). MST sought to identify the causes of adolescent behavioral issues and alter the environment of the young people and its goal was to work towards improving prosocial conduct while reducing the problem and delinquent behaviors (Van der Stouwe et al., 2014). To remove obstacles that prevented families from accessing services MST often adopted a home-based approach to service delivery. There is no set duration of service, but on average, treatment lasted for around four months and involved several therapist-family meetings each week. This implied that the home-based approach would be more flexible and cost effective for the adolescent delinquents and the guardians, which may lead to more effectiveness in the rehabilitation process through the results that would be sustainable and reducing the rate

of recidivism and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Family structure parameters used showed that majority of the adolescent delinquents indicated that they lived with both parents, followed by those who lived with their brothers. Some adolescents from other family structures such as blended families, step-parent families (mother or father), grandmother families, indicated parameters for delinquent behaviours. The findings established that statistically significant relationship existed between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya.

### **5.3.3 Conclusion on Family Structure and Delinquency**

One-Sample t- test was used to determine the magnitude of each parameter on the family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya. The results showed that there was 212 degree of freedom and the findings indicated that each parameter was statistically significant of the One-Sample t- test since all the values were 0.000 which was less than 0.05 ( $p < 0.05$ ) chosen by the researcher from the established criteria. The results obtained indicated that the population means were statistically significantly different among parameters used to determine the family structure and delinquency among adolescents. All parameters were statistically lower by a mean where “stayed with both parents” had the highest correlation 3.29 at 95% confidence interval those who indicated “I stayed with my brother” with a difference mean 2.32 at 95 % confidence interval. This meant that there were mean differences for the parameters used to determine family structure and delinquency which were statistically significant.

The findings revealed that adolescent delinquents in the sample of study were from different family structures which included two-parent families, single-parent

families, blended or step-parent families, grand-parent families. Hence, the adolescent delinquents from these families had likelihood of developing delinquent behaviours. This implied that irrespective of the family structure or type in which adolescents were brought up, they were likely to have likelihood of developing delinquent behaviours.

The findings also showed that poor parental management and disciplinary procedures, poor monitoring and supervision, inconsistent discipline and lack of clear expectations for children's behaviour, had increased likelihood of delinquency. Physical punishments were more likely to lead to defiance than compliance when it came to the impact of punishment on aggressive behaviour. The findings had consistency with previous studies carried out by researchers. Kago (2018) in a study on Relationship between Paternal Involvement and Adolescent Delinquency noted that there was significant relationship between authoritarian parenting style and development of delinquent behaviors among adolescents. The findings further revealed that that parenting style adopted by a parent may have affected the development of adolescent behaviors.

Park and Lee (2020) in a research to examine the relationship between family construction and wellbeing conduct, emotional wellness and saw scholastic accomplishment among youths saw that non-flawless families (single-parent families and rebuilt families) had altogether higher chances of smoking a cigarette, drinking a taste of liquor, web use, actual work and sexual experience and emotional well-being issues, for example gloom, self-destructive ideation, saw pressure, poor saw well-being status, than unblemished families (two-parent families). The outcomes demonstrated that remade families had more grounded relationship than the other family structures comparable which were involved in smoking, drinking

liquor, sexual experience, sorrow, self-destructive ideation, stress and poor self well-being. Rebuilt families are probably going to experience the ill effects of relational troubles, for example, parental contentious contrasted with different families which included single-parent families and are presented to abusive behaviour at home and misuse.

Ndaita (2017) in a study to investigate the psychological factors impacting adolescent wrongdoing among juvenile young girls observed that family issues such as material deficiencies dysfunctional families, absence of parental consideration and friendship, abuse by step/foster parents, youngster disregard and child abuse were sources of adolescent delinquency. The researcher noted that adolescents brought up by one-parent family (living with mother or father) were linked to increased delinquency as well as those living with both parents. The researcher also noted that poor child upbringing skills, family size and child abuse, were linked to adolescent delinquency

The findings of the study on impulsivity based on the parameters used established that majority of the adolescents indicated the parameters / items that adolescents “made statements without thinking” which had the highest coefficient. Hence their actions most likely involved impulse and irrational decisions and may be involved in delinquent behaviours not controlled through conscious control. The findings revealed that statistically significant relationship existed between impulsivity and delinquency among adolescents in selected public rehabilitation schools in Kenya

#### **5.3.4 Conclusion on Impulsivity and Delinquency**

The results from the multiple linear regression indicated that  $R$  had value 0.77. This showed a strong positive correlation between the independent variable (impulsivity) and the dependent variable (delinquency) among adolescents in selected public rehabilitation

schools in Kenya. The R squared was 77.3 % which indicated that the dependent variable was explained by the independent variable 77.3 %. This also indicated that the goodness in the model fitting of the study on the parameters used to determine the delinquency among adolescents based on impulsivity. On the Analysis of Variance (ANOVA) the results obtained indicated significance value 0.008 which was less than 0.05 ( $p < 0.05$ ), the value the researcher chose from the established criteria. This value indicated that the regression model statistically significantly predicted the outcome variable hence, it is a good fit for the data.

The F value  $F(13, 199) = 0.025$ ,  $p < 0.05$ , the value the researcher chose from the established criteria. This indicated that statistically significant relationship existed between impulsivity and delinquency among adolescents in selected rehabilitation schools in Kenya.

The findings of this study were consistent with those of previous studies, in a study on Sex Contrasts, in the Developmental Trajectories, of Impulse Control, and Sensation, the findings indicated that adolescents' involvement in risk-taking delinquent behaviours may appear to be as a result of ignorance, misunderstanding of risks and being irrational as a result of young age (Shulman et al., 2015). Foroozandeh (2017) in a research observed that impulsivity was related to some of the delinquent behaviours such as violence and crime. It is also said to be associated with malfunctioning of the cognitive system of human brain. A wide range of behaviours which involved less thinking with pleasure-reward seeking goals and immature were included in impulsivity. All these had high risks and social unintended consequences. The behaviours exhibited indicated inability to resist and avoid an impulse or drive to carry out a harmful behaviours as well as impulse actions.

## 5.4 Recommendations

The researcher made the following recommendations based on the findings of the study:

1. The rehabilitation schools' managements, teachers, probation officers, department of children's services, welfare officers and tutors, counselling psychologists, clinical psychologists, counsellors, mental health practioners to develop policies which will guide in the implementation of the rehabilitation process of the adolescents and youth effectively.
2. The study findings revealed that involvement of the family( parents, guardians and siblings) in the rehabilitation process of the adolescents was to minimal extent. Hence, the family should be more involved in rehabilitation process of their children and siblings so that they understand the reasons that led them into delinquent behaviours.
3. There is need to introduce self-esteem enhancement, stress and anger management training programmes in learning institutions and rehabilitation schools, during forums in the society in an attempt to deal with delinquent behaviours among adolescents and conflicts in families as well in the whole society. The government to deploy more teachers and instructors for implementation of academic programmes, and professional counsellors for effectiveness in dealing with psychosocial and delinquency issues among the adolescents.
4. Within the infrastructure of the rehabilitation schools in which professional counsellors /psychologist with areas of specialization in counselling psychology or clinical psychology should be deployed to help the school management in managing the psychosocial and delinquent behaviour issues that the adolescent delinquents have experienced and to cope with them. The adolescent delinquents, their parents and guardians need to trained in life skills to be empowered to help adolescents handle

social, emotional, educational and developmental challenges while they are in the institutions as they assist them in sustaining positive behavior change they attained and to ensure this is sustained after exit from rehabilitation schools.

5. The counselling psychologists and clinical psychologist will also be helpful to the parents and staff members in the rehabilitation schools to equip them with knowledge and skills to help them assist the adolescent delinquents sustain the positive behavior change achieved through rehabilitation process. These professionals will be involved in creation of awareness on the concept and perspective about rehabilitation schools by adolescent delinquents' parents and the society leading to positive attitude towards rehabilitation schools and rehabilitaton process.
6. After exit of adolescents from the rehabilitation schools they need to be provided with home-based care by the community health workers who provide support for both- the adolescents and their families which will enhance sustainability of the positive behavior change attained hence reducing recidivism among the adolescent delinquents.

### **5.5 Suggestions for further research**

1. Effectiveness of intervention strategies in addressing delinquency issues among youth in borstal institutions in Kenya.
2. Influence of parenting styles on development of delinquent behaviours among adolescents in selected secondary schools in Kenya.

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## APPENDICES

### Appendix I: Informed Consent for Key Informants

Dear Sir/Madam,

Greetings, I am a student at Mount Kenya University, pursuing a Doctor of Philosophy degree in Counselling Psychology. As a requirement for this course, I am conducting a study on relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya. You have been chosen as a respondent for this study, and please note that, this questionnaire/interview schedule, is meant for research purpose only, and your sincere, honest responses was vital for the study. The findings of this research are expected to assist the government and other stakeholders to formulate intervention strategies for addressing psychosocial and delinquency issues, among adolescents and curb the escalating rates of adolescent delinquency in Kenya and other parts of the world. Do not indicate your name or any identity, use only the code provided. All the information was treated with utmost confidentiality.

By signing this consent form, I confirm that, I have read and understood the information. I understood that my participation is voluntary. I voluntarily agree to take part in this study.

#### **RESEARCHER**

Name: Jane K. S. Kiugu  
Registration No. PHD COUNS/2014/60010  
Mount Kenya University  
Thika  
Mobile No. 0722 303 878  
Email: [janendereba@gmail.com](mailto:janendereba@gmail.com)

The information given by the key informants was treated confidentially and their names shall not be used in any publication that was a product of this study.

Agreement:

I .....Designation.....

P.O. Box.....is willing to participate in the proposed study. I am aware that the information, I will provide was used in compiling a thesis report.

Respondent's Signature: .....

Researcher's Signature: .....

Thank you.



**Appendix II: Informed Consent for the Adolescents**

Greetings, I am a student at Mount Kenya University, pursuing a Doctor of Philosophy degree. As a requirement for the course, I am conducting a study on “relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya”. I kindly request you to spare time and fill in the questionnaires, as accurately as possible to assist in gathering of information for the study. I will appreciate your honest, sincere responses, and all the information given was treated with confidentiality, it will not be used in any way against the respondent. The questionnaire is anonymous, names should not be written, to guard identity. Use only the codes provided by the researcher.

I confirm that, I have read and understood the information and that my participation is voluntary. I voluntarily agree to take part in this study.

**Agreement:**

I .....class....., is willing to participate in the proposed study. I am aware that the information, I will provide was used in compiling Thesis report.

Respondent’s Signature: .....

Researcher’s Signature: .....

### Appendix III: Questionnaire for Adolescents

This questionnaire has been designed to assist in collecting data on some aspects of adolescent delinquency, among boys and girls aged 10- 18 years. You are kindly requested to fill in this questionnaire. The information which was obtain in this questionnaire was confidential and was used only for this study and other publication thereafter. Do not write your name on this paper, this will ensure anonymity and enhance confidentiality.

#### SECTION A Demographic Information

**Instructions:** Please read each statement carefully and tick (✓) where applicable.

1. Gender: Female\_\_\_\_\_ Male\_\_\_\_\_.
2. Age (years: 10-12\_\_\_\_\_ 13-14\_\_\_\_\_ 15-16\_\_\_\_\_ 17-18\_\_\_\_\_)
3. Religion: Christian \_\_\_\_\_ Muslim\_\_\_\_\_
4. Where were you born and brought up? Tick appropriately.  
Rural area\_\_\_\_\_ Urban area\_\_\_\_\_ Informal settlement \_\_\_\_\_
5. How long have you been in this Institution?  
Less than one year \_\_\_\_\_  
Less than two years \_\_\_\_\_  
Two to three years \_\_\_\_\_  
More than three years \_\_\_\_\_
6. How old (years) were you when you were brought to this Institution?  
Below twelve years \_\_\_\_\_  
12 - 13 years \_\_\_\_\_  
14 - 15 years \_\_\_\_\_  
16 - 17 years \_\_\_\_\_  
18 - 19 years \_\_\_\_\_

#### SECTION B

This section will address objective 1, relationship between self-esteem and delinquency. Tick (✓) your response after each statement.

**1– Strongly Disagree, 2 – Disagree, 3 – Neutral, 4 – Agree, 5-Strongly Agree**

**Table 3: Questionnaire for Adolescents on Self-Esteem.**

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am a person of worth					
I have good qualities.					
I feel I am a failure.					
I can do things as well as other people.					
I do not have much to be proud of.					
I have positive self-attitude.					
I am satisfied with myself.					
I do not have respect for myself.					
I feel useless at times.					
I am no good at all.					

### **SECTION C**

This section will address objective 2, relationship between stress levels and delinquency.

**1 - Never, 2 - Almost never, 3 – sometimes, 4 - Fairly often, 5 - Very often.**

Tick (✓) your response after each statement.

**Table 4: Questionnaire for Adolescents on Stress Levels**

Statement	Never	Almost Never	Sometimes	Fairly Often	Very Often
Been resentful about something that happened startlingly?					

Felt that you were unable to control the significant things in your day to day existence ?					
You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you?					
You were able to deal with day-to-day problems and annoyance successfully?					
You had the option to adapt successfully to significant changes in your day- to day existence?					
You are confident about your ability to handle your personal problems.					
You felt that things were going your way?					
You were not able to cope with all the things that you had to do.					
You were able to deal with irritating life issues successfully. You were on top of things?					

## SECTION D

This section will address objective 3, relationship between family structure and delinquency.

1. How many siblings do you have? Tick (✓) against your response

None \_\_\_\_\_

Two – Three \_\_\_\_\_

Four – Five \_\_\_\_\_

Six – Seven \_\_\_\_\_

Over Seven \_\_\_\_\_

3. Tick (✓) your response after each statement.

1.Never/Rarely 2. Occasionally 3. Neutral 4. Often 5. Almost Always/ Always

**Table 5: Questionnaire for Adolescents on Family Structure and Their Family Relationships**

Statement	Never/ Rarely	Occasionally	Neutral	Often	Almost Always	Always
I stay with both of my parents						
I stay with my mother only						
I stay with my father alone						
I stay with my stepmother and my father. I stay with my stepfather and my mother.						
I lived with my grandparent(s).						
I lived with stepparents.						
I lived in my aunt's home.						
I lived in my uncle's home.						

I lived with my sister.						
I stay with my brother						

4. Tick (✓) your response after each statement.

1- Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree, 5- Strongly Agree

**Table 6: Questionnaire for Adolescents on Family Structure and their interactions**

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
My two parents live together.					
My parents differed and separated.					
My parents differed and divorced.					
My parents had conflicts and fights often.					
My parents had conflicts and fights always.					
I had conflicts/ fights with my siblings often.					
I had conflicts/ fights with my siblings always.					

I had conflicts with my parents/ guardians often.					
I had conflicts with my parents/ guardians always.					

### **SECTION E**

This section will address objective 4, relationship between impulsivity and delinquency.

Tick (✓) your response after each statement.

**1.Never/ Rarely 2. Occasionally 3. Neutral 4. Often 5. Almost Always/ Always**

**Table 7: Questionnaire for Adolescents on Impulsivity**

Statement	Never/ Rarely	Occasionally	Neutral	Often	Almost Always/ Always
I do not pay attention.					
I am self – control					
I concentrate easily					
I'm a cautious thinker.					
I'm a consistent thinker					
I get things done without thinking.					
I make statements without thinking.					
I act "without really thinking".					
I follow up spontaneously					
I plan tasks carefully.					
I strategize visits well early enough.					
I develop a plan for my work.					
I'm futuristic					

**SECTION: F**

This section will address the issue of delinquency.

Tick (✓) your response after each statement.

**1-Never /Rarely, 2-Almost Never, 3- Sometimes, 4- Often, 5- Almost Always/ Always**

In the last two years or less you were involved in the following:

**Table 9: Self-Report Delinquency Questionnaire for Adolescents**

	Never /Rarely	Almost Never	Sometimes	Often	Almost Always/ Always
Running away from school (truancy).					
Stealing people's Property/ items					
Fighting with people					
Destroying people's property (vandalism)					
Conflicts with parents					
Drug abuse					
Alcohol abuse					
Group fights / gang fighting					
Assaulting people					
Fighting with siblings					
Bullying peers					
Aggressive activities					
Running away from home (truancy)					

## Appendix IV: Questionnaire for the Teachers

This questionnaire will address the research objectives: to determine the relationship between self-esteem, stress; examine the relationship between family structure, impulsivity and delinquency among adolescents among adolescents in selected public rehabilitation schools in Kenya, and identify intervention strategies.

### SECTION A Demographic Information

**Instructions:** Please read each statement carefully and respond appropriately.

1. Gender: Female \_\_\_\_\_ Male \_\_\_\_\_ Tick (✓) where applicable.
  
2. Age (years)  
18 – 25 years \_\_\_\_\_  
26 – 35 years \_\_\_\_\_  
36 - 45 years \_\_\_\_\_  
46 – 55 years \_\_\_\_\_  
56 and above years \_\_\_\_\_
  
3. Length of service (years) in the Institution. Tick (✓) where applicable.  
1 - 5 years \_\_\_\_\_  
6 - 10 years \_\_\_\_\_  
11 - 15 years \_\_\_\_\_  
Above 15 years \_\_\_\_\_
  
4. Length of service (years) in the Profession.  
1 - 5 years \_\_\_\_\_  
6 - 10 years \_\_\_\_\_  
11 - 15 years \_\_\_\_\_  
above 15 years \_\_\_\_\_
  
5. Highest professional qualification. Tick (✓) where applicable.  
Master's Degree \_\_\_\_\_

- Degree \_\_\_\_\_
- Diploma \_\_\_\_\_
- Certificate Level \_\_\_\_\_
6. Highest academic qualification Tick (✓) appropriately.
- KAPE /CPE/ KCPE \_\_\_\_\_
- KCE / KCSE (O-level). \_\_\_\_\_
- KJSE \_\_\_\_\_
- Diploma \_\_\_\_\_
- Degree \_\_\_\_\_
- Masters \_\_\_\_\_

### SECTION: B

This section will address objective 1, relationship between self-esteem and delinquency.

How do the adolescents feel about themselves? Tick (✓) your response after each statement

1-Strongly Disagree, 2- Disagree, 3- Neutral, 4- Agree, 5- Strongly Agree

**Table 10: Questionnaire for Teachers on Self- Esteem**

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Most of them say they are hopeless in life					
Most of them say they feel useless.					
Most of them feel rejected by everybody.					
Most of them say their family and peers have condemned them.					
Most of them feel valueless.					
Some say they are appreciated by their families, teachers and peers.					
Some acknowledge they are of value to themselves.					

Some are hopeful about the future.					
Most of them say they are failures in life.					
Most of them say they have been a disgrace to everybody.					

**SECTION: C**

This section will address objective 2, relationship between stress levels and delinquency among adolescents.

**1- Never, 2- Almost Never, 3- Sometimes, 4- Often, 5- Almost Always/ Always**

Tick (✓) your response after each statement

**Table 11: Questionnaire for Teachers on Stress Levels**

Statement	Never	Almost Never	Sometimes	Often	Almost Always/ Always
Most of them have been upset by something that happened unexpectedly.					
Most of them felt they could not control the important things in their lives.					
Most of them often feel tense, nervous and cannot control themselves, resulting to harmful actions.					
Most of them were able to deal with day-to-day problems successfully.					
Most of them were able to cope effectively with important changes in their lives.					

Most of them are confident about their ability to handle personal problems.					
Most of them felt things were going their way.					
Most of them were not able to cope with all the things that they had to do.					
Most of them were not able to deal with irritating life issues successfully.					
Most of them felt they were on top of things.					
Most of them have been upset by something that happened unexpectedly.					

#### **SECTION D**

This section will address objective 3, relationship between family structure and delinquency.

Tick (✓) the response after each statement.

**1-Strongly Disagree,2-Disagree,3-Neutral, 4- Agree, 5- Strongly Agree**

**Table 12: Questionnaire for Teachers on Family Structure and Delinquency**

<b>Statement</b>	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral,</b>	<b>Agree,</b>	<b>Strongly Agree</b>
Some are orphans Some have their parents separated Some have their parents divorced					
Some live with grandparents Some come from large families					

Some come from both parent families					
Some come from one parent families					
Some come from small families					
Some come from stepparent families					

### **SECTION E**

This section will address objective 4, relationship between impulsivity and delinquency among adolescents.

Adolescents show the following behaviors.

Tick (✓) your response after each statement

**1- Never/ Rarely, 2- Occasionally, 3- Neutral, 4- Often, 5- Almost Always/ Always**

**Table 13: Questionnaire for Teachers on Impulsivity**

<b>Statement</b>	<b>Never/ Rarely</b>	<b>Occasionally</b>	<b>Neutral</b>	<b>Often</b>	<b>Almost Always/ Always</b>
Most do not “pay attention”					
Most are self-controlled					
Most concentrate easily					
Most are careful thinkers					
Most do things without thinking					
Most act “on impulse”					
Most act on the spur of the moment					
Most plan tasks carefully					
Most plan tasks well ahead of time					
Most plan their work					
Most are future oriented					

## SECTION F

This section will address delinquency among adolescents.

The adolescents were involved in the following delinquent behaviors before committal to this institution.

Tick (✓) your response after each statement.

**1-Strongly Disagree, 2-Disagree, 3-Neutral, 4-Agree, 5-Strongly Agree**

**Table 15: Questionnaire for Teachers on Delinquency**

Statement	Strongly Disagree	Disagree	Neutral	4-Agree	Strongly Agree
Some were involved in bullying peers and younger children.					
Some engaged in petty theft					
Some were involved in shop-lifting					
Some were involved in running away from home (truancy)					
Some were involved in running away from school (truancy)					
Some were involved in sibling conflicts and fights.					
Some were involved in fights with peers					

**RESEARCHER 2022**

## **Appendix V: Interview Schedule Guide for the welfare officers**

This will address the research objectives: Determine the relationship between: self-esteem, stress; examine relationship between family structure, find out the relationship between impulsivity and delinquency among adolescents, identify intervention strategies, to address psychosocial and delinquency issues, among the adolescents in selected public rehabilitation schools in Kenya.

Please read and respond to each statement.

1. List four feelings expressed by the adolescents about themselves as individuals.
2. List five delinquent behaviors linked to self-esteem which made the adolescents to be committed to this institution.
3. State four issues that the adolescents in this institution have which are linked to self-esteem.
4. List five delinquent behaviors linked to stress which made the adolescents to be committed to this institution.
5. List six delinquent behaviors linked to family structure that made the adolescents to be brought to this institution.
6. How many times have some adolescents been re-committed to this institution after exit?
7. State the reasons for the re-committal.
8. State five delinquent behaviors which are linked to impulse reactions, that made the adolescent to be committed to this institution.
9. List the types of families that the adolescents in this institution come from (example): single parent families).
10. List six issues / problems that exist in these family structures.

**RESEARCHER 2022**

Thank you.

## **Appendix VI: Interview Schedule Guide for Managers**

This interview schedule will address the research objectives: To determine the relationship between self-esteem, stress, to examine the relationship between family structure, impulsivity, and delinquency, to identify intervention strategies to address psychosocial issues and delinquency, among adolescents in selected public rehabilitation schools in Kenya.

Please read and respond to each statement.

1. List four feelings expressed by adolescents about themselves as individuals.
2. List five delinquent behaviors linked to self-esteem which made the adolescents to be committed to this institution.
3. State four issues that the adolescents in this institution have which are linked to self-esteem.
4. List five delinquent behaviors linked to stress which made the adolescents to be committed to this institution.
5. List six delinquent behaviors linked to family structure that made the adolescents to be brought to this institution.
6. How many times have some adolescents been re-committed to rehabilitation institution after exit?
7. State reasons for recommitted.


8. State five delinquent behaviors which are linked to impulse reactions that made the Adolescents to be committed to this institution.
9. State the types of family structures that most of the adolescents in this institution come from (example: single parent families).
10. List six issues / problems that exist in these family structures.

**RESEARCHER 2022**

Thank you.



## Appendix VII: Introduction letter from MKU Graduate School

  
**Mount Kenya University**

**DIRECTORATE OF GRADUATE STUDIES**

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PHDCOUNS/2014/60010

3<sup>rd</sup> March, 2022

*The Director, Research Coordination Division  
National Commission for Science, Technology & Innovation  
Utali House, 8<sup>th</sup> & 9<sup>th</sup> Floor  
P.O Box 30623- 00100  
NAIROBI*

Dear Sir/Madam,

**RE: JANE K. S. KIUGU REGISTRATION NO. PHDCOUNS/2014/60010**

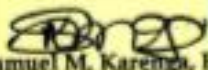
The purpose of this letter is to introduce the above named student who is pursuing Doctor of Philosophy in Counseling Psychology in the Department of Psychology in the School of Social Sciences.

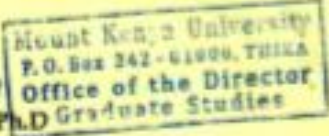
The title of her research is *"Relationship between Psychosocial Variables and Delinquency among Adolescents in Selected Public Rehabilitation Schools in Kenya."*

She has been cleared by the University's Ethics Review Committee (Certificate attached) and now has to proceed to the field to collect data for her research between March, 2022 and August, 2022.

Any assistance accorded to her will be highly appreciated.

Thank you.


  
Dr. Samuel M. Karenga, Ph.D  
Director, Graduate Studies  
Enc.

  
Mount Kenya University  
P. O. Box 342 - 01000, THIKA  
Office of the Director,  
Ph.D Graduate Studies

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Main Campus, General Kago Road, P.O. Box 342-01000 Thika. Tel: +254 67 2820 000,  
Cell: +254 720 790 796, 0709 153 000  
Email: info@mku.ac.ke, Web: www.mku.ac.ke  
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## Appendix VIII: Ethical Clearance Certificate

  
**Mount Kenya University**

REF: MKU/ERC/2112 Date: 22 February 2022

TO: JANE K. S. KIUGU

REG: PHDCOUNS/2014/60010

Dear Sir/Madam,

**RE: RELATIONSHIP BETWEEN PSYCHOSOCIAL VARIABLES AND DELINQUENCY AMONG ADOLESCENTS IN SELECTED PUBLIC REHABILITATION SCHOOLS IN KENYA**

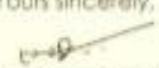
This is to inform you that **Mount Kenya University** has reviewed and approved your above research proposal. Your application approval number is **1185**. The approval period is **22/02/2022 - 21/02/2023**.

This approval is subject to compliance with the following requirements:

- i. Only approved documents including informed consents, study instruments, MTA will be used
- ii. All changes including amendments, deviations and violations are submitted for review and approval by **Mount Kenya University**
- iii. Death and life-threatening problems and serious adverse events or unexpected adverse events whether related or unrelated to the study must be reported to **Mount Kenya University** within 72 hours of notification
- iv. Any changes, anticipated or otherwise that may increase the risks or affect the safety or welfare of study participants and others or affect the integrity of the research must be reported to **Mount Kenya University** within 72 hours
- v. Clearance for export of biological specimens must be obtained from relevant institutions
- vi. Submission of a request for renewal of approval at least 60 days prior to expiry of the approval period. Attach a comprehensive progress report to support the renewal
- vii. Submission of an executive summary report within 90 days upon completion of the study to **Mount Kenya University**

Prior to commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology and Innovation (NACOSTI) <https://research-portal.nacosti.go.ke> and also obtain other clearances needed.

Yours sincerely,

  
- The Chairman  
**Mount Kenya University**  
Ethics Review Committee  
P. O. Box 342 - 0100, Thika

**Dr. Peter G. Kirira**  
Chairman, Mount Kenya University IERC

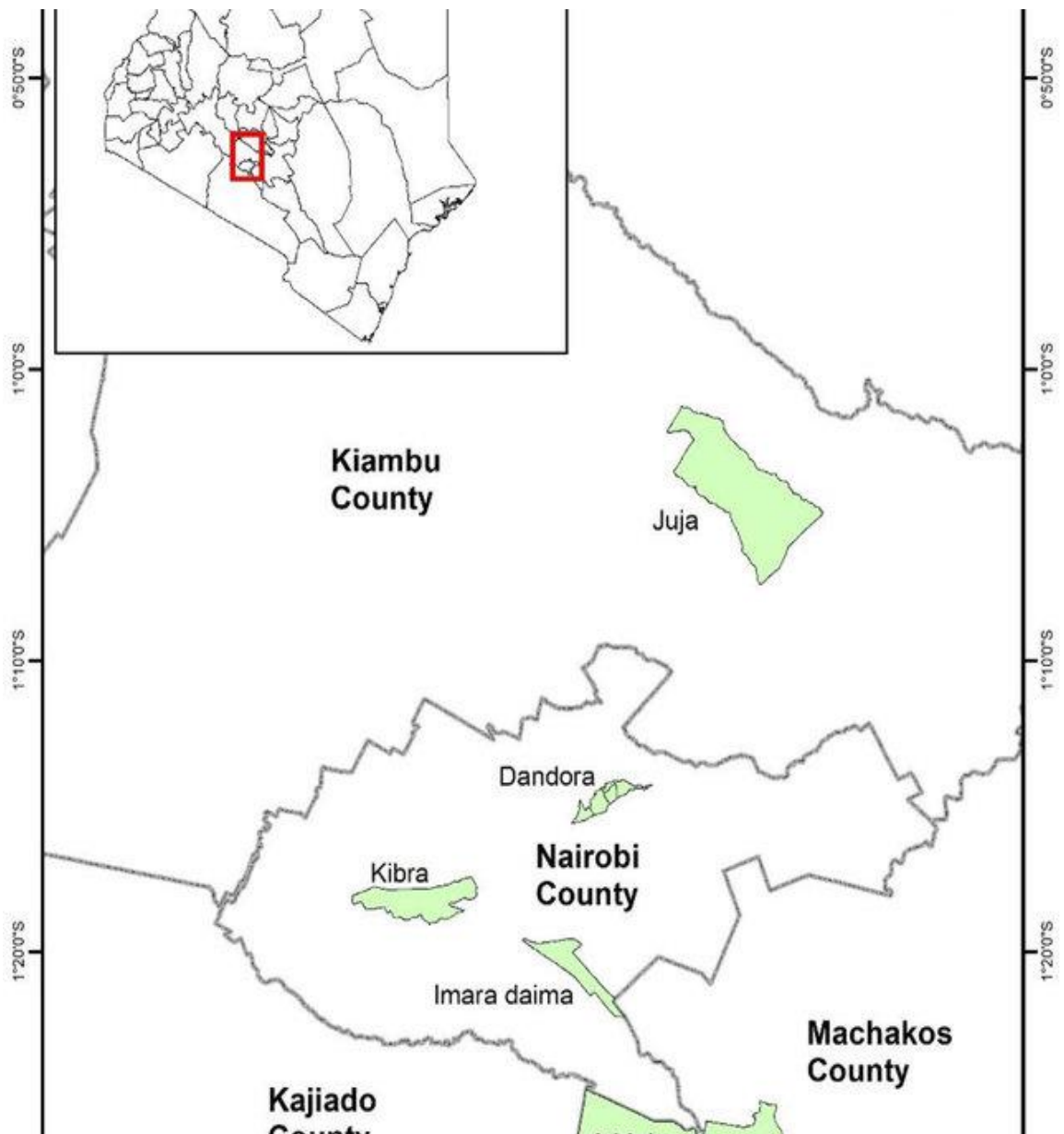
**Appendix IX: Research Permit from NACOSTI**

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 267060	Date of Issue: 25/March/2022
<b>RESEARCH LICENSE</b>	
	
<p>This is to Certify that Ms. Jane K.S Kiugu of Mount Kenya University, has been licensed to conduct research in Kiambu, Nairobi on the topic: <b>RELATIONSHIP BETWEEN PSYCHOSOCIAL VARIABLES AND DELINQUENCY AMONG ADOLESCENTS IN SELECTED PUBLIC REHABILITATION SCHOOLS IN KENYA</b> for the period ending : 25/March/2023.</p>	
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	Verification QR Code 
<p>NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.</p>	

## Appendix X: Research Authorization from Directorate of Children's Services



**Appendix XI: Map of Nairobi and Kiambu Counties, showing Location of the Study**



**Appendix XII: Similarity Report**

**RELATIONSHIP BETWEEN  
PSYCHOSOCIAL VARIABLES  
AND DELINQUENCY AMONG  
ADOLESCENTS IN SELECTED  
PUBLIC REHABILITATION  
SCHOOLS IN KENYA**

*by* JANE K. S. KIUGU

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**Submission date:** 05-Mar-2024 09:00PM (UTC+0300)

**Submission ID:** 2306723170

**File name:** .S\_KIUGU\_THESIS\_DOCUMENT\_---\_CORRECTED-\_-March\_5\_2024\_1.docx (1.73M)

**Word count:** 50199

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