

EFFECTIVENESS OF GUIDANCE AND COUNSELING PROGRAMS ON  
BEHAVIOR CHANGE AMONG PUBLIC PRIMARY SCHOOL PUPILS IN  
NKUENE DIVISION, MERU COUNTY, KENYA



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## ABSTRACT

There are many challenges affecting the entire society, pupils inclusive. In view of this, the Ministry of Education has established guidance and counseling in schools to assist learners in behavior modification. The government trained guidance and counseling teachers for each primary school in Kenya in order to make guidance and counseling program effective in primary schools. In spite of these guidance and counseling programs, there is still undesired behavior among the learners. This has questioned the effectiveness of guidance and counseling program in helping learners to have positive behavior. So, the purpose of this study was to research on the effectiveness of guidance and counseling programs in behavior change in primary schools in Nkuene Division, Meru County. The study was based on one specific objective which was to research on the effectiveness of guidance and counseling programs. The study explored four other objectives. These were: To investigate the role of teacher counselor on the effectiveness of guidance and counseling on behavior change among pupils, to investigate how the level of counselor training influence guidance and counseling programs, to determine the role of administration support in effectiveness of guidance and counseling programs and to establish the extent to which learners are aware of guidance and counseling services. The study was guided by psychologist Albert Bandura's theory of social learning which states that human beings learn good behavior largely through a process that involve observation, imitation and modeling. The study targeted a population of 12 head teachers, 12 teacher counselors and 180 class eight pupils in the 42 public primary schools in Nkuene division. The research design used was descriptive survey research design. The study research instruments were both the interview schedule for head teachers and teacher counselors and a questionnaire for the pupils. There were two sets of interview schedule; one for the head teachers and one for the teacher counselors. Pilot study was done in primary schools outside the sampled ones. The data collected was analyzed using computer program which was the statistical package for social sciences SPSS version 17. The study found out that the administration's support on guidance and counseling programs on behavior change from respondents was minimal. It was found out that counselor teacher play a major role in shaping pupils behavior. The analysis found out that learners were not well equipped with awareness of guidance and counseling.