

**EFFECTIVENESS OF GUIDANCE AND COUNSELLING ON DISCIPLINE  
MANAGEMENT AMONG PUBLIC PRIMARY SCHOOL PUPILS IN  
MIRANGINE SUB-COUNTY, NYANDARUA COUNTY – KENYA**

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## ABSTRACT

The Government of Kenya outlawed corporal punishment as a means of instilling discipline in schools in 2001, and guidance and counseling was introduced as a better practice in its place. There had been a gap between the ban and consistent promotion and implementation of positive non-violent discipline measures. This situation arose the interest of the researcher to find out the effectiveness of guidance and counseling in managing discipline among pupils in public primary schools in Mirangine sub-county in Nyandarua County. This research is aimed at assessing the effectiveness of guidance and counseling as an alternative positive method to corporal punishment in primary schools in Mirangine sub-county in Nyandarua County in Kenya. The study uses the descriptive survey research design in which the respondents were sampled from the four divisions of Mirangine Sub-County namely: Dundori, Ngorika, Sabugo and Tumaini. Multistage cluster, stratified and probability proportionate to size (PP), purposive and simple random sampling methods were used to select divisions (n=4), schools (n=10), parents (n=50), teachers (n=55) and pupils (n=100). Questionnaires were used to collect data. The validity of the instrument was determined and reliability estimated using split half method. Use of computer package of Statistical Package for Social Sciences (SPSS Version 21.0) aids data analysis. Frequency, percentage and chi square were used to analyze data. The study provided empirical evidence for prevalence of punitive measures, attitude towards corporal punishment and guidance and counseling for management of discipline. The findings of the study revealed that pupils were physically punished across social economic groups. However, the pupils who reported being physically punished were more likely to come from single parent families and families with low income. As parents and teachers stated, corporal punishment at home and in schools was

often associated with wider, fundamental problems in the society. A key factor was stress and frustrations encountered by parents and teachers in their course of duty as a result of poor living standards. Virtually all sampled adult respondents were poor and were entangled in the vicious circles of poverty. The use of corporal punishment may also be triggered by other factors such as low level of training on alternative discipline methods. There was need to have elaborate training programmes for guidance and counseling of teachers and parents which would equip them with the skills necessary to handle and care for the needs of the growing pupil. This could be achieved if the government could encourage and give incentives to those who enrolled for in-service training programmes. The government could also intensify teacher training programmes to accommodate guidance and counseling.