

AN INVESTIGATION ON PSYCHOSOCIAL IMPLICATIONS OF SEXUAL ABUSE  
AMONG ADOLESCENT GIRLS IN SELECTED RESCUE CENTRES IN LAIKIPIA  
COUNTY IN KENYA



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MCP/000313/1122/05729

A RESEARCH PROJECT SUBMITTED IN PARTIAL FULFILMENT FOR THE AWARD OF  
A MASTER OF ARTS DEGREE IN COUNSELLING PSYCHOLOGY OF  
MOUNT KENYA UNIVERSITY

SEPTEMBER, 2013



MKU12/13

HV6593 .M84 2013

## ABSTRACT

The study was aimed at giving awareness on the psychosocial implications of sexual abuse among the adolescent girls in rescue centers in Laikipia County in Kenya. The study objectives included investigating; the different forms of sexual abuse, the psychological implications of sexual abuse, the social implications of sexual abuse among the adolescent girls in rescue centers, and to identify possible interventions for the girls who are victims of sexual abuse. Cognitive Behavior Theory by Aaron T. Beck (1963) was used. This theory was to help change how one thinks (cognitive) and what one does (behavior). The theory was designed to reduce emotional and behavioral responses following a traumatic experience like sexual abuse. It focused on here and now problems and difficulties. It also focused on ways to improve the mental wellbeing. Descriptive survey research design was used for the study. This was an attempt to collect data from members of a population with respect to implications of sexual abuse on adolescent girls. Primary data was obtained from two rescue centers in Laikipia County. The study sample was 45 participants which included 25 adolescent girls aged between 10 to 18 years, 15 caretakers, and 5 officers from children department. The adolescent girls and caretakers were sampled from two rescue centers in Laikipia County while the children officers were sampled from Nyahururu children's department office which is in Laikipia County. Simple to random sampling was used to select the study sample. Self administered questionnaires were used. The data collected was qualitative and quantitative. The results were analyzed by descriptive statistics using modes, percentages and frequencies. The results were then presented in tables, and frequency polygons using Statistical Package for Social Sciences. The study found out that indecent touching is the very frequent form of sexual abuse, feelings of self rejection is the highest psychological implication of sexual abuse among rescued adolescent girls, learning disabilities, sense of alienation and fear of strangers are the main social implications of sexual abuse. Guidance and counseling was the main intervention used to assist sexually abused adolescent girls. The study findings was useful to the counselors assisting adolescent girls who are victims of sexual abuse, the government in policy making concerning implications of adolescence sexual abuse and intervening measures and the local community who gained awareness on the implications of adolescent sexual abuse so as to help the victims.