

**THE IMPACT OF GUIDANCE AND COUNSELING  
PROGRAMMES ON STUDENTS' DISCIPLINE MANAGEMENT  
IN HIGH SCHOOLS: A CASE OF MWEA ZONE, MWEA WEST  
SUB-COUNTY, KIRINYAGA COUNTY.**

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**BEDS/000513/2122/ 12039**

**A RESEARCH PROJECT SUBMITTED TO SCHOOL OF  
EDUCATION IN PARTIAL FULFILLMENT OF THE  
REQUIREMENTS FOR AWARD OF BACHELOR OF  
EDUCATION DEGREE (SCIENCE) OF MT. KENYA  
UNIVERSITY**

**SEPTEMBER, 2014**

## ABSTRACT

Despite the existence of guidance and counseling in schools, indiscipline still continues unabated. The purpose of the study was to assess the impact of guidance and counseling in management of student discipline in secondary schools in Mwea Zone, Mwea West Sub-County, Kirinyaga County, Kenya. The objectives of the study were to establish the discipline problems addressed through guidance and counseling in secondary schools, to determine the role of the school administration and the departments of guidance and counseling in guidance and counseling and discipline management in secondary schools and to establish the factors that hinder the success of guidance and counseling in the management of students discipline in secondary schools. The target population was all the 33 principals, 33 heads of G&C departments and all the 1540 students in Mwea Zone, Mwea West Sub-County, Kirinyaga County. From the 33 schools in the location of study, 11 (30% of 33) schools were sampled at random from a list obtained from the DEO's office. All the principals and HOD G&C from the sampled schools participated in the study. 5 students from every form in each of the 11 schools sampled participated in the study being selected at random from the class registers. This resulted into a sample size of 11 principals, 11 HOD (G&C) and 220 students. Questionnaires were used to collect data and were administered to the principal, HOD (guidance and counseling) and the students. In order to ensure reliability and the validity of the research, a pilot study was carried out in the schools that were not be sampled for the final data collection. The data from the questionnaires and interviewing was edited, coded and entered in the computer for analysis with aid of Statistical Package for Social Sciences (SPSS) software. Both qualitative and quantitative methods were used in analyzing the data. It was also found out that the amount of support given to the G&C department by other teachers is too low according to majority of the respondents. The frequency of engaging the department of G&C in addressing discipline problems was found to be low. On the discipline problems addressed through guidance and counseling, majority of the HoD guidance teachers cited personality related problems, while others cited peer pressure related issues and yet others mentioned family related problems. On the attitude of the students on how frequently guidance and counseling succeeds in resolving discipline related issues majority of cases guidance and counseling rarely succeeds in resolving discipline problems. Availability of material and financial resources, negative attitude towards guidance and counseling, availability of time and lack of adequate professional preparedness were identified as the major hindrances in the success of guidance and counseling in discipline management. In servicing training of teachers in guidance and counseling, availing more resources allocation of more time and sensitizing the administration on importance of guidance and counseling were identified as ways of enhancing guidance and counseling. The study recommends that the administration of the schools be sensitized on the importance of guidance and counseling and its possible impact on discipline management in schools. In addition, teachers offering guidance and counseling need to be in serviced on the up to date strategies of offering guidance and counseling services. It will sensitize the secondary school principals and teachers about the need for effective management of student discipline through guidance and counseling. More research need to be devoted to the status and the quality of guidance and counseling services offered and ways of using guidance and counseling as an alternative to corporal punishment. In addition, more research should be conducted on the methods of cultivating positive attitude towards guidance and counseling among students.