

Relationship between Parenting Practices and Behavior Outcomes among Students in Public Secondary Schools in Tharaka Nithi County, Kenya

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Abstract

Parenting practices are crucial in the development of a holistic personality and an individual who is intellectually, emotionally, socially and morally competent. A stimulating parental environment provides quality psychosocial wellbeing reflected by high academic achievement and sound moral values. The linkage between parental practices and students' behavior outcomes has not been comprehensively studied, especially in the Kenyan context. This study therefore, sought to fill this gap by establishing the relationship between parenting practices and behavior outcomes of students in public secondary schools in Tharaka Nithi County, Kenya. The purpose of this study was to determine the relationship between parenting practices and behavior outcomes of students in public secondary schools in Tharaka Nithi County, Kenya. The study adopted the correlation research design. It was conducted in Tharaka Nithi County. The population of the study was 45795 subjects comprising of 45495 students, 150 class teachers and 150 Parents Teachers Association (PTA) representatives. A sample size of 387 form 3 students (participants) was used for the study. Purposive sampling method was also used to select 20 class teachers and 24 PTA representatives from each sampled school. Data was collected using questionnaires for students, interview schedule for class teachers and a focus group discussion guideline for PTA members. Content and face validity of the research was determined through opinions and expert judgment in the field of education, counseling and psychology. Reliability was estimated using Cronbach's Alpha correlation and a coefficient of 0.860 was attained. Data was analyzed using descriptive statistics, which included frequencies, percentages, means and standard deviation. Inferential statistics such as correlation of the variables was also used. The Statistical Package for Social Sciences (SPSS) version 25 and Max QDA were used to analyze data. Qualitative data from the instruments was analyzed through thematic analysis in line with the objectives of the study. Findings are presented using frequency distribution tables and bar graphs. The findings indicated that there was statistically significant relationships between parenting practices and students' psychosocial well-being, students' emotional regulation, students' academic performance, and student's high-risk health behaviors in all the sub counties. The relationship between parenting practices and behavior outcomes was tested using Pearson's Product Moment Correlation (r) analysis. The correlation coefficient in Meru South, Tharaka South, Maara and Tharaka North were 0.573, 0.545, 0.376 and 0.655 respectively. Their corresponding P-values were less than 0.05 meaning that they were statistically significant. It is hoped that the findings of this study will be useful to the Ministry of Education Science and Technology, parents and other stakeholders in relevant policy formulation.

Keywords: Parenting Practices, Students, Public Secondary Schools, Tharaka Nithi County, Kenya

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