

**INFLUENCE OF SINGLE MOTHERHOOD ON SECONDARY SCHOOL  
TEENAGERS' DELINQUENCY IN LANG'ATA SUB- COUNTY, KENYA: PSYCHO-  
SPIRITUAL INTERVENTION**

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## **DECLARATION AND RECOMMENDATION**

### **DECLARATION**

I hereby declare that this master's thesis is my original work and that it has not been presented for the award of a degree in any other university.

Sign.....

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### **RECOMMENDATION**

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## **DEDICATION**

This thesis is dedicated to my family especially my mother for her courage and willpower in bringing me up, and my lovely brothers and sisters for their support and encouragement. I wish to also dedicate this piece of work to all single mothers in the world.

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## **LIST OF ABBREVIATIONS**

MIUC	Marist International University College
PSI	Psycho-Spiritual Institute
SFT	Structural Family Therapy (SFT)
SPSS	Statistical Package for Social Sciences

## ABSTRACT

A well-functioning family structure is very important in creating responsible teenagers in the society. It is anticipated that children who experience parental separation are on the average worse off socially than their peers in intact families. Hence, the purpose of this study was to explore the influence of single motherhood on secondary school teenagers' delinquency in Lang'ata Sub-County, Kenya. The study was guided by the following objectives: To examine the relationship between teenage anti-social behavior and single mother parenting style in Lang'ata Sub County, Kenya, particularly in terms of addiction to drugs, theft, truancy and aggressiveness. In addition, the study explored psycho-spiritual interventions that could be used to address the problem of delinquency among teenagers from single motherhood in Lang'ata Sub County, Kenya. The study is informed by two theories namely: Attachment Theory and Structural Family Theory. The reviewed literature demonstrated that teenagers from single mother families are susceptible to anti-social behaviour such as drug abuse, truancy, stealing and aggression. The study adopted a quantitative survey research design. The target population was 352 participants drawn from secondary schools in Lang'ata Sub-County. A sample of 107 respondents was recruited comprising of 101 students and 6 teachers. Descriptive statistics based on frequencies, percentage and calculating the mean average and standard deviation with help of SPSS version 21 was used to conduct the data analysis. In addition, Pearson correlational statistics was used to explore if there were significance influence of single mothers parenting style on teenagers' anti-social behaviour. The findings revealed that there is a significant relationship between teenagers' anti-social behaviour and single mothers' parenting style. Specifically, the findings for single mothers' influence on teenagers' tendency to abuse drugs presented an  $r = 0.208$  at  $p < 0.05$  indicating a positive correlation. Equally, the findings for the influence of single mothers on teenagers' school absenteeism reflect an  $r = .270$  at  $p < 0.05$  indicating that there is a significant correlation of single mothers' influence on teenagers' experience of truancy. In addition, the findings revealed that single mothers parenting style impact on teenagers' theft behaviour as the results portrayed an  $r = .107$  as against the recommended threshold of  $p < 0.05$ . The findings for single mothers influence on teenagers' behaviour of aggressiveness presents an  $r = .0.65$  against the recommended threshold of  $p < 0.05$  indicating that teenagers' exhibition of aggressive behaviours are influenced by single mother parenting style. Furthermore, the findings for the role of psycho-spiritual therapy in assisting teenagers who exhibit anti-social behaviour portrayed an  $r = .411$  at  $p < 0.000$ , which implies that psycho-spiritual counsellors are needed in the treatment of teenagers' delinquency. These findings have implications for single mothers who ought to be vigilant by offering close supervision to their teenage children in order to guide them from making unnecessary mistakes in life and as such avoid developing anti-social behaviours. The ministry of education should also establish support programs aimed at assisting teenagers from engaging in illicit behaviour. Similarly, school administrators and teachers should pay special attention to teenagers from single mother families and provide them with ample opportunity to share their feelings without being judged negatively by others. The study also recommends that the services of psycho-spiritual counselors should be enlisted in offering help to teenagers including single mothers.

# **CHAPTER ONE**

## **INTRODUCTION**

### **1.0 Introduction**

This research explored the influence of single motherhood on teenage delinquency in Lang'ata Sub-County Nairobi Kenya. The dominant aim of the study was to examine the extent single mother parenting contribute to teenage delinquency. Specifically, the study focused on interrogating if teenagers' anti-social behaviours such as drug abuse, truancy, theft, and aggression has any relationship with single parenting style. In addition, the study wishes to explore the role of psycho-spiritual therapy as an intervention strategy. This chapter presents the background, the statement of the problem, the objectives, research questions and null hypotheses including the scope/significance of the study, the conceptual and theoretical framework.

### **1.1 Background to the Study**

A well-functioning family structure is very important in creating responsible teenagers in the society (Banovcinova, Kovalcikova & Hrdlickova, 2014). In this context, a family could be recognized as one of the strongest socializing agents in the life of any teenager. Although teenage period is characterized by rapid physical transformations as well as emotional changes which make them deviants, they still need love and support from families (Scott & Perry, 2012). For instance, parents and families are a source of care and emotional support for teenagers as well as being providers of financial and material help. Hence, most teenagers still want to spend time with their families sharing ideas and having fun (Widding, 2014). Therefore, a well-functioning family is expected to teach teenagers to control unacceptable behaviours such as getting involved into drug abuse, truancy, theft, and aggression or violence including respecting the rights of others (Adelman & Taylor, 2015).

For families to be successful in producing responsible teenagers, parents must show love, affection through close supervision (Anonas & Alampay, 2015). Consequently, scholars such as Katz, Corlyon, La Placa and Hunter (2007) argue that the responsibility of bringing up children is primarily a joint duty that needs to be done by parents, meaning a father and mother as the case may be. But on the one hand, reality shows that not in all cases do we have parents working together in bringing up children due to one reason or the other (Katz, Corlyon, La Placa & Hunter, 2007). In this regard, there are a variety of families in existence, whereby in some cases we could have either biological or step parents wherein either one of them is a biological parent and a step parent (Simón, 2011). There are also situations where only one parent may happen to bring up the child resulting to what is known as single parenting (Harris-McKoy, 2016). Although sometimes when parents are not readily available, other care-givers such as guardians, aunties, uncles or social workers may take up the job of rearing children, research have shown that either of these parenting structure has lasting impact on the children's formation of character (Harris-McKoy, 2016).

Modernity is also taking a toll on the family structure (Ting, 2012). Although having a family in the African traditional context has always been of great pride, the modern family fabric is disintegrating fast in response to the changing social and economic advancements. Many individuals are evolving and abandoning some cultural norms in favour of modernity (Ting, 2012). As a result, some women are increasingly choosing to stay single, bear children and rear them single handedly (Ting, 2012). In other instances, men are migrating to urban areas in search of jobs, leaving women in charge of families (Munini, 2010). The result is that, there exist pools of single mothers, some of whom end up finding it difficult to bring up their children alone. In other parts of Africa, the single motherhood phenomenon is also catching up fast as the

continent continues to embrace modernity. For instance, in South Africa, almost half of all mothers are single (Jones, 2011). The implication of such a scenario is that many teenagers are vulnerable to poor parenting and lack of opportunities in life which exposes them to various forms of problems.

In Kenya, single motherhood phenomenon is increasing at a very high rate which is translating into many children growing without both parents (Munini, 2010). In this regard, Kenya has been identified as experiencing the highest level of single motherhood in Africa, which inadvertently has lasting implication for the well-being of adolescents (Munini, 2010). This fact is further reinforced by The Pan Africa Study carried out in Kenya that showed that incidences of single mothers in Kenya are on the rise (Kiberenge, 2013). Nairobi has been found to have the largest concentrations of single mothers especially in slum areas of which Lang'ata has several of those slums including Kibera which is one of the largest in Africa (Mbugua, 2014). In Kenya, 6 out of every 10 women are likely to be single mothers by the age of 45 years and every 3 girls out of 10 become pregnant before the age of 18 according to the Pan Africa Study. The study also observed that the Kenyan women and those in Lang'ata by extension have a 59.5 percent chance of being single mothers by the age of 45 and 30% give birth before getting married. The study attributed the rise to teenage pregnancy, pre-marital and extra marital sex which has resulted in many children being brought up without a father due to the prevalence of single motherhood. The study projects that 59.5% of Kenyan women may become single mothers through a premarital birth or through dissolution of a union (Kiberenge, 2013).

Ample evidence suggests that children who experience parental separation are on average worse off socially than their peers in intact families (Simón, 2011; Anonas & Alampay, 2015; Heine, 2016). Some of the effects of single mother parenting that have been reported include



adverse impacts on cognitive capacity, schooling, physical health, mental and emotional health, conduct problems, peer relations, crime, cigarette smoking, and other substance use, poor self-esteem, early-onset of sexual behaviour and teenage pregnancy (Mackay, 2005). These wide ranging effects on children's wellbeing can sometimes even persist into adolescence and adulthood causing the individual to have stressful adjustment to life (Banovcinova, Kovalcikova & Hrdlickova, 2014). For example, a study conducted by Banovcinova, Kovalcikova & Hrdlickova (2014) on the importance of the family structure in the socialization process of an individual, established that there is a connection between specific type of family and teenager's well-being, specifically family characteristics such as poor parenting skills, family size, home discord, child maltreatment, and antisocial parents are risk factors linked to teenage delinquency.

In this perspective, single motherhood could be considered a source of risk factor leading teenagers to varying forms of mal-adjustment (Singh & Kiran, 2012). Such families are not only faced with challenges of inadequate financial resources but also of fewer opportunities for the mother and the teenager to spend adequate time to share experiences and bond together (The American Psychological Association, 2010). It is anticipated that women in general not just single mothers encounter demanding economic situation as they perform two-thirds of the world's work, earn one-tenth of the world's income, yet as a group provide two thirds of the world's illiterate, and owns less than one-hundredth of the world's property and as well challenged when it comes to raising children all by themselves (Myers, 2015).

Hence, the ability of single mothers to provide adequate financial, psychological, moral and emotional support to their children is immensely hampered. This negligence is likely to degenerate into delinquent behaviours. Research indicates that youth who are not provided with affection, attention and monitoring by their single mothers are likely to engage in delinquent

behaviour such as drug abuse, truancy, theft and aggression or violence (Munini, 2010). It is in the light of these views that the researcher wanted to investigate the influence of single motherhood on teenage delinquency.

## **1.2 Statement of the Problem**

The traditional family structure consists of a father, a mother and children. However, this family structure has come under serious threat by different forms of family structure in existence today in Kenya of which single mothers' family structure constitutes one. A study carried out by Mwaura (2007) established that single mothers have little, if any, acceptance in most communities in Kenya, which adversely affect self-esteem, discipline and interpersonal relationships of teenage children in those households. Hence, many African communities still regard the two parent families as a better way of rearing children as compared to single mother families. Nonetheless, although modernization is disrupting the traditional way of life, social norms on gender have not changed. Women are therefore still expected to bear the biggest burden of parenthood which is having a negative impact on their children (Heine, 2016).

Kenya has been regarded as having one of the highest levels of children with single parents (Munyinyi, 2010). This phenomenon is not likely to change soon. Single motherhood comes with its own peculiar challenges that need to be addressed. Specifically, parenting can be a challenge. For instance, some teenagers from single mother families are known to develop anti-social behaviours such as engaging in drug abuse, truancy, poor academic performance and some ultimately drop out of school. This observation is supported by a study carried out by Cairney (2006) which reported that single mother families have lower ego functioning, self-esteem, less empathy, greater aggression, fighting and vandalism among others.

Unfortunately, there are no support systems put in place to offer psycho- spiritual therapy to these categories of families and their teenage children. Psycho-spiritual approach to counselling utilizes both traditional and psychology of human growth and a spiritual approach to support the individual on their particular journey (Villa, 2010). In the light of these observations, there is a need to carry out a study to establish delinquency behaviours of teenagers from single mother families and try to find the psycho-spiritual remedy.

### **1.3 Objectives of the Study**

The objectives of the study include the following:

1. To examine the influence of single mother parenting on teenagers' tendency to abuse drug and truancy behaviour in Lang'ata Sub County, Kenya
2. To explore the influence of single mother parenting style on teenagers' tendency to theft and aggressive behaviour in Lang'ata Sub County, Kenya
3. To explore psycho-spiritual interventions that could be used to address the problem of delinquency among teenagers from single mothers in Lang'ata Sub County, Kenya.

### **1.4 Research Questions**

The study sets out to answer the following questions:

1. What is the influence of single mother parenting style on teenagers' drug abuse and truancy behaviour in Lang'ata Sub-County, Kenya?
2. What is the influence of single mother parenting style on teenagers' aggressiveness and theft behaviour in Lang'ata Sub County, Kenya?

3. How would psycho-spiritual therapy be used as an intervention strategy in Lang'ata Sub County, Kenya?

### **1.5. Null Hypotheses**

Ho<sub>1</sub> There is no significant relationship between teenagers' drug abuse and truancy behaviour and single mother parenting style.

Ho<sub>2</sub> There is no significant relationship between single mothers' parenting style and teenagers' theft and aggressive behaviour.

Ho<sub>3</sub> Psycho-spiritual interventions will not be able to address the problem of delinquency among teenagers from single mothers.

### **1.6 Scope and Delimitations of the Study**

The study investigated the influence of single motherhood on teenage delinquency in Lang'ata Sub-County. The target was single mothers and their teenage children who form the basis of this study. The study only used two theories namely: Attachment Theory and Structural Family Theory. Moreover, due to financial constraints the researcher was limited by time and space, as such, the research was conducted within the targeted area and in the space of nine months.

### **1.7 Significance of the Study**

The study is of significance to several categories of people. First, the single mothers who will have a reference tool to fall back to when their teenage children are involved in delinquent behaviours. Secondly, the teenagers of the single parent families will also benefit from the

findings of the study as it will create awareness about their susceptibility to deviant behaviour and be able to find remedy. Thirdly, the psycho-spiritual therapists will have a document to refer to on matters of teenage delinquency and especially those coming from single mother families. Others researchers will also be able to use the findings to carry out further studies.

## **1.8 Theoretical Framework**

The study was informed by two theories namely: Attachment Theory by John Bowlby (1969) and Structural Family Theory by Salvador Minuchin (1974). The study was founded on the two theoretical approaches since they complement each other in terms of addressing family issues. While the Structural Family Therapy sheds light on the family structure and relationships that co-exist within family, the attachment theory highlights the significance of parents/care givers-child early emotional bond or attachment. The study is based on family structure which addresses problems in the family structure.

### **1.8.1 Attachment Theory**

Attachment theory was founded by both John Bowlby and Mary Ainsworth (Buffone, 2012). John Bowlby formulated the basic tenets of the theory drawing on concepts from ethnology, cybernetics, information processing, developmental psychology, and psychoanalysts. He revolutionized the concept of a child relationship with the mother and its disruption through separation, deprivation, and bereavement. McLeod (2015) defines attachment as an emotional bond between two people in which each seeks closeness and feels more secure when in the presence of the attachment figure. In this study, teenagers from single mother families are likely

to experience inadequate love, care and mentorship owing to the fact that their mothers are busy trying to eke out a living.

John Bowlby observed that children experienced intense distress when separated from their mothers. Even when such children were fed by other caregivers, this did not diminish the child's anxiety. Lack of love at a tender age is therefore likely to metamorphose into anger at a later age including adolescence. Bowlby defined attachment as a lasting psychological connectedness between human beings. Mary Ainsworth came up with an innovative methodology which made it possible to test some of Bowlby's ideas empirically, and also expand the theory itself to the new directions that it is now taking (McLeod, 2015).

In the light of this theory, single mothers have a responsibility to rear their children with love and affection and provide them with basic needs so that they become secure and grow into responsible adults in the society.

Although this theory sheds light on the relationship between a mother and a child, it has not appreciated the role of other caregivers towards the child in the society. It has also not addressed the relationship between a mother and a teenager which is the core of this study.

### **1.8.2 Structural Family Therapy**

Structural Family Therapy (SFT) originated from Minuchin and Fishman (2004) and addresses problems in the family structure. Structural Family Therapists strives to study the family systems in order to understand the relationships between family members. It is upon understanding these relationships that they can find remedy by restoring them back into healthy family systems (Santrock, 2010). At its most basic level, structural family therapy is concerned with family structure, family subsystems, and boundaries. Family structures are the rules that determine how family members interact with one another. Through observation, a therapist is

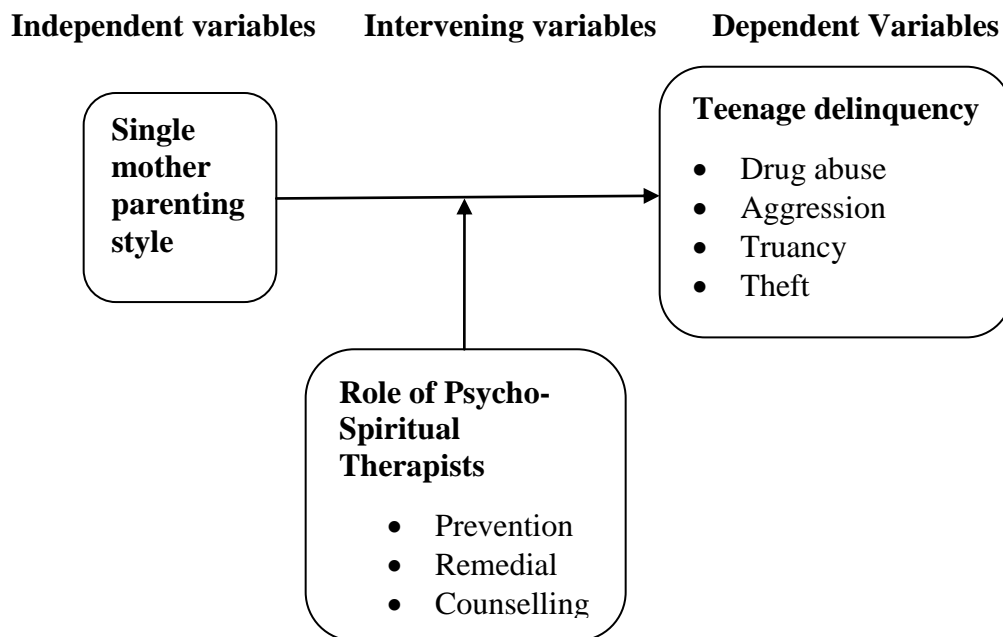
able to identify specific structural patterns such as the family's hierarchy, the existence of alliances, power dynamics, and boundaries between members. Family structures are the rules that determine how family members interact with one another. Another major concept of structural family therapy is boundaries (Santrock, 2010). These are the emotional barriers that protect and enhance the integrity of individuals and families. Minuchin and Fishman (2004) identified these early on as ranging from clear (evident in healthy families) to rigid (which resulted in disengagement) to diffuse (resulted in enmeshment) (Minuchin & Fishman, 2004). This study seeks to establish whether family structure and family system have an impact on the way the single mothers bring up their teenage children based on whether the families are dysfunctional or not.

Essentially, the goal of structural family therapy is to disrupt dysfunctional relationships and reorganize them into healthier patterns (Callister & Burks, 2006). This can be accomplished through the following: modification of familial rules of interaction; development of appropriate, clear, and flexible boundaries; creation of an effective hierarchical structure or other structural change; and/or reduction of distressing symptoms in the family. Integral to this process is the role of the therapist whose functions include the following: joining in with the family and assuming a position of leadership; mapping the underlying familial structure; and intervening in ways designed to transform ineffective structures into effective ones (Callister & Burks, 2006).

Like any theory, structural family therapy has also been subjected to many criticisms. This theory met with criticism among many feminists, who argued that this type of theory focused more on issues of power between different generations, rather than focusing more on issues of power that take place between relationships inside the current generation, for example, spousal abuse (Santrock, 2010). In addition to this criticism, it has also been said that this kind of

therapy only involves members of a nuclear family and ignores the interaction of other factors such as; extended family, social institutions, and neighbours (Santrock, 2010). Similarly, this study only focuses on both single mother and the behaviour of teenagers from such families.

### 1.9 Conceptual Framework



*Source: Author (2017)*

***Figure 1: Influence of Single Motherhood Parenting Style on Teenagers' Delinquency.***

It was assumed that teenagers from single mother families encounter a myriad of challenges such as poor parenting, low self-esteem and economic challenges. These inadequacies are likely to make them susceptible to delinquent behaviours such as drug abuse, dropping out of school and playing truancy at school. However, intervention programs through psycho-spirituality are likely to salvage the situation through prevention, remedial therapies and counseling. Independent variables for this study are teenagers from single mother families who are likely to face financial challenges, low self-esteem and poor parenting. The intervening variables are the psycho-spiritual therapists who could offer interventions through prevention,



remedy and counseling. The dependent variables are the teenage delinquency behaviours such as drug abuse, school dropout and truancy.

### **1.10 Operational Definitions of Terms**

The following terms have been defined as used in the study:

- Behaviour:** This is the way the teenagers conduct themselves including how others understand who they are.
- Delinquency:** This is illicit behaviour exhibited by a teenager. It can be referred to minor crimes committed by young people.
- Psycho-spirituality:** Integration of both psychology and spirituality in the psychotherapeutic process.
- Secondary school:** This is the school level that comes immediately after the elementary school level and before the tertiary level. It is also referred to as a high school.
- Single motherhood:** One parent family headed by a mother. This could be as result of the death of the husband or simply that the women decided to children on her own.
- Teenagers:** Persons aged between 10 and 19 years.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.0 Introduction**

This chapter reviews literature related to the influence of single motherhood on teenagers' delinquent behaviour. In this way, the literature review focused on exploring the relationship between single mothers' parenting style and teenagers' deviant behaviour as was presented in the research objectives/questions. In addition, the chapter presents review of related literature based on the role of psycho-spiritual interventions in addressing teenagers' delinquent behaviour within single motherhood family structure.

#### **2.1 Relationship between Teenagers' Anti-social Behaviour and Single Mother Parenting Style.**

This section presents the review of literature with regards to possible influence of single mother parenting style on teenagers' delinquent behaviour. The focus is centered on exploring how single mother parenting style could impact on the teenagers' anti-social behaviour. Accordingly, this section is presented with the following themes: Single mother parenting style and teenagers' tendency toward drug abuse, Single mother parenting style and teenagers' rate of absenteeism from school, single mother parenting style and theft behaviour among teenagers, and single mother parenting style and teenagers' aggressive behaviour.

##### **2.1.1 Single Mother Parenting Style and Teenagers' Tendency toward Drug Abuse**

There is ample evidence from literature indicating that parenting style impact on teenagers' tendency toward substance abusive behaviour (Farhad et al, 2015). The authors argue that there is a relationship between parenting style and university students' tendency to drug abuse, and in this perspective they maintain that authoritarian parenting style tends' to form

positive relationship with students' tendency to abuse drugs. They persistently argued that there is a negative inverse relationship between authoritarian parenting styles, which is described as "control without affection" wherein fathers biased forms of substance abuse influences students' tendency to drug abusive behaviour (Farhad et al., 2015). The authors further argued that authoritarian parenting style influence students' tendency to drug abuse, particularly in the case of children from single parent families, stepfamilies and foster homes. This is mainly blamed on poor parenting especially inadequate supervision from their mothers.

Several parenting styles have been identified which are also likely to be practised by single mothers as well. They include authoritative, authoritarian, permissive and uninvolved (Hoskins, 2014). Authoritative single mothers are high in responsiveness and demandingness and exhibit more supportive than harsh behaviours. Authoritative single mothers are those who encourage verbal give and take, convey the reasoning behind rules, and use reason, power, and shaping to reinforce objectives. This parenting style is most often associated with positive adolescent outcomes. It is well established that authoritative parenting fosters teenagers' positive well-being. Teenagers with authoritative parents are less prone to externalizing behaviours, and specifically are less likely to engage in drug use than individuals with uninvolved parents (Hoskins, 2014). This implies that authoritative parenting style is ideal in bringing up socially upright teenagers.

Permissive parenting is characterized by high levels of responsiveness and low levels of demandingness. Permissive parents behave in an affirmative manner toward the teenagers' impulses, desires, and actions while consulting with the adolescent about family decisions. The parents do not set rules; they avoid engaging in behavioral control, and set few behavioral expectations for teenagers. Teenagers from permissive families report a higher frequency of drug

abuse compared to individuals from authoritative or authoritarian families. Permissive parenting is also associated with low self-esteem and extrinsic motivational orientation among adolescents (Hoskins, 2014). Hence, the implication from these observations is that parents should refrain from permissive style of parenting to minimize cases of drug abuse.

### **2.1.2 Single Mother Parenting Style and Teenagers Rate of School Absenteeism**

School absenteeism can be described as a habit of staying away from school without a genuine reason. Absenteeism is a truant behaviour that negatively affects academic performance among students. Teenagers from single mother families face many challenges that force them to keep out of school. Koon (2012) observes that teenagers from such families are two to three times more likely to drop out of high school. A study carried out by Mrinde (2014) on challenges that single parented students face in attaining secondary school education in Kinondoni, Tanzania revealed that economic hardships, lack of parental care, lack of supervision and monitoring, lack of guidance and counselling and socialization are a combination of interrelated challenges that keep students out of school. The study used qualitative data collection methods. The sample of the study included 50 single parented secondary school students, five heads of secondary school and five secondary school teachers. The findings reveal that single mother families often fail to pay school fees on time due to economic hardships which eventually impact on the teenagers' rate of absenteeism from school. Some single mothers may also be too busy to give adequate attention to their children. This gives the teenagers freedom to do whatever they want, their choices are not guided by parental supervision and such situation may expose teenagers to varying deviant behaviour.

Furthermore, Cook and Ezenne (2010) noted that there are several home factors that may keep a student away from school. These may include family events, excursions and helping

family at home. Single mother families are therefore likely to engage their sons and daughters in family events or home chores leading to school absenteeism. Cook and Ezenne (2010) add that other factors associated with students' absenteeism could reflect itself in the way of health related and may include diseases such as respiratory infections, toothaches, abdominal pains, headache and pains on legs or arms, which all together pose great financial challenge that single mothers are not able to manage alone. This implies that single mother parents may not have the resources to take medical charge of their children's welfare, which may affect teenagers' school attendance. Interestingly, Cook and Ezenne's view provided great resources for this study in terms of understanding and interpreting the findings of this study, particularly in exploring if single mother parenting style affects teenagers' experiences of school truancy due to lack of adequate medical care.

However, a study carried out by Musa (2014) on absenteeism and truancy on academic performance of secondary schools students in Ogun State, Nigeria established that peer group and poverty in families can contribute to school absenteeism. This implies that truant peers are likely to influence other teenagers into staying away from school though specifically the emphasis is not on single mother parenting but the concern is, would such experiences of poverty and peer influence be a reality for students (teenagers) from single mother families. And if yes, what kind of influence does it have on the teenagers' academic performance. In essence, Musa's (2014) helped this study examine if teenagers' from single mother family differ significantly in their experiences of poverty in comparison to teenagers from neutral family, which in the long run may facilitate school absenteeism. Similar views were echoed by those of Aden, Yahye and Dahir (2013) when they observed that in addition to falling behind in academic matters, students who lacks proper supervision may absentee themselves on regular basis. Poverty in the family

imply that parents may not be in a position to pay school fees, pay for transport to and from school and provide other school necessities such as school uniforms and stationery, thereby ending up keeping such students out of school.

Although the above two studies were pertinent to the problem at hand, they left a literature gap mainly because they did not address the anti-social behaviour of teenagers from single mother families. Musa's study for instance dealt with the influence of peers on students' truancy behaviour. Hence, the issue of teenagers from single mother families is a literature gap that needed to be filled. Aden and Dahir's study focused on the influence of inadequate supervision on students' absenteeism and did not address the influence of single mother parenting style on teenagers' absenteeism.

Based on the above prevailing argument it is clear that one of the challenging issues with single mother parenting is that single mothers are charged to provide for their children all the primary care that often both parents; in terms of father and mother ought to provide. These primary cares include shelter, food, clothes, security and education, which when not provided adequately affects the child's adjustment to life. Parents are known to be the primary contacts to their children. In this perspective, Mwali (2014) argues that parents ought to provide conducive environment at home where the students can study and do assignments without unnecessary interruptions. Unfortunately, studies show that this is not always possible in single mother families that might be economically challenged (Mrinde, 2014). When such an environment is not provided, a teenager may fail to do homework rendering him or her to fear going to school as this will attract the wrath of the teachers.

Mwali's views were re-echoed by a study conducted by Dhoal (2014) that established that there is a relationship between students' low academic performance and low economic status of single mothers. Although wealthy single mothers could be able to provide better educational support and high quality education for their teenage children not all single mothers are wealthy. Parental level of income among many single mother parents is minimal which jeopardizes their access to education (Mrinde, 2014).

Some cultural practices practiced by some single mother parents also spell doom to their children's education and future. This was evident in a study that was carried out by Dabaso (2000) on the influence of cultural practices on student's education in Kenya. It was a case study of primary schools in Central Division of Marsabit District. The study established that some parents encourage early marriages to their teenage daughters thereby curtailing their education and ultimately their future. Some of these parents look at early marriages as a source of wealth in term of bride price or dowry that is paid to the parents. The economic situation of most single mothers may drive them to marry off their young daughters in order to improve their economic situation. Although this study helped appreciate the relationship between teenagers' early marriages and school absenteeism, it did not focus on single mother families. The study reviewed did not look at the influence of single mother families on teenagers' anti-social behaviour as well. Hence, this study embarked on addressing that issue to fill in this literature gap.

Single mothers are part and parcel of the society where cultural and traditional practices are practised. According to Usoh (2015) cultural and traditional practices are still deeply rooted in many African communities including those held by single mother families. One of such important practices is the rite of passage that is seen as crucial in enabling teens move from childhood to adulthood. Most of the rites of passage take the form of initiation ceremonies, the

most important being that of circumcision of boys and clitoridectomy for girls. This normally takes place during the adolescence stage. With little supervision and guidance from single mothers, some teenagers are known to skip school to go and perform these rites and may end up dropping out of school altogether (Usuh, 2015). However, Usuh's study only addressed the challenges facing girls in co-educational day secondary schools in Kenya but did not address the issue of single mother families and how they influence anti-social behaviours. The current study therefore embarked on addressing that knowledge gap. Nonetheless his study was of help in understanding and interpreting the findings of the present study.

Some well to do single mothers are likely to pamper their teenage sons and daughters as a way of proving that they can as well do better than families with both parents. This parenting style is likely to boomerang as was established by Eneza (2015). This agency conducted a study in Kenya which noted that students who get excessive pocket money from their families are most likely to absent themselves from school since they need time to spend the money. The report also indicated that private couching or home schooling is taking root in Kenya. Flexible private couching encouraged by some parents could drive a number of students away from the conventional school timetable, according to the report. The report further cited availability of entertainment spots as a cause of school absenteeism. According to the report, accessibility of entertainment facilities like cinemas could divert attention of some students from school.

### **2.1.3 Single Mother Parenting Style and Theft Behaviour among Teenagers**

Teenagers from single mother families are prone to become thieves as was established by Koon (2012). Koon noted that boys from such families are likely to be arrested by the age of 30. Having both parents in a household is beneficial for the teenagers in many ways. For instance, there are two incomes to support the family and take care of the needs of the teenagers. Raising



children is a major challenge and it is much easier when two people are involved in such an enterprise. Teenagers from single mother families are likely to have more opportunities to engage in high risk behaviours such as stealing due to lack of basic necessities or due to lack of supervision (Bowser, 2009). Paton (2012) observes that children brought up by mothers with poor parenting skills are twice as likely to display serious anti-social behaviour such as stealing other people's property. These findings call upon parents to strive to provide at least the basic necessities to their teenagers in order to minimize cases of involvement in theft. It is assumed that in a circumstance where these basic necessities are not provided, it may likely result into teenagers becoming thieves. However, Paton's study only addressed the problem of negative parents while the current study addressed single mother parenting style on teenagers' delinquent behaviour. Hence, the literature gap was filled by the current study.

A substantial number of single mother families are as a result of divorce. A research carried out by Fagan and Churchill (2012) noted that during a divorce, conflict between parents is often accompanied by less affection, less responsiveness, and more inclination to punish their children, which leaves their children feeling emotionally insecure. The study observed that these children are more likely to perceive their social milieu as unpredictable and uncontrollable. As a result of all these relational issues, the study concluded that teenagers who engage in fighting and stealing at school are far more likely to come from broken homes than are well-behaved children. The reviewed study addressed the aspect of divorce on children while the current study addresses the issue of the influence of single mothers' parenting style on teenage delinquency. This literature gap was therefore filled by the current study.

There seems to be a relationship between a family social economic background and stealing behaviour by teenagers. A study conducted by Grant et al (2013) established that

teenagers coming from poor families will strive to steal what they do not have. It has already been established that a substantial number of single mother families are economically challenged hence teenagers coming from such families are likely to engage in stealing in order to acquire what they do not have. The study enlisted (n=3999) students using a self-report survey with 153 questions concerning stealing behaviours among other behaviours. The study noted that teenagers coming from homes that are not well to do will strive to steal items that they see with their peers or steal money in order to acquire them. However, the reviewed study focused on students from poor families while the current study addressed the influence of single mother parenting style on teenage delinquency.

#### **2.1.4 Single Mother Parenting and Teenagers' Aggressive Behaviour**

Children growing up in single mother family structure are more likely to struggle with many hardships that include anti-social behaviours such as aggressiveness or violence. Harsh and inconsistent discipline has been found to foment a generation of teenagers with anger management problems (Paton, 2012). A study carried out by Scott et al (2010) on relationship between parenting style and child's antisocial behaviour in England established that negative parenting style characterized by harsh, inconsistent discipline was clearly associated with more severe child antisocial behaviour such as aggressiveness. The reviewed study however, did not address single mother parenting style and how it influences aggressive behaviour, which is a literature gap that the current study filled.

Aggressiveness has also been observed among teenagers from single mother families. For instance, Tijani and Ogunbanwo (2008) point out that the majority of single mother families are low income families who are marginalized in terms of education and representation in the

society. Teenagers from such families are on great pressure to right these inadequacies forcing them to become aggressive towards other people.

Similar opinions relating single mother families and teenage aggressiveness abound. In the study conducted by Fagan and Churchill (2012) on effects of divorce on children revealed that, compared to students from intact families, college students from single mother families use violence more frequently to resolve conflict and are more likely to be aggressive and physically violent with their friends, male or female. Furthermore, the study noted that in their own marriages, children of divorced parents are more likely to be unhappy, to escalate conflict, to communicate less, to argue frequently, and to shout or to physically assault their spouse when arguing.

According to Wright and Wright (1993) teenagers who experience rejection, neglect, conflicts at home and inadequate supervision are at the greatest risk of becoming aggressive and prone to violent behaviour. Unfortunately, these attributes are more likely to be present in single mother families. However, children raised in supportive, affectionate and accepting homes are less likely to become deviant. Similarly, teenagers also play a role in this cycle as a troublesome teenager, who is more likely to be rejected by parents, which again lead to delinquency. Increased susceptibility to peer pressure also determines whether a teenager will indulge in delinquent behaviour or not. The above reviewed study tackled the issue of family life and delinquency and crime and was carried out more than two decades ago. This implies that a lot of changes have taken place ever since the study was carried out. Moreover, the study was carried out in America and not in Kenya as is the case with the current study. Hence, the literature gap was filled by the current study.

A study conducted by Singh and Kiran (2012) on effect of single parent family on child delinquency in India, showed that teenagers from single mothers are likely to suffer psychologically and emotionally because of lack of support systems at home and in schools. The parent-teenager relationship is also reduced to a great extent because the parent has inadequate time to dedicate to the teenager child. Such teenagers therefore, face a lot of frustrations which lead to aggressive behaviour and engaging in criminal activities, sometimes as a way of creating attention. It is also possible that such teenagers have already been exposed to conflicts and abuse at home which increases chances of becoming aggressive and violent. The reviewed study was carried out in India while the current study was conducted in Kenya; hence there was a research gap to be filled.

Teenagers are sometimes made to witness grueling divorces in their families which affect them psychologically (Prewitt, 2010). This is common in homes where marriage partners find it difficult to continue with marriage due to marital conflicts where violence is also involved. Teenagers observing such violent confrontations are also likely to pick the behaviour. These conflicts at times degenerate into irreconcilable differences which ultimately force the couples to seek separation and divorce. Teenagers from such families are torn between the two parents sometimes forcing them to seek for solace from social misfits.

Aggressiveness is also associated with the style of parenting. For instance, authoritarian parenting style involves parents who are low in responsiveness but highly demanding. The style is associated with parents who emphasize obedience and conformity and expect that rules be obeyed without explanation in a less warm environment. They exhibit low levels of trust and engagement toward their child, discourage open communication, and engage in strict control. Verbal hostility and psychological control are common in this kind of parenting style. Teenagers

in such households exhibit poor social skills, low levels of self-esteem and high levels of depression and aggression behaviours (Hoskins, 2014). Therefore, it is upon the parents and those in charge of teenagers to use a parenting style that yields the best outcomes for their children.

## **2.2 The role of Psycho-Spirituality in Addressing the Problem of Delinquency among Teenagers from Single Motherhood Families.**

Psycho-spiritual therapists are entrusted with the vital role of restoring broken families and troubled youths to become healthy, happy and productive members of the society, among many other counseling tasks (Egan, 2007). These therapists can change teenagers suffering from neglect, abuse and lack of positive role models to responsible young people through empathy, unconditional positive regard and focused care. Genuineness, acceptance, and empathy are the water, sun, and nutrients that enable people to grow like vigorous oak trees, as persons are accepted and prized, they tend to develop a more caring attitude towards themselves (Rogers, 1980). Teenage delinquency is a problem that can be rectified if detected early enough. According to Lawyiership (2015) the most effective way to prevent teenage delinquency has indisputably been to assist children and their families early on before the children enter teenage hood.

Psycho-spiritual therapists need to identify the root cause of the problem for them to effectively treat delinquent teenagers. Wasserman et al (2003) in their study on risks and protective factors of child delinquency in United States identified some types of risks that can guide psycho-spiritual therapists in identification of the root causes of teenage delinquency. They include: individual, family, peer, school and community. Under the individual factors, psycho-

spiritual therapists should try to dig the history of their clients as early antisocial behaviour has been identified as the best predictor of later delinquency. The psycho-spiritual counsellors need to narrow down to antisocial behaviour such as violation of rules, aggression, theft, physical fighting and vandalism. Psycho-spiritual therapists also need to address the single mother family factors such as the parenting styles, maltreatment, family violence, divorce, parental psychopathology, familial antisocial behaviours among others. The study also recommends focusing on peer factors such as the clients' associating with deviant peers and peer rejection. School and community factors include failure to bond to school, poor academic performance, low academic aspirations, living in poor family, and concentration of delinquent peer groups among others. The reviewed study however, did not focus on single mother families as is the case with the current study. Hence, there was a gap in literature review that needed to be filled.

Psycho-spiritual therapists need to look at the delinquent behaviour of teenagers from single mother families in a holistic manner. There are several suggestions put forward to try to solve some of the problems affecting single mothers. Heine (2016) observed that although most European countries advocate for an environment that enables single mothers to work more, evidence shows that working for long hours predisposes such women to higher fatigue, stress and depression rates (Heine, 2016). Stressed up single mothers are likely to treat their teenage children with cruelty. This is something that psycho-spiritual therapists need to address.

## **CHAPTER THREE**

### **RESEARCH DESIGN AND METHODOLOGY**

#### **3.1 Introduction**

This chapter discusses the research design that was used for this study. As such, the details regarding the target population, sample size and sampling procedures were presented. In addition, data collection method including procedure, data collection instrument (questionnaires and interview guide) and data analysis are as well presented. Finally, validation and reliability of the data instrument are discussed including ethical considerations.

#### **3.2 Research Design**

Research design is a plan that a researcher uses to carry out a research (Leedy & Ormrod, 2010). This study will adopt a quantitative design. According to Creswell (2014), quantitative research is a means of testing the research objectives including theories by examining the relationship among variables. Here, the study focuses on interrogating whether teenagers' anti-social behaviours such as drug abuse, truancy, theft, aggression and violence has any relationship with single parenting style. In particular, the questionnaire survey design was used with the aim of providing a comprehensive analysis of the research problem and in this case the study drew a large sample from teenagers who live in Lang'ata to assert if their family structure impacts on their tendency to adhere to any of the anti-social behaviour (Creswell, 2009). The quantitative data were gathered through cross-sectional survey research design by inviting teenagers who were from both single mothers' family and those from intact family. According to Oso and Onen (2009) the survey design involves seeking information using questionnaires to sample individuals and information regarding people's attitudes, opinions and habits. Hence, this study administered questionnaires to students and also teachers in order to collect relevant data about

the behaviours of teenagers from single mother families. Teachers were also included based on the fact that they are the ones, who apart from parents and peers interact closely with the teenagers, therefore, stand the chance of giving rich information that will go a long way in understanding influence of single mother parenting style on the teenager's behaviour.

### 3.3 Target Population

The target population for this study comprised of 352 (340 students and 12 teachers) from secondary schools in Lang'ata Sub-County. The target population for this study was drawn from 17 secondary schools and in Lang'ata Sub County.

### 3.4 Description of Sample and Sampling Procedure

#### 3.4.1 The Sample Size

A sample is a set of respondents selected from a large population for the purpose of survey (Robson, 2012).

**Table 1: *Sample Size***

Secondary Schools	Student population	30% Sample Size	Teachers	Total Sample size
School A	130	39	4	43
School B	120	36	4	40
School C	90	27	4	31
<b>Total</b>	<b>340</b>	<b>102</b>	<b>12</b>	<b>114</b>

Source: Author (2017)

As shown in Table 1, the sample size was 114 participants sampled from three schools. The sample of 114 respondents comprised 102 students and 12 teachers. Students were sampled using



random stratified sampling method while teachers were sampled using purposive sampling method. The reason for using simple random method for students was to ensure that all the students had the chance of being selected. For teachers, purposive method was used to ensure that only class teachers were selected.

### **3.4.2 Sampling Procedure**

According to Bell (2010) sampling procedure is a process of selecting a number of individuals for a study in such a way that, the individuals selected represent the large group from which they were selected. The study applied stratified and simple random sampling methods to come up with the required sample. Simple random sampling was used to get a sample of student participants. Before distributing the questionnaires, the researcher divided boys and girls in strata according to their schools. Students in each stratum were numbered and the numbers written on small pieces of paper and put in different containers. Using simple random sampling, the required number of students was picked from each stratum by only picking the odd numbers. Teachers were sampled using purposive method to ensure that only class teachers who know the family background of their students were selected.

### **3.5 Description of Research Instruments**

Research instruments are data collection tools for the study. They include questionnaires, and interview guides, among others that a researcher uses to collect scientific data (Kamau, Githi & Njau, 2014). The study mainly used questionnaires.

#### **3.5.1 Questionnaires for Students**

The questionnaire for students was subdivided into six sections: Section A of the questionnaire sought the demographic information; Section B sought information on the influence of single mother parenting style on teenagers' tendency toward drug abuse, Section C

was about information about the influence of single mother parenting style on teenagers rate of school absenteeism, Section D sought information about single mothers' parenting style and theft behaviour among teenagers while Section E addressed issues related to the influence of single mother parenting style on teenagers' aggressive behaviour. Section F addressed the role of Psycho-Spiritual interventions on teenage delinquency. Questionnaires made use of Likert scale and closed questions in order to also create room for free expressions.

### **3.5.2 Questionnaire for Teachers**

The researcher also administered questionnaires to the class teachers. Similarly, the questionnaire for teachers was subdivided into six main sections: Section A of the questionnaire sought the demographic information; Section B sought information on the influence of single mother parenting style on teenagers' tendency toward drug abuse, Section C was about information about the influence of single mother parenting style on teenagers rate of school absenteeism, Section D sought information about single mothers' parenting style and theft behaviour among teenagers while Section E addressed issues related to the influence of single mother parenting style on teenagers' aggressive behaviour. Section F addressed the role of Psycho-Spiritual interventions on teenage delinquency. Questionnaires made use of Likert scale and closed questions in order to also create room for free expressions.

## **3.6 Validity and Reliability of the Research Instruments**

### **3.6.1. Validity of the Research Instruments**

Validity can be described as the ability to measure something adequately (Robson, 2012). Hence, the results of the study should reflect the data from the field. The instruments underwent content and face-validity by subjecting them to thorough scrutiny from experts in Psycho-spiritual Institute. Face validity was used to check whether the instruments would be appropriate

for the study and content area. Specifically, readability, consistency of style, formatting and the clarity of language used in the instruments was checked. Face validity was vetted by experts in the PSI such as the study's supervisors to ensure clarity of wording, level of difficulty in reference to the targeted audience and the layout and formatting style used in the data collection instruments.

### **3.6.2 Reliability of the Research Instruments**

Reliable data collection instruments should be able to produce similar results under constant conditions on all occasions (Creswell, 2014). After ascertaining the validity of the questionnaires the researcher pilot-tested it in a secondary school that is not part of the study using 12 participants. This was useful in helping the researcher to identify ambiguities in the questionnaires and rectify them for clarity. Errors identified were corrected before commencement of the actual data collection exercise.

### **3.7 Data Collection Procedures**

The researcher began the process by getting a research authorization letter from the Director of Psycho-Spiritual Institute at Marist International University College. The research permit was obtained well in advance before the data collection exercise. The principals of the targeted schools were contacted to ask for gate-keeper permission as well as schedule for administering the questionnaire to the participants.

In view of the depth of this study which required detail exploration of opinion of the participants on the questionnaire items, all data were obtained in individual written interviews on the questionnaire items lasting for 45 minutes. A structured questionnaire guide was administered by the researcher as a strategy to encourage participants to give complete and accurate answers (See Appendix 1 &2).

On the designated day of data collection at each data collection site, students were gathered in a classroom at the end of classes so as not to interfere with their studies. To begin each questionnaire administration session, a brief explanation about the nature and objectives of the study was given by the researcher. Thereafter, questionnaires with consent form attached were distributed to students to obtain their consent. Instructions to the questionnaire were read aloud to the participants by the researcher, and participants were asked to answer all the items in the questionnaire. Therefore, the entire process of data collection from the 114 participants took the researcher (state how many weeks).

### **3.8 Data Analysis Techniques**

Data analysis refers to examining the collected data in a survey in order to make deduction and an inference (Kombo & Tromp, 2006). Data analysis involved analyzing and interpreting data collected from the field and trying to derive meaning from it. Quantitative data from the close-ended items in the questionnaires were analyzed using descriptive statistics such as frequencies, percentages, means and standard deviations. The Statistical Package for Social Sciences (SPSS) was used as an aid for quantitative data analysis.

### **3.9 Ethical Considerations**

The researcher adhered to all the tenets of carrying out a research such as follows:

#### **3.9.1 Informed Consent**

Consent was sought by seeking of permission to conduct the study both from the PSI. No participant was forced to participate in the study. Hence, a letter of informed consent was given to the willing participants to sign or decline to participate in the study. They were also informed of their right to withdraw from the research without fear of consequences. In addition, the participants were duly informed about everything regarding the intention of the study which

mainly focused on creation of knowledge; as such no deceit was intended. The study was only carried out after getting authorization from the researcher's university and the secondary schools under study.

### **3.9.2 Confidentiality**

Confidentiality of information derived from participants was safeguarded by concealing their identities through pseudonyms and identification codes and they were asked not to write their names or that of their institutions on the questionnaires. The research respondents were also assured that the data they would provide would remain confidential and would not be disclosed in any manner without their consent.

### **3.9.3 Risk**

The study was only intended to be used for academic purposes and therefore no harm was intended on the part of the participants. The researcher being a counsellor in training had plans to give immediate counselling session to any participant who may have become emotional during the process of answering the questionnaire. If any participant would have experienced such break down s/he would have been referred to appropriate therapist after the immediate intervention, the psychological first aid. However, the researcher was ready to offer a debriefing session to all the participants after the answering of questionnaire process. This was to ensure that none of the participants went away bearing any possible burden arising from participating in the study.

However, the researcher is aware that the participants' valuable time was used for answering the questionnaire and for this reason was grateful to them and tried not to cause further anxiety on them beyond taking away their time.

## CHAPTER FOUR

### DATA PRESENTATION, INTERPRETATION AND DISCUSSION OF FINDINGS

#### 4.0 Introduction

This chapter presents the analysis and discussion of the findings based on data collected from the respondents. Consequently, the chapter interprets the findings addressing the research hypothesis linked to objectives and questions, as follows: To examine the anti-social experiences of teenagers raised by single mothers in Lang'ata Sub County, Kenya; To explore psycho-spiritual interventions that could be used to address the problem of delinquency among teenagers from single mothers in Lang'ata Sub County, Kenya. Item analysis based on frequencies and percentages were used to present the findings while Pearson correlation was also conducted to explore the relationship between single mothers and teenagers' antisocial behaviour. The chapter also presents the demographic data of the respondents were also presented in this chapter.

#### 4.1 Questionnaire Distribution and Return Rate

The total respondents for the study were 114. Table 2 below presents the number of respondents who participated in the study.

**Table 2** *Questionnaire distribution and return rate*

	Targeted Questionnaires		Returned Questionnaires	
	<i>Frequency</i>	<i>%</i>	<i>Frequency</i>	<i>%</i>
Respondents	114	100	107	94%
<b>Total</b>	<b>114</b>	<b>100</b>	<b>107</b>	<b>94%</b>

Table 2 indicates that out of the one hundred and fourteen questionnaires that were distributed to the respondents, only one hundred and seven of them were returned. The proportion of the returned questionnaire is 94% which is a positive return rate and a clear indicator of success. The respondents were made up of 101 students and 6 teachers which gave a total of 107 participants.

## 4.2 The Demographic Information

In this study, the demographic data such as age, gender and class of study were recorded. The gender distribution of the study respondents are indicated in Table 3.

### 4.2.1 Gender

**Table 3 Gender**

Students		
Gender	Frequency	Percent (%)
Male	51	50.4%
Female	50	48.5%
<b>Total</b>	<b>101</b>	<b>100.0%</b>

Teachers		
Male	3	50%
Female	3	50%
<b>Total</b>	<b>6</b>	<b>100.0%</b>

As presented in Table 3 above, 50.4% of the student participants were males while 48.5% were females. For the teachers, both genders were equally represented at 50% each. This indicates that in total, the male gender slightly outnumbered their female counterparts. However, it can be declared that both genders were represented.

#### 4.2.3 Age Categories of the Respondents

**Table 4 Age Categories of the Respondents**

<b>Students</b>		
<b>Age</b>	<b>Frequency</b>	<b>Percent (%)</b>
12-15	58	54%
16-20	43	40%
<b>Teachers</b>		
26-30	4	4%
31-45	2	2%
<b>Total</b>	<b>107</b>	<b>100.0%</b>

In Table 4 above, 54% of the respondents were in the age bracket of 12-15 years, 40% of them were between 16-20 years. The teacher respondents had 4% who were between 26-30 years and 2% who were in the age bracket of 31-45 years. This indicates that majority of the respondents were students aged 12-15 years, while the minority participants were teachers at the age range of 26-30 years old. Therefore, teenagers were the majority of the respondents as this study duly focused on exploring their experiences of being raised by single mothers.



#### 4.2.4 Class of the respondents

The study embarked on establishing the class distribution of the student respondents. The results are presented on Table 5.

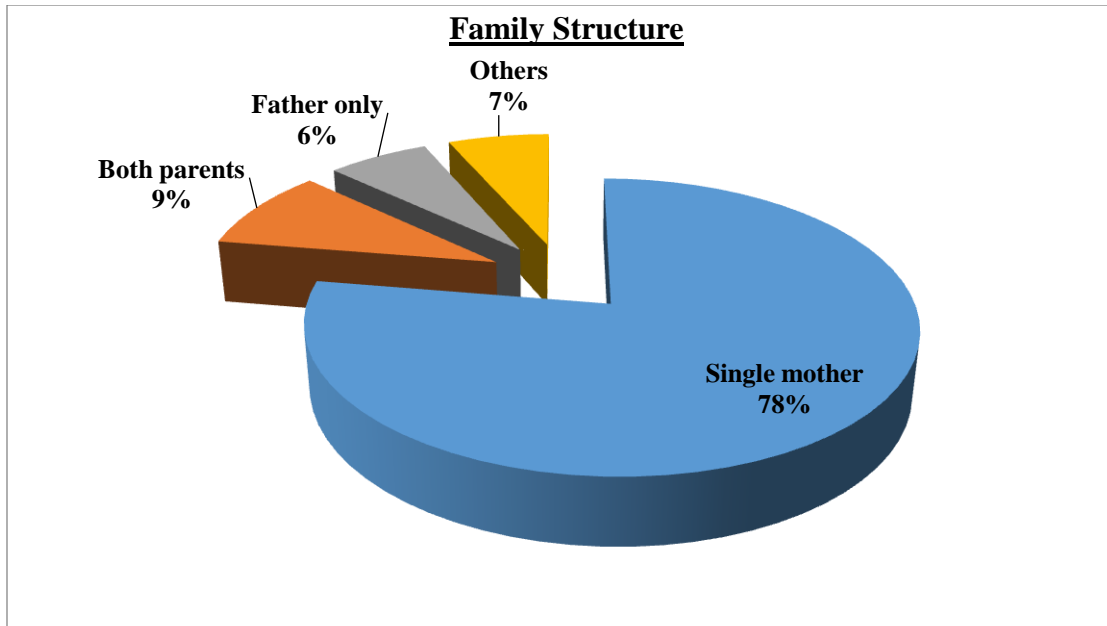
**Table 5** Class of the respondents

<b>Class</b>	<b>Frequency</b>	<b>Percent</b>
Form One	35	35%
Form Two	31	31%
Form Three	19	18%
Form Four	16	16%
<b>Total</b>	<b>101</b>	<b>100.0%</b>

Table 5 indicates that 35% of the respondents were in form one, 31% were in form two, 18% were in form three and 16% were in form four. These results provide evidence that majority of the respondents in this study were in form one, indicating that majority of the respondents were young people, who fall under the age bracket of being described as teenagers.

#### 4.2.5 Family Structure

The study wanted to establish the kind of families that the participants belonged to. The results are represented in Diagram 1.



**Diagram 2: Kind of family**

Diagram 1 above indicates the different kinds of families that the respondents belong to. The results indicate that majority of the respondents were from single mothers (78%), followed by those from both parent families (9%) and fathers only at 6% including others kind of families at 7%. This indicates that 78% of the respondents were able to give responses out of their real family life experiences, which means that the study's target population was adequately represented affirming the credibility of the findings.

#### **4.6 Presentation of the Findings in Relation to the Research Questions**

This section presents, interprets and discusses the major findings of the study based on the first research objective, question and hypothesis, which examined the relationship between teenagers' anti-social behaviour and single mother parenting style. In this regard, a number of the study's variables focused on interrogating the relationship between teenagers' anti-social behaviour and single mother parenting style in terms of drug abuse, truancy, theft, aggression

and involvement in violence. Accordingly, the presentation in this section deals with each of the study's anti-social variables one after another. The first variable used to test teenagers' anti-social behaviour in relationship to single mother parenting style was tendency towards drug abuse among teenagers of Langata Sub-County. The respondents were asked to answer six questions reflecting relationship between drug abuse and single mother parenting style based on a Likert scale of strongly agree, agree, undecided, disagree, strongly disagree and the results are indicated in the Table 6 below.

**Table 6 Teenager's Tendency towards Drug Abuse and Single Mother Parenting style**

Relationship between Teenager's anti-social behaviour and single mother parenting style	SA (5)		A (4)		U (3)		D (2)		SD (1)	
	<i>f</i>	%	<i>F</i>	%	<i>F</i>	%	<i>f</i>	%	<i>F</i>	%
Living with my mother alone makes me careless about taking drugs	17	16	10	9	1	1	26	24	53	49.5
Single mothers who discipline teenagers with love will make them avoid abusing drugs	55	51	25	23	6	6	13	12	8	8
Abusive single mothers are likely to make teenagers turn to drugs for solace	42	39	43	40	8	7.5	6	5.6	8	7.5
Single mothers parenting style has no influence on teenagers' abuse of drugs	19	18	30	28	9	8	17	16	32	30
Inadequate supervision by single mothers makes teenagers abuse drugs	35	33	50	47	6	6	5	5	11	10
Single mothers who abuse drugs are likely to spread the behaviour to their teenage sons and daughters	68	64	22	21	6	6	5	5	6	6

*Source: Researcher's data (2017)*

The first item testing teenagers' tendency towards drug abuse in relation to single mother parenting style focused on exploring the teenagers' careless adherence to drugs. The results

indicated that the majority of the participants 49.5% strongly disagreed that living with mothers alone makes them careless about taking drugs, while 24.3% disagree that living with their mothers alone makes them to take drugs carelessly. On the other hand, 16% strongly agree while 9.3% agree that living with their mothers alone makes them careless about taking drugs. This finding revealed that the respondents' experiences of being raised in a single mother household in relation to possible adherence to drug abuse vary. Greater percentage (49.5% +24.3%, summing up to 73.8%) claimed that being raised by a single mother do not necessarily influence their attitude towards taking drugs, which means that in terms of adherence to drug abuse the respondents maintain that single mothers parenting style do not influence them to take drugs carelessly. This finding contradicts with that of Klara (2014), which reported that those children from single parent families, stepfamilies and foster homes are most likely to become drug addicts. The difference between Klara's (2014) findings and this study could be associated with the fact that Klara's study was exploring single parents' families including stepfamilies foster homes whilst this study concentrated on single mothers alone. It can be argued that in spite of all, single mothers' parenting style hold a different kind of experience for teenagers in relation to adherence to drug abuse, as there was 25.3% of the participants who strongly agreed and agreed that living with a single mother impacts on teenagers' aspects of taking drugs carelessly.

As part of exploring the relationship between single mothers parenting style and teenagers' tendency for drug abuse, the second questionnaire item sought to determine if single mothers who discipline teenagers with love will facilitate their avoidance of drug abuse. The respondents' responses as reflected on Table 5 above indicated that 51% strongly agreed followed by 23% of them who agreed and 12% of those who disagreed including 7.5% who strongly disagreed, whilst 6% were undecided. This means that majority (73%) of the

respondents believe that if single mothers discipline their children with love, then they will help them evade the issue of drug abuse, thereby it can be argued that single mothers' parenting style in terms of discipline directly or indirectly influence teenagers' tendency towards drug abuse. Interestingly, this issue about type of discipline is linked to Attachment Theory, which emphasizes that emotional bond between a teenager and the mother is important in producing socially accepted behaviour. Therefore, it is not surprising that the respondents affirm that single mothers who discipline them with love influence their tendency towards avoidance of drugs abuse, which has also been supported by other scholars who argued that children needed to be disciplined with love in order to bring out the best in them (Anonas & Alampay, 2015; Scott & Perry, 2012). Likewise, this finding agrees with Scott and Perry (2012) who noted that teenagers need love and support from their families to minimize cases of deviant behaviour.

The third item question focused on exploring if abusive single mothers facilitate the tendency for their teenage sons and daughters to find solace in drug abuse. As shown in Table 5 above, 39.3% strongly agreed whilst 40.2% agreed that abusive single mothers make teenagers to turn to drug abuse for solace. On the other hand, 5.6% of the students strongly disagreed and 7.5% disagreed that abusive single mothers make teenagers to turn to drugs abuse for solace. However, 7.5% of the students were undecided on whether abusive single mothers may make teenagers to turn to drugs abuse for solace. On the whole, the respondents' responses for this item question indicated that a majority of them (79.5%) were of the opinion that single mothers' abusive behaviour leads to teenagers' attitude towards finding solace in drugs. This item questions' finding has direct or indirect link with the previous question item in exploring the relationship between single mothers' style of discipline and teenagers' tendency for drug abuse. This relationship is portrayed in the fact that discipline with love could be interpreted to mean

that the single mothers are not resorting to being abusive, thereby producing appropriate social behaviour in their teenage sons and daughters. This finding resonates with Hoskins' (2014) findings which reported that verbal hostility, psychological control by parents lead to teenagers' exhibition of poor social skills, low level of self-esteem and high levels of depression including aggressive behaviour.

Based on the fourth item question the influence of single mothers' parenting style on teenagers' tendency to drug abuse was tested. The result to this question as indicated in table 5 showed that 30% strongly disagreed followed by 16% disagreement while 8% were undecided. On the other hand, 18% of the students strongly agreed and 28% of them agreed that mother parenting has no influence on the abuse of drugs by teenagers. This translates to a tie of 46% for both the respondents who agree as well as for those who disagreement that single mothers' parenting style has no influence on teenagers' tendency for drug abuse. This finding seems to contradict itself; in the sense that equal number of the respondents are of the opinion that single mothers at the same time have no influence as well as having influence on teenagers' possible abuse of drugs. When viewed in relation to the previous question items it can be argued that the spilt half of those respondents who affirmed that single mothers' parenting style influences teenagers' tendency for drug abuse lean towards agreement, thereby, providing a higher percentage rate which indicates that single mothers' parenting style influences teenagers' tendency towards taking drugs; particularly when considering single mothers' discipline with love or abusive relationship. Therefore, this tie for this item question regarding the influence of single mothers parenting style on teenagers' tendency towards abusing drugs is puzzling and hard to explain though it could be related to the first question wherein majority (78.3%) of the respondents claim that being raised by single mothers do not influence them to take drugs

carelessly. However, it could be argued that maybe the respondents do not fully understand the question, meaning they might have been confused or misread the twist in the question.

The fifth item question sought to establish if inadequate supervision by single mothers make teenagers abuse drugs. The results in Table 5 indicate that 33% of the respondents strongly agreed that inadequate supervision by single mothers makes teenagers abuse drugs while 47% of them agreed. On the other hand, 10% of the students strongly disagreed and 5% disagreed that inadequate supervision by the single mothers make teenagers abuse drugs. However, 6% of the respondents were undecided on whether inadequate supervision by single mothers makes teenagers abuse drugs. On the whole, the result showed that greater percentage (80%) of the respondents agreed that inadequate supervision by single mothers lead teenagers to turn towards drug abuse, which correlates with Klara's (2014) finding indicating that inadequate supervision from single mothers stimulate teenagers' drug abuse syndrome.

The sixth item question explored if single mothers who abuse drugs are likely going to influence their teenagers' tendency towards drug abuse. The results in Table 5 indicated that 64% of the respondents strongly agreed that single mothers who abuse drugs are likely to spread the behaviour to their teenage sons and daughters while 21% agreed. Those who disagreed were 5% while 6% strongly disagreed, and 6% were undecided regarding the notion whether single mothers who abuse drugs are likely to spread the behavior to their teenage sons and daughters. This finding indicates that 85% of the respondents were of the opinion that teenagers are likely to adopt the same behaviour of drug abuse from single mothers. In this context, this finding aligns itself to Structural Family Therapy (SFT) concept which emphasizes that children learn from their parents in terms of role modelling, and in this case their mothers. Hence, it can be argued

that children more or less attune themselves towards imitating the behaviour of the parents they interact mostly with.

On the whole, the findings regarding if single mothers parenting style is related to teenagers' tendency to drug abuse as an aspect of anti-social behaviour revealed that there is a rather correlation between teenagers' tendency towards drug abuse and being raised by a single mother. Out of the six item questions used to test this variable, four of them portrayed that greater majority of the respondents who were of the opinion that single mothers parenting style in one way or the other impacts on teenagers' tendency towards drug abuse. Thus, the findings expressed as follows: 73% saying that single mothers' discipline without love impacts on teenagers' tendency towards drug abuse, equally 79.5% affirm that single mothers abusive behaviour also impact negatively on teenagers' tendency to abuse drugs, and 80% agreed that single mothers' inadequate supervision influenced the teenagers' tendency towards the abuse of drugs. Likewise, 85% affirms that single mothers' behaviour of drug abuse would likely produce teenagers who abuse drugs as well. This finding is validated by that of Farhad et al. (2015) that blamed poor parenting especially inadequate supervision on children's tendency to abuse drugs. Therefore, it can be argued that the respondents report revealed that single mothers parenting style directly or indirectly correlate with teenagers' tendency to abuse drugs, leading the study to reject the hypothesis which states that there is no significant relationship between teenage anti-social behaviour and single mother parenting style. However, one item question indicated contradictory results: the first item which test teenagers' tendency to carelessly abuse drugs based on the fact that they are raised by single mothers indicated a higher percentage of response of 78.3% who claimed that being raised by single mothers do not affect their tendency to abuse drugs, including the fourth item question which rather presented a tie of opinion for the



respondents who both agreed and disagreed that single mothers' parenting single influence teenagers' tendency towards drug abuse. This was in contradiction to Mrinde (2014) whose findings had hinted that lack of parental care, lack of supervision and monitoring, lack of guidance and counselling and socialization are a combination of interrelated challenges that could lead teenagers to abuse drugs. That notwithstanding, the findings indicating that single mothers' parenting style impact on teenagers' tendency towards drug abuse is greater, making it imperative that the hypothesis be rejected.

#### **4.6.1 Correlation between Teenage Anti-social Behaviour and Single Mother Parenting Style**

Correlation can be defined as a statistical measure that indicates the extent to which two or more variables fluctuate together. A positive correlation indicates the extent to which those variables increase or decrease in parallel; a negative correlation indicates the extent to which one variable increases as the other decreases (Kothari, 2004).

In order to confirm the above findings, a Pearson correlation test using SPSS correlation was carried out. It was intended to determine the relationship between teenage anti-social behaviour and single mother parenting style. The correlation table is presented below.

Pearson Correlation = r

Sig. (2-tailed) – This is the p-value associated with the correlation

N = Number of respondents

**Table 7 Correlation between Single Mothers' Parenting style and Teenage Drug abuse**

		Living with my mother alone make me careless about taking drugs	Single mothers who discipline teenagers with love will make them avoid abuse drugs	Abusive single mothers are likely to make teenagers turn to drugs for solace	Single mothers parenting style has no influence on teenagers' abuse of drugs	Inadequate supervision by single mothers make teenagers abuse drugs	Single mothers who abuse drugs are likely to spread the behaviour to their teenage sons and daughters
Living with my mother alone make me careless about taking drugs	Pearson Correlation- r Sig. (2-tailed) N	1 107	.199* .040 107	.134 .167 107	-.137 .160 107	.125 .201 107	.208* .032 107
Single mothers who discipline teenagers with love will make them avoid abuse drugs	Pearson Correlation - r Sig. (2-tailed) N	.199* .040 107	1 .033 107	.207* .033 107	-.024 .807 107	.100 .304 107	.259** .007 107
Abusive single mothers are likely to make teenagers turn to drugs for solace	Pearson Correlation- r Sig. (2-tailed) N	.134 .167 107	.207* .033 107	1 .005 107	-.269** .005 107	.143 .141 107	.344** .000 107
Single mothers parenting style has no influence on teenagers' abuse of drugs	Pearson Correlation - r Sig. (2-tailed) N	-.137 .160 107	-.024 .807 107	-.269** .005 107	1 .270 107	-.108 .185 107	-.129 .032 107
Inadequate supervision by single mothers make teenagers abuse drugs	Pearson Correlation - r Sig. (2-tailed) N	.125 .201 107	.100 .304 107	.143 .141 107	-.108 .270 107	1 .032 107	.740 .032 107
Single mothers who abuse drugs are likely to spread the behaviour to their teenage sons and daughters	Pearson Correlation - r Sig. (2-tailed) N	.208* .032 107	.259** .007 107	.344** .000 107	-.129 .185 107	.032 .740 107	1 107

\*. Correlation is significant at the 0.05 level (2-tailed).

*Source: Field research, 2017*

Pearson's correlation coefficient was carried out which is a statistical measure of the strength of a linear relationship between teenage anti-social behaviour and single mother parenting style. The relationship is denoted by  $r$  and is by design constrained as follows  $-1 < r < +1$  meaning that a positive values denote positive linear correlation; negative values denote negative linear correlation; a value of 0 denotes no linear correlation and the closer the value is to 1 or  $-1$ , the stronger the linear correlation. It was carried out in the significant level of  $p < 0.05$ . Table 6, reveals the relationships of various items that were used to test whether teenage anti-social behaviour is related to single mother parenting style. The findings revealed that there was

a positive relationship between being brought up by a single mother alone and being vulnerable to abusing drugs. This implies that a single mother may not be able to offer adequate supervision which may offer a teenager an opportunity to go astray and abuse drugs, since  $r = 1$  at  $p < 0.05$ .

Further, the study established that there was a positive relationship between single mothers disciplining their teenagers with love and making the teenagers avoid abuse of drugs at since  $r = 0.199$  at  $p < 0.05$ . Similarly, it was established that abusive single mothers are likely to make teenagers turn to drugs for solace since  $r = 0.134$  at  $p < 0.05$ . However, the test on the relationship between single mothers parenting style and teenagers susceptibility to abuse drugs was negative at  $r = -0.137$  at  $p < 0.05$ . Nevertheless, correlation between single mothers who abuse drugs and the ability to spread the behaviour to their teenage sons and daughters was positive at  $r = 0.208$  at  $p < 0.05$ . As a whole, among all the six tested items, only one turned negative. Hence, the hypothesis which says ‘There is no significant relationship between teenage anti-social behaviour and single mother parenting style’ is rejected. This observation was supported by Hoskins (2014) who noted that single mothers who are permissive, uninvolved and who exhibit harsh behaviours to their teenage children are likely to make them seek solace from drugs.

#### **4.7 Single Mother Parenting style and Teenagers rate of School Absenteeism in Lang’ata Sub-County, Nairobi-Kenya**

As part of testing the teenagers’ anti-social behaviour, the study embarked on establishing the relationship between single mother parenting style and its influence on school absenteeism. The respondents were asked to answer six questions reflecting the relationship between single mother parenting style and teenagers’ rate of school absenteeism based on a Likert scale of strongly agree, agree, undecided, disagree, strongly disagree and the results are indicated in the Table 8 below.

Table 8: Single Mother Parenting style influence on Absenteeism among Teenagers

Single mother parenting style and teenagers rate of school absenteeism	SA (5)		A (4)		U (3)		D (2)		SD (1)	
	<i>F</i>	%	<i>F</i>	%	<i>F</i>	%	<i>F</i>	%	<i>F</i>	%
Most teenagers from single mothers are likely to play truancy at school	23	22	27	25	9	8.4	30	28	18	17
Economic hardships keep many teenagers from single mother families out of school	41	38	39	36	10	9	12	11	5	5
School fees is a major problem for teenagers from single mother families	39	36	32	30	15	14	15	14	6	6
Most teenagers from single mother families attend school normally	10	9	37	35	16	15	27	25	17	16
Most teenagers from single mother families are tasked with menial jobs to cater for family needs	24	22	36	34	8	7.5	22	21	17	16
Most teenagers from single mother families are given home chores that make them skip school	15	14	20	19	8	7.5	25	23	39	36

*Source: Researcher's data (2017)*

The first item question of table 8 sought to establish whether most teenagers from single mothers are likely to play truancy at school. Based on the findings, 22% of the respondents strongly agreed and 25% agreed that most teenagers from single mothers are likely to play truancy at school. Although 8 % of the respondents were undecided, 28% disagreed and 17% strongly disagreed that teenagers from single mothers are likely to play truancy at school. The difference between those who agreed and those who disagree is slim, as the finding reflected 47% for those who either strongly agreed or agreed as against 45% for those who strongly disagreed or disagreed. This means that the finding is close to a tie, thus, difficult to interpret if truly teenagers from single mother parenting style are prone to school absenteeism which could

be described as aspects of truancy. However, further analysis of other item questions will be used to confirm the response to this item and what its implication in the general perspective of the findings. However, this study somehow agrees with Koon (2012) who had noted that many teenagers from single mother families' face many challenges are likely to force them to keep out of school. According to Koon (2012) teenagers from single mother families are two to three times more likely to drop out of high school as compared to other kind of families.

The second item of this question embarked on establishing the relationship between economic hardship in single mother households and inability of teenagers from such families to pay school fees. In Table 8 above, 38% of the respondents strongly agreed and 36% agreed that economic hardships keep many teenagers from single mother families out of school. Although 9% were undecided, 11% disagreed and 5 % strongly disagreed that economic hardships keep many teenagers from single mother families out of school. This finding could be interpreted to mean that teenagers are likely going to be affected by economic hardship within a single mother parenting style, therefore, they have higher chances to be out of school due to lack of school fees. This response that teenagers from single mother family are challenged by economic hardship to become school deviants controverts with the responses to the first item question. The overwhelming 74% of the respondents affirming that economic hardship within single parent family impacts on the teenagers' school absenteeism is remarkable and speaks volume. This finding resonates with Mrinde's (2014) finding which revealed that economic hardships may keep some students out of school.

The third item in this question wanted to find out whether teenagers coming from single mothers face school fees problems. The results showed that 36% of the students strongly agreed while 30% agreed that school fees are a major problem among teenagers from single mother

families. Although 14% were undecided, 14% disagreed while 14% strongly disagreed school fees is a major problem among teenagers from single mother families. This indicates that since the single mothers have so much to take care of, school fees is among the major problems that these teenagers face. This finding is validated by that of Dhoal's (2014) study which also established that there is a relationship between school attendance and low economic status of single mothers.

The fourth item of this question asked whether most teenagers from single mothers attend school normally, to which 9% of the respondents strongly agreed and 35% agreed that most teenagers from single mother families attend school normally. On the other hand, 25% disagreed, 16% strongly disagreed and 15% were undecided on whether most teenagers from single mother families attend school normally. The results show that in total, those who showed agreement were 44% against 31% of those who disagreed. Although majority shows that teenagers from single mother families attend school normally. The reason for this disparity could be because single mothers have different earnings which imply that some may be able to afford school fees while others may not be able to afford it. This finding contradicts with Koon's (2012) findings which reported that teenagers from single mother families face many challenges that force them to keep out of school. Koon (2012) further observed that teenagers from such families are two to three times more likely to drop out of high school.

The fifth item of the question wanted to establish whether teenagers from single mother families are asked to do menial jobs to supplement their family budgets. The responses indicated that 22% of the students strongly agreed and 34% agreed that most teenagers from single mother families are tasked with menial jobs to cater for family needs. On the other hand, 21% disagreed, 16% strongly disagreed while 7.5% were undecided on whether most teenagers from single

mother families are tasked with menial jobs to cater for family needs. This finding is in the affirmative indicating that 66% of the respondents are of the opinion that most teenagers from single mother families do menial jobs to cater for family needs, probably because most of the single mother families are economically poor. The implication is that such commitment to doing menial jobs could impact on the teenagers' absenteeism from school, which give and take is an aspect of truancy. This finding is validated by that of Cook and Ezenne (2010) who found out that several home factors such as home chores may keep a student away from school.

The sixth item of the question sought to know whether most teenagers from single mother families are given home chores that make them skip school, to which, 36% of the respondents strongly disagreed while 23% disagreed. Furthermore, 7.5% were undecided, 14% strongly agreed and 19% agreed that most teenagers from single mother families are given home chores that make them skip school. The response to this question indicated that a higher percentage 69% were of the opinion that most teenagers from single mother families do not skip school as a result of home chores. Fascinatingly, this finding contrast with the immediate previous one which affirms that menial labour impacts on single mother teenagers' attendance to school. It could be that the respondents have different way for understanding home chores and menial jobs. On the other hand, it could mean that skipping school by teenagers from single mother families could be due to other reasons but not necessarily from being given home chores. This finding however disagrees with that of Cook and Ezenne (2010) who had observed that home chores may influence students to miss school.

In summary, single mother parenting style has been found to have profound influence on school absenteeism among teenagers. This is mainly due to several factors such as playing truancy at school due to inadequate supervision and non-payment of school fees on time due to

economic problems while others miss school as a result of being asked to do menial work. However, being given home chores did not influence their school attendance.

#### **4.7.1 Correlation between Single Mothers' Parenting style and Teenage rate of School Absenteeism**

A Pearson correlation test using SPSS was carried out to determine whether there is a relationship between single mother parenting style and teenage rate of school absenteeism. The correlation table is presented below.

Pearson Correlation = r

Sig. (2-tailed) – This is the p-value associated with the correlation

N = Number of respondents



**Table 9: Correlation between Single Mothers' Parenting style and Teenage's School Absenteeism**

	Most teenagers from single mothers are likely to play truancy at school	Economic hardships keep many teenagers from single mothers families out of school	School fees is a major problem among teenagers from single mother families	Most teenagers from single mother families attend school normally	Most teenagers from single mother families are tasked with menial jobs to cater for family needs	Most teenagers from single mother families are given home chores that make them skip school
Most teenagers from single mothers are likely to play truancy at school	Pearson Correlation - r Sig. (2-tailed) N 107	.217* .025 107	.061 .532 107	.057 .557 107	.070 .476 107	.138 .155 107
Economic hardships keep many teenagers from single mothers families out of school	Pearson Correlation - r Sig. (2-tailed) N 107	1 .025 107	.270** .005 107	.033 .732 107	.286** .003 107	.027 .779 107
School fees is a major problem among teenagers from single mother families	Pearson Correlation - r Sig. (2-tailed) N 107	.270** .005 107	1 .665 107	-.042 .006 107	.264** .006 107	.267** .005 107
Most teenagers from single mother families attend school normally	Pearson Correlation - r Sig. (2-tailed) N 107	.033 .732 107	-.042 .665 107	1 .416 107	-.079 .083 107	.168 .083 107
Most teenagers from single mother families are tasked with menial jobs to cater for family needs	Pearson Correlation - r Sig. (2-tailed) N 107	.286** .003 107	.264** .006 107	-.079 .416 107	1 .005 107	.267** .005 107
Most teenagers from single mother families are given home chores that make them skip school	Pearson Correlation - r Sig. (2-tailed) N 107	.027 .779 107	.267** .005 107	.168 .083 107	.267** .005 107	1 .005 107

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\* . Correlation is significant at the 0.01 level (2-tailed).

*Source: Field Research, 2017*

The Pearson correlation reveals the relationships of various items that were used to test whether there is relationship between single mother parenting style and teenage rate of school absenteeism. The findings revealed that there was a significant positive relationship between teenagers from single mothers likelihood to play truancy at school and absenteeism at school since  $r = .057$  at  $p < .532$  which implies that truancy translates to absenteeism. The study also established that there was a significant positive relationship between economic hardships among single mothers families and inability to pay school fees  $r = .270$  at  $p < 0.05$  which implies that inability to pay school fees could lead to absenteeism. However, it was established that there was a negative relationship between single mothers ability to give attention to teenagers academic matters and school attendance as  $r = -.017$  at  $p < .816$ . Nevertheless, looking at the total tests of the items under study, it is evident that single mothers parenting style leads to absenteeism. This finding is validated by that of Koon (2012) who had noted that teenagers from single mother families are two to three times more likely to drop out of high school mainly due to poor supervision and economical constraints.

#### **4.8 Single Mother Parenting style and Theft behaviour among Teenagers in Lang'ata Sub-County, Nairobi-Kenya**

The respondents were asked to answer six questions reflecting on relationship between single mother parenting style and theft behaviour among teenagers based on a Likert scale of strongly agree, agree, undecided, disagree, strongly disagree and the results are indicated in Table 10 below.

**Table 10: Single Mother Parenting style and Theft behaviour among Teenagers**

Single mother parenting style and teenagers rate of school absenteeism	<b>SA (5)</b>		<b>A (4)</b>		<b>U (3)</b>		<b>D (2)</b>		<b>S D (1)</b>	
	<i>F</i>	%	<i>F</i>	%	<i>F</i>	%	<i>f</i>	%	<i>F</i>	%
Teenagers from single mother families are likely to resort to stealing due to lack of basic necessities	33	31	41	38	3	3	14	13	16	15
Teenagers from single mother families are likely to engage in stealing due to lack of adequate supervision	31	29	32	30	16	15	19	18	9	8
Teenagers from single mother families are likely to engage in stealing due to poor parenting skills by their mothers	24	22	25	23	12	11	23	21.5	23	21.5
Teenagers from single mother families are likely to engage in stealing after imitating what their mothers do	19	18	18	17	12	11	30	28	28	26
Two parents are in a better position to bring up a teenager who does not steal	34	32	27	25	10	9	19	18	17	16
Teenagers from single mother families rarely steal	17	16	17	16	23	22	18	17	32	30

*Source: Researcher's data (2017)*

The first item of this question wanted to establish whether teenagers from single mother families are likely to resort to stealing due to lack of basic necessities in their homes. From the presentation in Table 10, it is evident that 31% of the respondents strongly agreed and 38% agreed that teenagers from single mother families are likely to resort to stealing due to lack of basic necessities. On the other hand, 13% disagreed and 15% strongly disagreed that teenagers from single mother families are likely to resort to stealing due to lack of basic necessities. The higher percentage (69%) of the respondents affirmed that teenagers from single mother families are likely to resort to stealing due to lack of basic necessities in their homes. This finding agrees with Bowser's (2009) findings which reported that teenagers from single mother families are

likely to have more opportunities to engage in high risk behaviours such as stealing due to lack of basic necessities. This finding is further supported by that of Desai (2013) who also established that teenagers coming from poor families will strive to steal what they do not have.

The second item of the question wanted to establish whether teenagers from single mother families are likely to engage in stealing due to lack of adequate supervision. From Table 9 above, 30% of the respondents strongly agreed and 29% agreed respectively that teenagers from single mother families are likely to engage in stealing due to lack of adequate supervision. On the other hand, 17.8% of the respondents disagreed while 8.4% strongly disagreed that single mother families are likely to engage in stealing due to lack of adequate supervision. Based on the majority of the respondents which is dominated by 30% strongly agreed and 29% agreed, it is evident that teenagers from single mother families are likely to engage in stealing due to lack of adequate supervision. This finding concurs with that of Paton's (2012) findings emphasizing that children brought up by single mothers with poor parenting skills are twice as likely to display serious anti-social behaviour such as stealing other people's property.

The third item wanted to find out whether teenagers from single mother families are likely to engage in stealing due to poor parenting skills of their mothers. The results presented in table 9 show that while 21.5% strongly agreed and 23% agreed that teenagers from single mother families are likely to engage in stealing due to poor parenting skills by their mothers, and there was tie of 21.5% strongly disagreed and disagreed respectively. Although the results are almost equal, the slight majority of 44.5% for those who agreed as against 43% of those who disagreed indicates that teenagers from single mother families are likely to engage in stealing due to poor parenting skills of their mothers. However, the substantial number that disagreed also implies that stealing could be as a result of other factors but not necessarily poor parenting skills.

Similarly, this finding agrees with that of Paton's (2012) findings which indicated that children brought up by single mothers with poor parenting skills are twice as likely to display serious anti-social behaviour such as stealing other people's property.

The fourth item intended to establish whether teenagers from single mother families are likely to engage in stealing as a way of imitating what their mothers do. The results of the responses as presented on Table 9 indicated that 18% of the respondents in this study strongly agreed and 17% of them agreed that teenagers from single mother families are likely to engage in stealing in imitation of what their mothers do. On the other hand, 11% of them were undecided while 28% disagreed and 26.2% strongly disagreed that teenagers from single mother families are likely to engage in stealing after imitating what their mothers do. Thus, stealing by teenagers could be attributed to other factors but not poor parenting skills as argued in Table 6 as well. This finding contradicts that of Bowser (2009) that had established that teenagers from single mother families are likely to have more opportunities to engage in high risk behaviours such as stealing due to lack of basic necessities or due to lack of supervision. Paton (2012) had similar opinion when he noted that children brought up by mothers with poor parenting skills are twice as likely to display serious anti-social behaviour such as stealing other people's property.

The fifth item of the question wanted to know whether two parents are better off in bringing up teenagers who do not steal. The finding revealed that 32% of the respondents strongly agreed and 25% agreed that two parents are in a better position to bring up a teenager who does not steal. On the other hand, 18% disagreed and 16% strongly disagreed that two parents are in a better position to bring up a teenager who does not steal. Based on the majority of the respondents, the study confirms that two parents are better off in bringing teenagers who do not steal. This also shows the importance that two parents in comparison to single mother are

better off in mentoring (rearing) teenagers. This finding agrees with the research findings of Katz, Corlyon, La Placa and Hunter (2007) which reported that the responsibility of bringing up children is primarily a joint duty that needs to be done by both parents.

The sixth item wanted to know the opinion of the respondents regarding whether teenagers from single mother families rarely steal. The results in Table 9 above indicate that 16% both strongly agreed and agreed respectively that those teenagers who come from single mother families rarely steal. Moreover, 17% of the respondents disagreed while 30% strongly disagreed that those teenagers who come from single mother families rarely steal. This indicates that teenagers from single mother families are likely to steal. This finding disagrees with the findings of that Bowser's (2009) research which reported that teenagers from single mother families are likely to have more opportunities to engage in high risk behaviours such as stealing due to lack of basic necessities or due to lack of supervision.

The summary of this question is that teenagers from single mother families are likely to resort to stealing due to a number of factors. Those factors include lack of basic necessities due to their poor economic status, lack of adequate supervision from the single mothers, and poor parenting skills by their mothers. Hence, the study finding considers that two parents are better off in bringing teenagers who do not steal. This also shows the importance that two parents in comparison to single mothers are better off in mentoring (rearing) teenagers.

#### **4.8.1 Correlation between Single Mothers' Parenting style and Stealing among Teenagers**

The study wanted to establish whether there is any relationship between single mothers' parenting style and stealing behaviour among teenagers. Table 11 shows the results of the Pearson Correlation test.

Pearson Correlation = r

Sig. (2-tailed) – This is the p-value associated with the correlation

N = Number of respondents

Table 11 *Correlation between Single Parenting Style and Tendency to Steal*

	Teenagers from single mother families are likely to engage in stealing due to poor parenting skills by their mothers	Most single mothers are busy looking for daily bread hence do not have adequate time to supervise their teenage sons and daughters
Teenagers from single mother families are likely to engage in stealing due to poor parenting skills by their mothers	1 107	.107 .274 107
Most single mothers are busy looking for daily bread hence do not have adequate time to supervise their teenage sons and daughters	.107 .274 107	1 107

*Source: Researcher's data (2017)*

Table 11 shows that the Pearson Correlation was .107 against a recommended threshold of 0.05. This shows that there exists a positive relationship between single motherhood parenting style and teenagers' tendency to steal. Therefore, this finding rejects the hypothesis that there is no significant relationship between teenage anti-social behaviour and single mother parenting style.

#### 4.9 Single Mother Parenting and Teenagers' Aggressive behaviour in Lang'ata Sub-County, Nairobi-Kenya

This research question wanted to establish whether single mother parenting style has any influence on teenagers' aggressive behaviour.

**Table 12:** *Single Parenting Influence on Teenagers' Aggressive behaviour*

	SA		A		U		D		SD	
	<i>F</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>F</i>	%
Teenagers who are violent and aggressive come from single mother families where discipline meted to them was harsh	27	25	23	22	11	10	21	20	25	23
Most teenagers from single mother families have anger management problem	24	22	28	26	11	10	22	21	22	21
Emptiness and feeling of inadequacy make teenagers from single mother families resort to aggression and violent behavior	34	32	32	30	17	16	12	11	12	11
Rejection, neglect and conflicts at home make some teenagers from single mother families aggressive and violent	48	45	34	32	5	5	9	8	11	10
Teenagers raised in supportive, affectionate and accepting single mother families are not likely to become violent and aggressive	49	46	35	33	4	4	10	9	9	8
Teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent	43	40	35	33	11	10	8	7.5	10	9

*Source: Researcher's data (2017)*

The first item of this question wanted to determine whether teenagers who are violent and aggressive come from single mother families where discipline meted to them was harsh. Table 10 indicates that 25% of the respondents strongly agreed and 22% agreed that violent and aggressive teenagers come from single mother families where discipline meted to them was harsh. However, 17% of the respondents disagreed while 23% strongly disagreed that teenagers who are violent and aggressive come from single mother families where discipline meted to them



was harsh. Based on the fact that majority (47%) of the respondents affirm that teenagers from single mother family are aggressive and violent could be interpreted to mean that single mother parenting style influence impacts on teenagers' behaviour. These results indicate that parents who treat their teenagers with cruelty and harshness are likely to instill in them aggressive and violent behaviour. This is line with Family Structural Theory which emphasized that children learning through modelling in families.

The second item of the question wanted to determine whether most teenagers from single mother families have anger management problem, 22% strongly agreed, 26% agreed, whilst 21% disagreed and 21% strongly disagreed that most teenagers from single mother families have problems in terms of anger management, as shown in Table 12. This indicates that majority of teenagers from single mother families have problems in managing their anger. This finding agrees with that of Paton (2012) who also found out that harsh and inconsistent discipline foment a generation of teenagers with anger management problems. Furthermore, Fagan and Churchill (2012) also agrees with this finding when they also found out that, compared to students from intact families, college students from single mother families use violence more frequently to resolve conflict and are more likely to be aggressive and physically violent with their friends.

The third item of the question sought to determine whether emptiness and a feeling of inadequacy make teenagers from single mother families resort to aggressive and violent behavior. On this item, 32% of the respondents strongly agreed, 30% agreed, whilst 11% both strongly disagreed and disagreed respectively. 16% were undecided. Hence, majority (62%) are in agreement (both for strongly agreed and agreed) that emptiness and a feeling of inadequacy make teenagers from single mother families resort to aggressive and violent behavior. This indicates that there is a positive connection between a feeling of emptiness and inadequacy and

violence in teenagers from single mother families, particularly as there is a greater percentage from those who strongly agreed. This finding is supported by Fagan and Churchill (2012) who had established that, compared to students from intact families, students from single mother families use violence more frequently to resolve conflict and are more likely to be aggressive and physically violent with their friends, male or female because they have high chances of being unhappy as a result of life challenges mainly emanating from their status.

The fourth item wanted to enquire whether rejection, neglect and conflicts at home make some teenagers from single mother families aggressive and violent. The finding on Table 10 indicates that 45% strongly agreed, 32% agreed, 8% disagreed and 10% strongly disagreed that rejection, neglect and conflicts at home make some teenagers from single mother families aggressive and violent. This result suggests that there is a clear connection between rejection and neglect at home, and aggressiveness of teenagers from single mother families as a higher percentage (77%) of the respondents confirmed. This finding agrees with the research findings of Anonas and Alampay (2015) which reported that for families to be successful in producing responsible teenagers, parents must show love, affection through close supervision.

The fifth item of the question examined the notion that teenagers raised in supportive, affectionate and accepting single mother families are not likely to become violent and aggressive. On this item, 46% strongly agreed, 33% disagreed, 9% disagreed and 8% strongly disagreed. In line with theory of Structural Family (SFT) it means that when teenagers receive the necessary support and care from their single mothers, they are not likely to be violent and aggressive. This is also validated by Hoskins (2014) who had established that teenagers who are brought up by loving parents are likely to extend that love to others as well.

The sixth item of the question investigated whether teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent. On this item, 40% strongly agreed, 33% agreed, 7.5% disagreed and 9% strongly disagreed. From the majority of the respondents ( $40\%+33\%=73\%$ ), there is evidence that teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent. This means that there is a clear positive connection between exposure to conflicts and abuse at homes and the aggressive behavior of teenagers brought up in single mother families. This finding concurs with that of Wright and Wright (1993) which noted that teenagers who experience rejection, neglect, conflicts and inadequate supervision at home are at greatest risk of becoming aggressive and prone to violent behaviour.

In conclusion, the study established that parents who treat their teenagers with cruelty and harshness are likely to instill in them aggressive and violent behaviour. It has also been noted that most teenagers from single mother families have problems in managing their anger. Further, emptiness and a feeling of inadequacy was found to make teenagers from single mother families resort to aggressive and violent behavior. There was also a clear connection between rejection and neglect of these teenagers at home and their susceptibility to aggressiveness, and in general, teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent toward other people.

#### **4.9.1 Pearson Correlation on the Influence of Single Mother Parenting and Teenagers' Aggressive Behaviour**

The study wanted to establish whether there is any relationship between single mothers' parenting style and teenagers' aggressive behaviour. Table 13 shows the results of the Pearson Correlation test.

**Table 13 Influence of Single Parenting Style on Teenagers' Aggressive behaviour**

Correlations		
	Teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent	Rejection , neglect and conflicts at home make some teenagers from single mother families aggressive and violent
Teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent	Pearson Correlation- r Sig. (2-tailed) N	1 .065 .507 107
Rejection , neglect and conflicts at home make some teenagers from single mother families aggressive and violent	Pearson Correlation- r Sig. (2-tailed) N	.065 1 .507 107

*Source: Researcher's data (2017)*

Table 13 shows that the Pearson Correlation was .0.65 against a recommended threshold of 0.05. This shows that there exists a positive relationship between single mothers' parenting style and teenagers' tendency towards aggressive behaviour. In this context, this finding rejects the hypothesis that there is no significant relationship between teenage anti-social behaviour and single mother parenting style.

#### **4.10 The Role of Psycho-Spiritual Counsellors in Addressing the Problem of Delinquency among Teenagers from Single Mother Families**

This question intended to establish whether psycho-spiritual counsellors have a role to play in addressing the problem of delinquency among teenagers from single mother families. The respondents were asked to answer seven questions reflecting on this research interest based on a Likert scale of strongly agree, agree, undecided, disagree, strongly disagree on a scale of 1-5 and the results are indicated in the Table 14 below.

**Table 14: Role of Psycho Spiritual Counselors in Addressing Teenage Delinquency**

Role of Psycho Spiritual Counsellors in addressing teenage delinquency	SA		A		U		D		SD	
	<i>F</i>	%	<i>F</i>	%	<i>F</i>	%	<i>F</i>	%	<i>F</i>	%
Teenager's delinquency from single mother families is a problem that can be rectified by counselors if detected early enough	55	51	35	33	6	6	6	6	5	5
Counselors can change delinquent behaviour of teenagers through empathy, unconditional positive regard and focused care	51	48	35	33	7	5	6	6	8	7.5
Teenage delinquency requires both psychological and spiritual skills to treat	43	40	46	43	9	8	6	6	3	3
Counselors can help restore broken single mother families and troubled youths to become healthy, happy and productive members of the society	47	44	28	27	16	15	11	10	4	4
Identification of early antisocial behaviour is the best predictor of later delinquency	43	40	34	32	14	31	6	6	10	9
Teenagers who associate themselves with deviant peers are likely to develop delinquent behaviour which could be a good starting point for the counsellors to establish the root cause of the problem	48	45	32	30	11	10	9	8	7	6.5

*Source: Researcher's data (2017)*

To determine whether delinquent problem can be rectified by counselors if detected early enough, the results in Table 14 indicate that 51% of the respondents strongly agreed, 33% agreed, 5.6%disagreed and 5% strongly disagreed. This means that greater percentage (51%) of the respondents strongly affirmed that psycho spiritual counselling is a tool to help teenagers solve delinquent behaviour if detected on time. Therefore, teenagers who are raised by single mothers could as well be assisted by psycho spiritual counsellors to resolve delinquent behaviour including anti-social behaviours. This was validated by Lawyership (2015) who noted that

teenage delinquency is a disorder that can be rectified if detected early enough. Lawyership (2015) however, recommends that the most effective way to prevent teenage delinquency is by assisting children and their families early on before the children enter teenage hood.

Psycho-spiritual therapists need to identify the root cause of the problem for them to effectively treat delinquent teenagers. Wasserman et al (2003) in their study on risks and protective factors of child delinquency in United States identified some types of risks that can guide psycho-spiritual therapists in identification of the root causes of teenage delinquency. They include: individual, family, peer, school and community.

The second item of this question wanted to find out whether psycho-spiritual counselors have the ability to change delinquent behavior of teenagers through methods such as focused care, unconditional positive regard and empathy. In Table 14 above, a large proportion of the respondents are of the idea that the psycho-spiritual counselors have the ability to change delinquent behavior of teenagers through methods such as focused care, unconditional positive regard and empathy. This is evident from the responses whereby 46.7% strongly agreed, 32.7% agreed, 5.6% disagreed and 1% strongly disagreed that counselors can change delinquent behavior of teenagers through empathy, unconditional positive regard and focused care. This finding is validated by that of Lawyership (2015) who had noted that teenage delinquency is a problem that can be rectified if detected early enough. According to Lawyership (2015) helping the teenagers would require love, empathy and genuineness in the part of the counsellors.

The third item of the question wanted to determine whether teenage delinquency requires both psychological and spiritual skills to treat. To this item, 40% strongly agreed, 43% agreed, 5.6% disagreed and 3% strongly disagreed that teenage delinquency requires both psychological and spiritual skills to treat. Therefore, the importance of spiritual and psychological methods is

essential in the treatment of delinquency in teenagers. This has been confirmed by Egan (2007) who noted that psycho-spiritual therapists are entrusted with the vital role of restoring broken families and troubled youths to become healthy, happy and productive members of the society.

The fourth item wanted to determine whether the Psycho-Spiritual Counsellors can be able to offer help in the restoration of broken families and troubled youths to become healthy, happy and productive members of the society, 44% of the respondents strongly agreed, 27% agreed, 10% disagreed and 4% strongly disagreed. Thus, the Psycho-Spiritual Counsellors have a critical role in the society in uniting families: both parents and the teenagers as has also been confirmed by Egan (2007)

The fifth item of the question wanted to establish whether identifying early antisocial behaviour by Psycho-Spiritual Counselors could be a predictor of later delinquency, to which 40% strongly agreed, 32% agreed, 6% disagreed and 9% strongly disagreed. Hence, based on the majority of the respondents, it is evident that identification of antisocial behaviour is the best predictor of later delinquency. This suggests that there is a clear connection of antisocial behaviour and a likely development of delinquency behaviour later in life. The Psycho-Spiritual Counsellors could therefore benefit from this knowledge which would go a long way in addressing teenage delinquency. This finding is validated by Lawyership (2015) who noted that the most effective way to prevent teenage delinquency is to assist children and their families early on before the children enter teenage hood.

The sixth item of the question wanted to determine whether teenagers who associate themselves with deviant peers are likely to develop delinquent behaviour. The results in Table 14 indicated that majority of the respondents who showed agreement were 45%, those who strongly agreed were 30% who agreed. The minority showed disagreement as shown by 8% who disagreed



and 6.5% who strongly disagreed. Based on the majority of the respondents, the study shows that the teenagers who associate with deviant peers have a likelihood of developing delinquent behaviors. This means that there is a close relationship between associating with deviant peers and developing delinquent behaviors among the teenagers. This finding is validated by that of Wasserman et al (2003) who found out that delinquent peer groups are risk factors associated with influencing one's behaviour. This implies that the importance of psycho-spiritual counselors establishing the root cause of a problem before commencing treatment.

In summary, the study finding indicated that teenagers who are raised by single mothers could as well be assisted by psycho spiritual counsellors to resolve their anti-social behaviours. This can be done effectively through methods such as focused care, unconditional positive regard and empathy. It has also been noted that integrating spiritual and psychological methods is essential in the treatment of delinquency among teenagers from single mother families. Moreover, they can also offer interventions in terms of restoration of broken single mother families and troubled teenagers to help them become healthy, happy and productive members of the society. However, this can only be successful if they identify early antisocial behaviour in teenagers as it is a predictor of later delinquency. They should also try to identify and resolve teenagers' associations with deviant peers and their academic performance as those who performs poorly and are unable to bond to school are likely to develop deviant behaviours. This will facilitate early interventions.

#### **4.10.1 Correlation on the Ability of Psycho-Spiritual Counsellors to Address the Problem of Delinquency among Teenagers from Single Mother Families**

A Pearson correlation test using SPSS was carried out to determine whether Psycho-spiritual interventions will be able to address the problem of delinquency among teenagers from single mother families. Table 15 shows the results of the Pearson Correlation test.

Pearson Correlation = r

Sig. (2-tailed) – This is the p-value associated with the correlation

N = Number of respondents

**Table 15: Psycho-Spiritual Counsellors Ability to Address the Problem of Delinquency among Teenagers from Single Mother Families**

		Teenagers delinquency can be rectified by counsellors if detected early enough	Counsellors can change delinquent behaviour of teenagers	Teenage delinquency requires both psychological and spiritual skills to treat	Counsellors can help restore broken families	Identification of early antisocial behaviour is the best predictor of later delinquency	Teenagers who associate themselves with deviant peers are likely to develop delinquent behaviour
Teenagers delinquency can be rectified by counsellors if detected early	Pearson Correlation Sig. (2-tailed) N Pearson	1 107 .463**	.463** .000 107	.411** .000 107	.143 .142 107	.450** .000 107	.351** .000 107
Counsellors can change delinquent behaviour of teenagers	Pearson Correlation Sig. (2-tailed) N Pearson	.463** .000 107	.463** .002 107	.300** .002 107	.089 .364 107	.370** .000 107	.307** .001 107
Teenage delinquency requires both psychological and spiritual skills	Pearson Correlation Sig. (2-tailed) N Pearson	.411** .000 107	.300** .002 107	.300** .002 107	.155 .110 107	.409** .000 107	.294** .002 107
Counsellors can help restore broken single families	Pearson Correlation Sig. (2-tailed) N Pearson	.143 .142 107	.089 .364 107	.155 .110 107	.1 .079 107	.170 .079 107	.165 .089 107
Identification of early antisocial behaviour is the best predictor of later delinquency	Pearson Correlation Sig. (2-tailed) N Pearson	.450** .000 107	.370** .000 107	.409** .000 107	.170 .079 107	.170 .079 107	.384** .000 107
Teenagers who associate themselves with deviant peers are likely to develop delinquent behaviour	Pearson Correlation Sig. (2-tailed) N	.351** .000 107	.307** .001 107	.294** .002 107	.165 .089 107	.384** .000 107	.1 107

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Source: Researcher's data (2017)

The Pearson correlation on most of the tested items reveals that psycho-spiritual counsellors play a positive role in addressing the problem of delinquency among teenagers from single mother families. For instance, the Pearson correlation coefficient shows that teenagers' delinquency problem can be rectified by counsellors if detected early enough and through empathy, unconditional positive regard and focused care, since  $r = .463$  at  $p < .000$ . The study also established that there was a significant positive relationship between teenage delinquency and requirement for psychological and spiritual skills to treat them since  $r = .411$  at  $p < 0.000$ , which implies that psycho-spiritual counsellors are necessary in the treatment of teenage delinquency. From these tests, it is evident that psycho-spiritual counsellors have a positive role to play in the treatment of teenage delinquency. Therefore, the study rejects the hypothesis that says 'Psycho-spiritual interventions will not be able to address the problem of delinquency among teenagers from single motherhood.'

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 Introduction**

This chapter presents the summary of the study, designed to investigate the influence of single mothers' parenting style on teenagers' anti-social behaviour and the role of psycho-spiritual counselling as an intervention strategy. In addition, it presents the study's conclusions based on the findings and the recommendations including limitations and suggestions for further studies.

#### **5.2 Summary of the Study**

The purpose of this study was to explore the influence of single motherhood on teenage delinquency in Lang'ata Sub-County, Kenya. The study was guided by the following objectives: To examine the anti-social experiences of teenagers raised by single mothers in Lang'ata Sub County, Kenya and to explore psycho-spiritual interventions that could be used to address the problem of delinquency among teenagers from single mothers in Lang'ata Sub County, Kenya. The study was informed by two theories namely: Attachment Theory and Structural Family Theory.

A literature review was carried out from a variety of sources that comprised of journal articles, e-books, e-databases, among many others which were drawn from both international and local levels. The reviewed study showed that teenagers from single mother families are susceptible to anti-social behaviour such as drug abuse, truancy, stealing and aggression, among many others. This study adopted a quantitative research design and specifically the survey design. The sample size was made up of 107 participants who comprised of 101 students and 6 teachers. Self-administered questionnaires based on Likert scale of 1-5 were used to collect data.

Statistical Programme for Social Sciences (SPSS) version 21 was used to conduct descriptive statistics. Chapter five describes and discusses those findings in details as follows:

### **5.3 Summary of the Findings**

#### **5.3.1 Relationship between Single Mothers' Parenting style and Teenagers' Tendency to Abuse Drugs**

The study noted that there is a rather significant correlation between teenagers' tendency towards drug abuse and being raised by a single mother. The study also found out that single mothers who abuse drugs are likely to influence their teenagers towards drug abuse since children more or less imitate the behaviour of the parents they interact with mostly. However, the findings indicated that being raised by a single mother does not necessarily influence their attitude towards taking drugs.

#### **5.3.2 Single Mother Parenting Style and Teenagers Rate of School Absenteeism in Lang'ata Sub-County, Nairobi-Kenya**

The findings of the study established that although single mother's parenting style does not necessarily lead to school absenteeism but when single mother families are facing economic challenges, their children are likely to remain out of school due to lack of school fees. Hence, the many financial obligations that single mothers encounter singlehandedly tend to be sources of challenge.

#### **5.3.3 Single Mother Parenting Style and Theft behaviour among Teenagers in Lang'ata Sub-County, Nairobi-Kenya**

The findings of the study showed that teenagers from single mother families are likely to resort to stealing due to lack of basic necessities in their homes. Lack of adequate supervision from their mothers was also found to make them engage in stealing. Teenagers from single

mother families were also found to likely engage in stealing due to poor parenting skills by their mothers.

#### **5.3.4 Single Mother Parenting Style and Teenagers' Aggressive Behaviour in Lang'ata Sub-County, Nairobi-Kenya**

The study noted that most teenagers who are violent and aggressive come from single mother families where discipline meted out to them was harsh. This means poor parenting style is likely to lead teenagers to becoming aggressive and violent. Furthermore, it was noted that most teenagers from single mother families have anger management problem. Furthermore, the study established that emptiness and feeling of inadequacy including rejection and neglect at home make teenagers from single mother families resort to aggressive and violent behavior. In addition, the study noted that teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent. This implied that there is a clear positive connection between exposure to conflicts and abuse at homes and the aggressive behavior of teenagers brought up in single mother families.

#### **5.3.5 The Role of Psycho-Spiritual Counsellors in Addressing the Problem of Delinquency among Teenagers from Single Mother Families**

The results of the study established that the delinquency problem can be rectified by counselors if such behavioral tendencies are detected early enough. Specifically, the study noted that teenage delinquency requires both psychological and spiritual skills treatment, therefore, the psycho-spiritual counselors are needed to offer help to such teenagers in order to change their delinquent behavior through methods such as focused care, unconditional positive regard and empathy. As a result, the importance of spiritual and psychological approach in the treatment of delinquent teenagers cannot be denied especially in the restoration of troubled teenagers to become healthy, happy and productive members of the society.

## **5.4 Conclusion**

The study concludes that there is a significant relationship between teenagers' anti-social behaviour and single mother parenting style. Specifically, single mothers' inadequate supervision, poor parenting skills and inability to act as good role models could lead to anti-social behaviour among teenagers. Most single mother headed families are likely to face financial difficulties due to many financial obligations under the care of one parent.

In addition, teenagers from single mother families are likely to steal due to lack of basic necessities in their homes. Teenagers from single mother families tend towards becoming violent and aggressive due to poor parenting such as harsh discipline, emptiness and feeling of inadequacy, neglect and rejection at home, exposure to violence and abuse.

Psycho-Spiritual Counselors who have both psychological and spiritual skills can treat cases of teenage delinquency if detected early enough through methods such as focused care, unconditional positive regard and empathy. This would help to restore broken families and troubled youths to become healthy, happy and productive members of the society.

## **5.5 Recommendations**

The study recommends that all stakeholders such as the single mothers, psycho-spiritual counselors, educators and policy makers have important role to play in addressing the problem of teenage delinquency in the society.

### **5.5.1 Single Mothers**

- The study recommends that single mothers should be vigilant and offer close supervision to their teenage children which is a sensitive stage in their lives to guard them against developing anti-social behaviours. As such, single mothers ought to instill positive life



skills to their teenage children to enable them cope with life challenges especially negative peer pressure in the light of having no father figure as a role model.

- Single mothers should be good role models to their children especially the teenagers who are likely to imitate their behaviour.
- Single mothers should encourage their teenage sons and daughters to engage themselves in healthy sporting activities during their free time as a way of distracting them from engaging in anti-social behaviour.

### **5.5.2 Government Policy Makers**

- The government through the ministries of education including youth and social welfare should establish support programs that aimed at uplifting single mother families owing to the many challenges they face in life. The program should also be extended to their children especially the teenagers who are prone to engage in antisocial behaviours. These anticipated programmes should address their psychological, financial and spiritual needs as follows: creating recreational to help teenagers rejuvenate, offering seminars/workshops on the importance of being good citizens etc.
- The Ministry of Education should make counseling obligatory in secondary schools to deal with delinquent cases.

### **5.5.3 School Administrators and Teachers**

- The school administrators and teachers should pay special attention to teenagers from single mother families and organize for them counseling sessions.
- School administrators and teachers should create an atmosphere of openness and respect for nontraditional families. Provide ample opportunity for students to share feelings without being judged by others.

#### **5.5.4 Psycho-Spiritual Counsellors**

- The study recommends that psycho-spiritual counselors who may be working in their communities should work with children with the tendency of anti-social behavior from single mother families and address them early to avoid disintegrating into serious problems later in life.
- Psycho-Spiritual counselors should counsel single mothers especially in relation to parenting to ensure that they use the most appropriate methods that will not turn their teenage children into social misfits.
- Psycho-Spiritual Counselors should sensitize single mother families and the society in general about dangers of delinquent behaviour so that they can avoid them early in life.

#### **5.5.5 Limitations of the Study**

The study has some limitations in terms of the scope covered. It was only focused on secondary school teenagers of schools in Lang'ata Sub-County, therefore left out all other teenagers who may have been raised by single mothers in Kenya. This constraint was merely due to time and financial stress. However, the scope covered was still large enough in view of its quantitative research design that sampled a total of 107 participants. Thus, the finding could be generalized to the target group of secondary school teenagers within the Langáta Sub-County.

#### **5.6 Suggestions for Further Research**

This particular study only focused on the influence of single mothers on the teenagers' delinquency in Lang'ata Sub-County, which is a small area considering that single mother families are many in Kenya and the world at large. It is therefore, important for a broader study to be carried out for the study to be generalized. It is also imperative to carry out a study using either qualitative or mixed methods which the current study did not use.

The following topics are therefore suggested for further research:

- a) Influence of single fatherhood on teenage delinquency
- b) The role of peers in teenage delinquency
- c) Psychological influence of teenage delinquency on single mothers
- d) Role of psycho-spiritual counselling in addressing the problem of single mothers.

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## APPENDIX I: QUESTIONNAIRE FOR STUDENTS

Psycho-Spiritual Institute, P. O. Box 24450-00502, Karen – Nairobi

9<sup>th</sup> October 2016

Dear Respondent,

### RE: DATA COLLECTION

I am a student at Marist International University College, Psycho-Spiritual Institute pursuing a Masters Degree in Psycho-Spiritual Counselling. I am carrying out a research on *“Influence of Single Motherhood on Teenage Delinquency.”* I would be grateful if you kindly accept to participate in this study by filling in this questionnaire. Please respond by either ticking [✓] to your preferred answer or give a brief explanation in the spaces provided. All the information you will provide will be treated with confidentiality.

### Consent:

By signing this consent form, I confirm that I have read and understood the information and have had the opportunity to ask questions. Accordingly, I voluntarily agree to take part in this study.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Thank you in advance for your cooperation.*

**Rev.Fr. Moses Kawa**



**Section A: Demographic Information (Answer only where applicable)**

1. Gender : (a) Male [ ] (b) Female [ ]
2. Age: **a).** 12-15 [ ] **b).** 16-20 **c).** 21-25 [ ] **d).** 26-30 [ ]
3. Class: Form one [ ] Form two [ ] Form Three [ ] Form Four [ ]
4. From what kind of family do you come from? a) Single mother [ ]  
b). Both parents [ ] c). Step family [ ] d). Father only [ ] e). Others [ ]

**Section B: Single Mother Parenting Style and Teenagers' Tendency toward Drug Abuse**

*Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)*

STATEMENTS	SA	A	U	D	SD
1. Living with my mother alone makes me careless about taking drugs					
2. Single mothers who discipline teenagers with love will make them avoid abusing drugs					
3. Abusive single mothers are likely to make teenagers turn to drugs for solace					
4. Single mothers' parenting style has no influence on teenagers' abuse of drugs					
5. Inadequate supervision by single mothers make teenagers to abuse drugs					
6. Single mothers who abuse drugs are likely to spread the behaviour to their teenage sons and daughters					

### Section C: Single Mother Parenting Style and Teenagers Rate of School Absenteeism

Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)

STATEMENTS	SA	A	U	D	SD
1. Most teenagers from single mother families are likely to play truancy from school					
2. Economic hardships keeps many teenagers from single mother families out of school					
3. School fees is a major problem among teenagers from single mother families					
4. Most teenagers from single mother families attend school normally					
5. Most teenagers from single mother families are tasked with menial jobs to cater for family needs					
6. Most teenagers from single mother families are given home chores that make them skip school					

### Section D: Single Mother Parenting Style and Theft Behaviour among Teenagers

Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)

STATEMENTS	SA	A	U	D	SD
1. Teenagers from single mother families are likely to resort to stealing due to lack of basic necessities					
2. Teenagers from single mother families are likely to engage in stealing due to lack of adequate supervision from the mother					
3. Teenagers from single mother families are likely to engage in stealing behaviour due to poor parenting skills by their mothers					
4. Teenagers from single mother families engage in stealing after imitating what their mothers do					
5. Two parents are in a better position to bring up a teenager who does not steal					
6. Teenagers from single mother families rarely steal					

### Section E: Single Mother Parenting Style and Teenagers' Aggressive behaviour

Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)

STATEMENTS	SA	A	U	D	SD
1. Teenagers who are violent and aggressive come from single mothers families where discipline meted to them was harsh and inconsistent					
2. Most teenagers from single mother families have an anger management problem					
3. Emptiness and feeling of inadequacy make teenagers from single mother families resort to aggressive and violent behaviour					
4. Rejection, neglect and conflicts at home make some teenagers from single mother families aggressive and violent					
5. Teenagers raised in supportive, affectionate and accepting single mother families are not likely to become violent and aggressive					
6. Teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent					

**Section F: The Role of Psycho-Spirituality in Addressing the Problem of Delinquency among Teenagers from Single Motherhood Families.**

<b>STATEMENTS</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
1. Teenager's delinquency from single mothers is a problem that can be rectified by counsellors if detected early enough.					
2. Counsellors can change delinquent behaviour of teenagers through empathy, unconditional positive regard and focused care					
3. Teenage delinquency requires both psychological and spiritual skills to treat.					
4 Counsellors can help restore broken single mother families f and troubled youths to become healthy, happy and productive members of the society					
5. Identification of early antisocial behaviour is the best predictor of later delinquency					
6. Teenagers who associate themselves with deviant peers are likely to develop delinquent behaviour which could be a good starting point for the counsellors to establish the root cause of the problem					

## APPENDIX II: QUESTIONNAIRE FOR TEACHERS

Psycho-Spiritual Institute, P. O. Box 24450-00502, Karen – Nairobi

9<sup>th</sup> October 2016

Dear Respondent,

### RE: DATA COLLECTION

I am a student at Marist International University College, Psycho-Spiritual Institute pursuing a Masters Degree in Psycho-Spiritual Counselling. I am carrying out a research on *“Influence of Single Mothers on Teenage Delinquency.”* I would be grateful if you kindly accept to participate in this study by filling in this questionnaire. Please respond by either ticking [√] or giving a brief explanation in the spaces provided. All the information you will provide will be treated with confidentiality.

### Consent:

By signing this consent form, I confirm that I have read and understood the information and have had the opportunity to ask questions. Accordingly, I voluntarily agree to take part in this study.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Thank you in advance for your cooperation.*

**Rev.Fr. Moses Kawa**

**Section A: Demographic Information (Answer only where applicable)**

1. Gender : (a) Male [ ] (b) Female [ ]
2. Age: a). 21-25 [ ] b). 26-30 [ ] c). 31-45 [ ] d). 46-50 [ ] e). 51 and above [ ]
3. Work experience: 0-5 years [ ] 6-10 years [ ] 11 - 15 [ ] 16 and above [ ]

**Section B: Single Mother Parenting Style and Teenagers' Tendency toward Drug Abuse**

*Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)*

STATEMENTS	SA	A	U	D	SD
1. Single mothers' parenting style can determine whether a teenager will abuse drugs or not					
2. Single mothers who discipline teenagers with love will make them avoid abusing drugs					
3. Abusive single mothers are likely to make teenagers turn to drugs for solace					
4. Single mothers' parenting style has no influence on teenagers' abuse of drugs					
5. Inadequate supervision by single mothers lead teenagers to abuse drugs					
6. Single mothers who abuse drugs are likely to spread the behaviour to their teenage sons and daughters					

### Section C: Single Mother Parenting Style and Teenagers Rate of School Absenteeism

Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)

STATEMENTS	SA	A	U	D	SD
1. Most teenagers from single mother families are likely to play truant from school					
2. Economic hardships keeps many teenagers from single mother families out of school					
3. School fees is a major problem among teenagers from single mother families					
4. Most teenagers from single mother families attend school normally					
5. Most teenagers from single mother families are tasked with menial jobs to cater for family needs					
6. Most teenagers from single mother families are given home chores that make them skip school					



### Section D: Single Mother Parenting Style and Theft Behaviour among Teenagers

Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)

STATEMENTS	SA	A	U	D	SD
1. Teenagers from single mother families are likely to resort to stealing due to lack of basic necessities					
2. Teenagers from single mother families are likely to engage in stealing due to lack of adequate supervision from the mother					
3. Teenagers from single mother families are likely to engage in stealing behaviour due to poor parenting skills by their mothers					
4. Teenagers from single mother families engage in stealing after imitating what their mothers do					
5. Two parents are in a better position to bring up a teenager who does not steal					
6. Teenagers from single mother families rarely steal					

## Section E: Single Mother Parenting and Teenagers' Aggressive Behaviour

Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)

STATEMENTS	SA	A	U	D	SD
1. Teenagers who are violent and aggressive come from single mothers families where discipline meted to them was harsh and inconsistent					
2. Most teenagers from single mother families have an anger management problem					
3. Emptiness and feeling of inadequacy make teenagers from single mother families resort to aggressive and violent behaviour					
4. Rejection, neglect and conflicts at home make some teenagers from single mother families aggressive and violent					
5. Teenagers raised in supportive, affectionate and accepting single mother families are not likely to become violent and aggressive					
6. Teenagers from single mother families who are exposed to conflicts and abuse at home are likely to become aggressive and violent					

**Section F: The Role of Psycho-Spirituality in Addressing the Problem of Delinquency among Teenagers from Single Mother Families.**

*Put a tick [✓] in the most appropriate space to indicate your level of agreement using the scale given below: Strongly Agree (SA) Agree (A) Undecided (U) Disagree (D) Strongly Disagree (SD)*

STATEMENTS	SA	A	U	D	SD
1. Teenager's delinquency from single mother family is a problem that can be rectified by counsellors if detected early.					
2. Counsellors can change delinquent behaviour of teenagers through empathy, unconditional positive regard and focused care					
3. Teenage delinquency requires both psychological and spiritual skills to treat.					
4. Counsellors can help restore broken single mother families and troubled youths to become healthy, happy and productive members of the society					
5. Identification of early antisocial behaviour is the best predictor of later delinquency					
6. Teenagers who associate themselves with deviant peers are likely to develop delinquent behaviour which could be a good starting point for counsellors to establish the root cause of the problem					

## APPENDIX III: RESEARCH AUTHORIZATION LETTER



### Psycho-Spiritual Institute

TO WHOM IT MAY CONCERN

REF: AUTHORITY TO COLLECT DATA

The bearer of this letter by the name: **Fr. Moses Kawa** Admission No: **PSI/18/MK/15**


Is an MA student in **Psycho-Spiritual Counselling** at Psycho-Spiritual Institute, Marist International University College.

Having completed the course work, he is ready to conduct a research through collection of data. We are therefore requesting you or your Institution to assist him to collect the necessary data to enable him complete his research.

Thank you in advance, for your support.

Yours,

FR GEORGE MAINA

  
PSI ACADEMIC OFFICE.

PSYCHO-SPIRITUAL INSTITUTE  
Marist International Centre  
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