

Research in teaching and learning processes should be understood to mean digging deep into knowledge or existing issues so as to have enough knowledge and clear understanding of the subject area. In essence, research helps lecturers to interrogate aspects of their teaching practices and evaluate learning processes with a greater understanding of its relevance to their careers. It helps in assessment of particular situations in order to conform to the practices required in the pedagogical field. As a result of this, teaching/learning process becomes enjoyable and meaningful and in addition, it enhances symbiotic relationships between and among both the lecturers and the students. In this case, there should not be strains and tension in the teaching/learning process. In the long run, the quality of education in the universities is guaranteed. This paper explores ways in which the research is used to enhance teaching, training and learning in universities in Kenya.