Abstract

Study objectives were: (i) Establish parents’ power structure (parenting styles). (ii) Explore parents’ communication with adolescents. (iii) Investigate adolescents’ self-confidence and self-reliance in decision making (DM) (iv) Establish the extend of adolescents’ participation in (DM) in their choice of clothing, subjects school, career and when spending their pocket money. 827 adolescents and 562 of their parents (433 adolescents and 248 parents from Nairobi County and (394 adolescents and 314 parents from Makueni County. Participants responded to questionnaires. Results showed that 53.4 %, 33.8% of the parents were authoritative and permissive respectively. Parents’ communication was 70.55%. Mothers’ communication was better than that of fathers. Adolescents’ self-confidence and self-reliance in DM was 75.6%. Their participation in DM was: choice of clothing - 58.4 %, school subjects - 74.8 %, career - 79.1%, and spending pocket money - 71.9 %. Non-participating adolescents in DM were 25.2%. There is need to educate parents on the importance of allowing adolescents’ participation in DM. This may be an intervention for undecided and indecisive adolescents who generally to make wrong decisions which may have lifelong implications.