

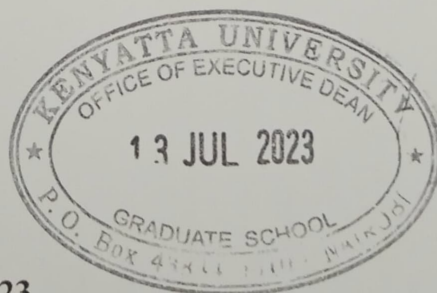
**STUDENTS' PERCEPTION OF COUNSELLORS CORE CONDITIONS AND ITS
INFLUENCE ON UTILIZATION OF COUNSELING SERVICES AMONG STUDENTS
IN PUBLIC SECONDARY SCHOOLS IN NAIROBI CITY COUNTY, KENYA.**

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C50/CTY/PT/37272/2017

**A RESEARCH PROJECT SUBMITTED TO THE SCHOOL OF LAW, ART AND
SOCIAL SCIENCES IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR
THE AWARD OF THE DEGREE OF MASTER OF ARTS (COUNSELLING
PSYCHOLOGY) OF KENYATTA UNIVERSITY**

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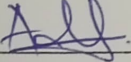


DECLARATION

Student's Declaration:

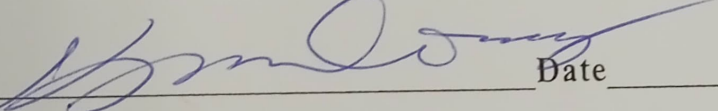
This research project is my original work and has not been presented for a degree in any other university.

Adolphine Nyaboke Nyandoro

Signature  Date 10/07/2023

C50/CTY/PT/37272/2017

Supervisor: This research project has been submitted with my approval as university supervisor.

Signature  Date 11/7/2023

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Department of Psychology

ABSTRACT

Counseling in secondary schools is crucial because it helps students reach their full potential. Despite its clear benefits, students in public secondary schools rarely make use of counseling services. While researchers have explored many causes of low utilization of counseling services the influence of students' perception of the counselors' core conditions on utilization of counseling services among students has not been adequately addressed. Therefore, this study sought to determine the influence of students' perception of the counselors' core conditions on utilization of counseling services among students in public secondary schools in Nairobi City County. The study was founded on the Carl Rogers, Person-centered/Client-centered theory. A descriptive study design was used to guide the study. The target population of the study was 49,707 students in public secondary schools in Nairobi City County. The study involved 413 students and 10 school counselors from 10 ten public secondary schools located in Nairobi City County. Both probability and non-probability sampling methods were utilized in the study. The ten public secondary schools with functional counseling departments were selected using the proportionate sampling technique, which represented the 87 public secondary schools in the county. The stratified sampling technique was then employed to create strata based on the year of study, including forms two, three and four students from the selected sub-populations. Participants were selected from the identified strata in the selected schools using simple random sampling. A pilot study was conducted among 40 students. Data was collected through questionnaires. To test the hypothesis, linear regression was employed. The results indicated that majority of the students (61.4%) had a positive perception of counselors' empathy, Results from a linear regression analysis showed that students' impressions of the counselors' empathy significantly affected how often they made use of counseling services ($\beta=0.167$, $p=0.002$). The findings further established that 70.5% of the students had a positive perception of counselors' genuineness indicating a positive significant influence on students' utilization of counseling services ($\beta =0.171$, $p=0.049$). 64.3% of the students also had a positive perception of counselors' unconditional positive regard indicating a positive significant influence on student's utilization of counseling services ($\beta =0.158$, $p=0.009$). Further findings established that 89.5% of the participants agree that confidentiality should be maintained and 86.2% noted that counselors should be professionally trained to be more skilled. The study concluded that students need counselors who can assure them of confidentiality and keep it. The research recommends that policy makers, school administrators and counselors should put in place measures to ensure that school counselors acquire counseling skills that enhance professionalism and great ethical practices in schools.