

Determination Of The Relationship Between Stress Levels And Delinquency Among Adolescents In Selected Public Rehabilitation Schools In Kenya

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Abstract

Adolescent delinquency in Kenya has become a pressing social issue, showing a concerning increase. This study aimed to explore the connection between psychosocial factors and delinquency among adolescents in selected public rehabilitation schools in Kenya, drawing insights from the "Storm and Stress" Theory and Social Learning Theory. Employing a mixed research methods approach, the study utilized a convergent parallel research design, fitting for a mixed methods approach. The target population consisted of 360 individuals, including adolescents, managers, teachers, and welfare officers from four chosen public rehabilitation schools. Sampling involved a combination of convenience, stratified random, systematic random, and simple random sampling methods to select 271 respondents, comprising adolescents, teachers, and welfare officers. Questionnaires were administered to adolescents and teachers, while managers and welfare officers underwent interviews. The research instruments demonstrated reliability through a pilot study, revealing Cronbach's Coefficient Alpha values above 0.7. ANOVA analysis indicated F value 0.065, $p < 0.05$ which was less than the F table value 0.99993. This showed statistically significant relationship between stress levels and delinquency. Findings revealed that the adolescents had mental issues which impacted negatively on their behaviour. These findings hold valuable implications for rehabilitation schools' management, teachers, and probation officers, aiding in policy formulation to enhance the rehabilitation process. Moreover, counseling psychologists, clinical psychologists, and mental health practitioners can benefit from these findings in supporting adolescent delinquents and caregivers during rehabilitation and post-exit.

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I. Introduction

Background to the Study

The problem of adolescent delinquency has increased at an alarming rate, both in magnitude and intensity in Kenya and in other parts of the world. Incidences of street children and organized gangs involvement in crime in major cities and urban towns have escalated. There seems to be an increase in issues involving suicide, homicide, drug abuse and alcohol abuse, dynamics in family structure has led to emergence of complexities in the society which are likely to impact negatively on adolescents hence contributing to delinquent behaviours.

Stress can be characterized as "the imprecise reaction of an individual's body to every demand change" (Roy, Kamath & Kamath, 2015). Stress levels exist in a continuum with high stress levels at one end low stress levels at the other end. People experience different levels of stress depending on the type of stressors, their sources and individual's coping to stress. Adolescents go through physical, emotional, hormonal, cognitive and social changes during the developmental transition period of adolescence which may lead to pressure build up likely to have negative implications on the physical and mental wellbeing of adolescents. The common stressors involve daily activities and events experienced by the adolescents (Roy et al., 2015). Post-traumatic stress disorder and violent crime were found to have strong association among adolescents (Paulino et al., 2023). Pressure in teenagers was connected to chronic frailty and destructive conduct, social clash at different levels that led to increment in pressure that had unsafe ramifications for well-being of an adolescent. (Sigfusdottir, Kristjansson, Thorlindson & Allegrante, 2017). Non-periodic users of substances of abuse and frequent drug users had more significant levels of mental, intellectual and physiological manifestations of stress (Frade, Micheli, Andrade & Formigoni, 2013).

Problem Statement

The surge in delinquency among adolescents has become a critical social issue, not only in Kenya but also globally. This escalating challenge raises significant concerns for parents, guardians, the education system,

the justice system, rehabilitation school management, and the Department of Children's Services. The adverse implications of adolescent delinquency extend to the mental health and well-being of individuals, their families, and the overall security of society. Despite the establishment of rehabilitation schools to aid in the behavioral reform of adolescent delinquents, the anticipated positive outcomes have not been realized. Post-exit, a high rate of recidivism persists among these adolescents. It appears that various stakeholders, including instructors/teachers, parents, guardians, rehabilitation schools, probation officers, the justice system, and society at large, lack a comprehensive understanding of how the rehabilitation process should effectively address the challenges associated with delinquent behaviors during the crucial developmental transition period of adolescence. This study aims to explore the relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Significance of the Study

The research findings highlight variations in self-esteem among adolescents, with some exhibiting high levels and others displaying low levels. Both high and low self-esteem are identified as potential contributors to delinquent behaviors in adolescents. Notably, low self-esteem is linked to heightened aggression, a pattern observed in both male and female adolescents. Recognizing the pivotal role of self-esteem in the development of delinquent behaviors, this study's insights will prove valuable to rehabilitation schools' management, teachers, counseling psychologists, and clinical psychologists. The findings can inform the creation of targeted training programs aimed at enhancing self-esteem, benefiting adolescents with both low and high self-esteem.

II.Literature Review

Stress Levels

Stress can be characterized as "the loose reaction of the body to any interest for change" (Roy, Kamath & Kamath, 2015). Adolescents are in a developmental stage referred to as adolescence which is a transition period between childhood and adulthood (Jaworska & MacQueen, 2015). It is a critical developmental period in which social independence is being established in the adolescents (Steinberg, 2014). Adolescents undergo many changes which include physical, psychological, cognitive, emotional and social changes. These are likely to evoke internal reactions within the adolescents' body and most likely leads to pressure or stress build up. The most common stressors experienced by adolescents involve daily activities and life events (Roy, et al., 2015).

An investigation on post-traumatic stress disorder and the risk of violent crime was conducted involving a nationwide register- based cohort study in Swedin, which aimed at examining the hypothesized association between post-traumatic stress disorder and violent crime (Paulino et al., 2023). This study investigated the extent to which familial factors might explain the association using those individuals or siblings in the family who are not affected (sibling control individuals). The researchers found out that post-traumatic stress disorder was associated with increased risk of violent crime conviction even after controlling for familial effects shared by siblings and in absence of past incidences of crime. The study results showed a strong link between post- traumatic stress disorder and violent crime in Swedish population and may be implied in general population (Paulino et al., 2023). The researchers suggest that although the results may not be generalizable to less severe or undetected cases of post-traumatic stress disorder the research findings informs on interventions which aim towards reduction of violent crime in the vulnerable populations. Post-traumatic stress disorder may be considered a potential risk factor for violent crime and should be targeted for prevention and reduction of crime rates in vulnerable populations.

Frade, Micheli, Andrade, and Formigoni (2013) conducted research on the connection between secondary school students' drug use and stress symptoms. The purpose of this study was to assess the connection between the use of psychoactive drugs and a variety of stress-related symptoms in nine hundred and fifty-four Brazilian students in the sixth through eleventh grades from four public and five private schools in the city of Sao Paulo. The researcher looked at how drug use related to four different types of stress symptoms, the respondents completed the Stress Scale for Adolescents and Drug Use Screening Inventory for the researchers.

The association between drug abuse and stress was observed to be stronger among the eleven to thirteen years old students who were the youngest in the school (Frade et al., 2013). Most of the regular drug users were the older students who were age of sixteen and above from upper-working class families the individuals who had unhealthy family relationship and more scholarly issues (Frade et al., et al., 2013). These discoveries affirmed connection between drug abuse and stress in youths and imparts the requirement for early screening and mediation in both medication use and distressing circumstances. This review managed to indicate relationship of medication use and four sorts of pressure and levels among understudies in both public and tuition - based schools in the city (Frade et al., 2013). However, the study did not specify the gender of the students. The current study drew from these views the researcher sought to determine the association between stress and delinquency amongst both male and female adolescents in selected public rehabilitation schools in Kenya.

III.Results and Findings

Descriptive Statistics on Stress Levels and Delinquency

The adolescents' rating using various parameters to determine the relationship between stress levels and delinquency among adolescents were presented in Table 1.

Table 1: Adolescents Rating on the Stress Levels and Delinquency

	Never		Almost Never		Sometimes		Fairly Often		Very Often	
	F	%	F	%	F	%	F	%	F	%
Been resentful about something that happened startlingly?	43	20.2	24	11.3	91	42.7	26	12.2	29	13.6
Felt that you were unable to control the significant things in your day- to- day existence?	36	16.9	28	13.1	58	27.2	32	15.0	59	27.7
You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you?	40	18.8	33	15.5	77	36.2	23	10.8	40	18.8
You were able to deal with day-to-day problems and annoyance successfully?	43	20.2	30	14.1	57	26.8	40	18.8	43	20.2
You had the option to adapt successfully to significant changes in your day- to day existence?	18	8.5	21	9.9	55	25.8	63	29.6	56	26.3
You are confident about your ability to handle your personal problems.	24	11.3	18	8.5	50	23.5	61	28.6	60	28.2
You felt that things were going your way?	32	15.0	11	5.2	74	34.7	42	19.7	54	25.4
You were not able to cope with all the things that you had to do.	11	5.2	17	8.0	68	31.9	61	28.6	56	26.3
You were able to deal with irritating life issues successfully. You were on top of things?	29	13.6	9	4.2	82	38.5	43	20.2	50	23.5

Source Field Data (2022)

The results obtained, were presented in Table 1. The findings showed that majority of the adolescents (42.7 %) sometimes found themselves being resentful about something that happened startlingly had response rate of 91(42.7%), those who indicated never had response rate 43(20.2%), almost never had response rate (11.3 %), those who indicated fairly often had response rate of 26(12.2 %) and very often had response rate of 29(13.6%). Majority of the adolescents felt very often they were unable to control the significant things in their day- to - day existence had response rate of 59(27.7%), while 32(15.0%) indicated fairly often and 36(16.9%) indicated never response. Most of the adolescents indicated sometime they felt that they were often feel tense, nervous and cannot control themselves which resulted to actions that were harmful had response rate of 77(36.2%), never and very often had response rate of 40(18.8%) each.

The findings indicated majority of the adolescents felt that sometimes things are going their way had response rate of 74(34.7%), those who indicated fairly often and very often they felt that things were going their way had response rates 42(19.7%) and 54(25.4%). The respondents who indicated almost never felt that things did not go their way had response rate 11(5.2 %). The respondents who indicated that they are not able to cope with all the things that they had to do fairly often had response rate was 61(28.6%), while 56(26.3%) indicated very often. Those who were able to cope will all the things they were to do had response rate 11(5.2%) indicated almost always and 17(8.0%) indicated almost never they are not able to cope. Those who were able to cope with them sometimes had response rate 68(31.9%). Most of the respondents indicated that sometimes that they are able to deal with irritating life issues successfully had response rate 82(38.5%), those who were able to deal with irritating life issues fairly often and very often to deal with their issues always on the top of things had response rate of 43(20.2%) and 50(23.5%) respectively. Those who were unable to deal with irritating issues who had never response were 29(13.6%), while 9(4.2%) indicated almost never unable to deal with irritating situations.

Table 2: Teachers' Rating on the Stress Levels and Delinquency

Test item	Never		Almost Never		Sometimes		Often		Almost always	
	F	%	F	%	F	%	F	%	F	%
Most of them have been upset by something that happened unexpectedly.	0	0.0	1	16.7	3	50.0	2	33.3	0	0.0
Most of them felt they could not control the important things in their lives.	3	50.0	0	0.0	2	33.3	1	16.7	0	0.0
Most of them often feel tense, nervous and cannot control themselves resulting to harmful actions.	0	0.0	0	0.0	4	66.7	2	33.3	0	0.0

Most of them were able to deal with day-to-day problems successfully.	3	50.0	0	0.0	3	50.0	0	0.0	0	0.0
Most of them were able to cope effectively with important changes in their lives.	0	0.0	0	0.0	2	33.3	2	33.3	2	33.3
Most of them are confident about their ability to handle personal problems.	0	0.0	0	0.0	4	66.7	2	33.3	0	0.0
Most of them felt things were going their way.	2	33.3	2	33.3	2	33.3	0	0.0	0	0.0
Most of them were not able to cope with all the things that they had to do.	0	0.0	0	0.0	2	33.3	3	50.0	1	16.7
Most of them were not able to deal with irritating life issues successfully.	3	50.0	1	16.7	1	16.7	0	0.0	1	16.7
Most of them felt they were on top of things.	0	0.0	2	33.3	1	16.7	0	0.0	3	50.0
Most of them have been upset by something that happened unexpectedly.	0	0.0	0	0.0	2	33.3	1	16.7	3	50.0

Source Field Data (2022)

Most of the adolescents reported that they were upset sometimes with something that happened unexpectedly had response rate 3(50.0%) while 2(33.3%) indicated upset often. Most of the adolescents were indicated by the teachers that they could never control the important things in their lives had response rate 3(50.0%) while 2(33.3%) were found that sometimes they could control the important things in their lives.

Regression Results on the Stress Levels and Delinquency

Multiple linear regression was used to analyze the data to test for the relationship between the independent variable (stress levels) and dependent variable (delinquency) among adolescents in selected public rehabilitation schools in Kenya. The results obtained were presented in Model Summary Table 3, ANOVA Summary Table 4 and Regression Summary in Table 5.

Table 13: Model Summary on the Stress Levels and Delinquency

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.703 ^a	.741	-.001	1.490398

Source Field Data (2022)

The results obtained were presented in Table 13. According to the regression model, correlation coefficient (R) was 0.703, which showed that, there was positive correlation between the independent variable (stress levels) and dependent variable (delinquency). The results indicated that, R² was 0.741, (74.1%), which represented the proportion of variance in the dependent variable (delinquency) that was explained by independent variable (stress levels).

Table 3: ANOVA Summary on the Relationship between Stress Levels and Delinquency among adolescents

ANOVA ^a						
	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	19.301	9	2.145	.065	.000 ^b
	Residual	450.921	203	2.221		
	Total	470.222	212			

Source Field Data (2022)

ANOVA summary was presented in Table 14, the results obtained indicated that $F(9,203) = 0.065, p < 0.05$, the F value achieved was less than the F table value which was 0.99993. This showed that there was statistically significant relationship between stress levels (independent variable) and delinquency (dependent variable) among adolescents in selected public rehabilitation schools in Kenya. The F value obtained was $F(9,203) = 0.065, P < 0.005$. This indicated that there was relationship between the independent variable and the dependent variable. Hence the null hypothesis (H_0) was rejected. The results indicated significance was 0.000, this showed that regression model was appropriate for the data analysis. The findings indicated that statistically significant relationship between stress levels and delinquency existed among adolescents. The findings were consistent with those of previous studies of other scholars. In a study obtained results which indicated that social climate impact resulted to pressure at mental level, upsetting circumstances and life occasions combined with individual qualities created unsafe pressure- related consequences (Sigfusdottir et al., 2017). There was statistical relationship between stress levels and delinquency based on the parameters used in

the study. Based on these results there are implications of stress levels on adolescent delinquents which implies that prevention measures are necessary to curb stress-related and delinquency issues among adolescents.

The findings obtained in this study were consistent with those of previous studies conducted by other scholars. In a study to investigate the relationship between mental health and tormenting exploitation among school-going youths both males and females, the findings indicated that harassing exploitation was decidedly connected with all spaces of mental trouble which included depression, anxiety and stress (Arhin et al., 2019). The results also indicated that depression was the only one which was predictor of bullying victimization, which is a delinquent behaviour among adolescents (Arhin et al., 2019). Pengpid & Peltzer (2020) in a study to approximate the prevalence and relates of mental stress among young adolescent students. The discoveries showed the commonness of mental misery was 18.0 % among guys and 29.2 % among females, openness to latent smoking, abusing drugs such as tobacco, cannabis or amphetamines consumption was adversely related to mental distress. The reserachers noted that one out of four school children reported psychological distress and factors associated were identified which would help in control and prevention of psychological distress, the study involved both male and female adolescents.

Frade, Micheli, Andrade & Formigoni (2013), In a research on the connection between secondary school students’ drug use and stress symptoms, the findings indicated that non/periodic users of substance abuse, frequent drug user, had more significant levels of mental, intellectual and physiological manifestations of stress which were in the most serious continuum of seriousness (near fatigue and weariness). The relationship between drug use and stress was observed to be stronger among the eleven to thirteen years old students who were the youngest in the school (Frade et al., 2013). Most of the regular drug users were the older students who were ages of sixteen and above, the discoveries affirmed connection between drug use and stress in youths and imparts on the requirement for early screening and mediation in both medication use and distressing circumstances (Frade et al., 2013). Sigfusdottir, Kristjansson, Thorlindsson and Allegrante (2017), In a study on stress and adolescent welfare to analyze the impacts of stress on various behavioural results among adolescents which included subst ance abuse, self- destructive conduct, self- caused damage and misconduct, pressure in teenagers has been found to be connected to chronic frailty and destructive conduct, social clash at different levels such as cultural levels to explicit gatherings like the family, or companion gatherings (Sigfusdottir et al., 2017). This led to increment in pressure that had unsafe ramifications for wellbeing and prosperity of youths. The social climate impact results of pressure at mental level, upsetting circumstances and life occasions collaborate, with individual qualities which created unsafe pressure related results (Sigfusdottir et al., 2017).

Table 4: Regression Analysis Summary on the Stress Levels and Delinquency

Model		Unstandardized Coefficients		t	Sig.
		B	Std. Error		
1	(Constant)	4.002	.470	8.516	.000
	Been resentful about something that happened startlingly?	.239	.112	2.128	.035
	Felt that you were unable to control the significant things in your day to day existence?	-.145	.103	-1.406	.161
	You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you?	.032	.085	.382	.703
	You were able to deal with day-to-day problems and annoyance successfully?	.017	.101	.170	.865
	You had the option to adapt successfully to significant changes in your day- to day existence?	-.032	.117	-.272	.786
	You are confident about your ability to handle your personal problems.	-.134	.096	-1.403	.162
	You felt that things were going your way?	-.054	.093	-.577	.565
	You were not able to cope with all the things that you had to do.	.015	.119	.130	.896
	You were able to deal with irritating life issues successfully. You were on top of things?	-.060	.104	-.580	.563

Source Field Data (2022)

Table 4 presents information on stress levels and delinquency among adolescents. The results indicated that, “*Been resentful about something that happened startlingly*” had the highest coefficient of 0.239 towards stress levels among the adolescent delinquents followed by “*You often feel tense, nervous and cannot control yourself, which results to actions that are harmful to you*” had a coefficient of 0.032, while “*Felt that*

you were unable to control the significant things in your day to day existence?" had the least coefficient of -0.145.

Conclusion on Regression Results on the Stress Levels and Delinquency

Multiple linear regression for data on stress levels indicated that correlation coefficient (R) was 0.703 which showed that there was positive correlation between the stress levels and delinquency. ANOVA analysis indicated that F value, $F(9, 203) = 0.065$, $p < 0.05$. F value obtained was less than the F table value which was 0.99993, which the researcher chose from the established criteria. This showed that there was statistically significant relationship between stress levels (independent variable) and delinquency (dependent variable). Hence, the null hypothesis (H₀) was rejected. The results indicated significance was 0.000, which showed that regression model was appropriate for the data analysis and there was goodness in the model fitting. There was statistically significant relationship between stress levels and delinquency among the adolescent delinquents. Based on the findings of this study there are implications of stress levels on adolescent delinquency. The findings of the study also revealed that the adolescent delinquents had mental issues which impacted negatively on their behaviour. The findings were consistent with those of other studies. Post-traumatic stress disorder was strongly associated with increased risk of violent crime conviction (Paulino et al., 2023). Adverse life events were positively associated with delinquency (Kabiru et al., 2014). Lone unpleasant life occasions leading to loneliness had relationship with more significant levels of mental stress (Nyarko et al., 2020). Research findings indicated that stress levels among students ranged from moderate to high levels which was an indication that secondary school students were predisposed to mental health problems (Ayiro et al., 2023). Based on these findings of research in which emphasis has been on situations in which adolescents have experienced stressful issues and fewer studies on experience of minimal stress. This study sought to determine the relationship between stress levels and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Thematic Analysis on the Stress Levels and Delinquency

The findings obtained indicated that the adolescents experienced mental health concerns which may impact on their behaviour. This may be as a result of adolescent delinquents' overcrowding, adequate resources, and lack of support systems such as family members and friends. Solitary confinement or limited housing can exacerbate mental health problems for adolescents housed in correctional facilities (National Institute of Justice, 2016).

The welfare officers indicated that:

Some of adolescent delinquents are diagnosed with behavior disorders, substance use disorders, anxiety disorders, attention-deficit/hyperactivity disorder (ADHD), and mood disorders, it is important to identify youths who may need immediate attention to their mental health needs and to identify those with a higher likelihood of needing special attention.

The welfare officers stated that:

"Trauma or exposure to violence may also more likely lead adolescents to come into conflict with the juvenile justice system. Early exposure to violence is associated with antisocial conduct such as delinquency, gang involvement, drug use, posttraumatic stress disorder, anxiety, depression, and aggression."

The findings of this study indicated that stressful events and environments were likely to lead to delinquent behaviours among adolescents. The findings also showed that trauma or exposure to violence may also most likely lead adolescents to come into conflict with parents, teachers, the juvenile system. The findings indicated that early exposure to violence was associated with antisocial conduct such as gang involvement, drug use, posttraumatic stress disorder, anxiety, depression and aggression. Some adolescent delinquents, had mental health disorders such as: behaviour disorders, substance use disorders, anxiety disorders, Attention-Deficit Hyperactivity Disorder (ADHD) and mood disorders. Therefore, it is important to identify those adolescent delinquents who may need immediate attention for their mental health needs and those with a higher likelihood of needing special attention.

These findings were consistent with those of previous studies. In a study on determinants of adolescent stress, it was observed that changes that occur during adolescence were likely to evoke internal reactions were likely to lead to pressure or stress build up (Roy et al., 2015). That state of distress in an adolescent can be linked to changes that occur during the developmental stage of adolescence. High levels of family stress from familial stressors tend to result to stress which would most likely overwhelm adolescents leading to delinquency. Stress in females and males tend to have varying levels of stress depending on the type of event, they are involved in (Roy et al., 2015).

Hall (1904) asserted that cognitive, environmental and hormonal changes may lead to mood disruption in adolescents. The hormonal changes and the psychological stress of adolescence can cause uncontrollable shifts in emotions which are unpredictable. The adolescents are often dealing with elevated hormonal changes, changes in the environments, such as: school, personal lives, increased sense of independence, additional stressors in the social environments and family, stressors about the future. These changes are confusing, unexpected, stressful and are likely to cause more sensitive emotional reactions, anger, frustration, violence and aggression. The adolescent is more likely to experience feelings of depression, self-consciousness, embarrassment, loneliness and nervousness, during this period of development, more than any other time in an individual's life.

Pengpid and Peltzer (2020) in a study to approximate the prevalence and relates of mental stress among young adolescents, both male and female, found out that, the female sexual orientation, harassing, exploitation, regularly truly assaulted, incessant investment in actual battles, having no dear companions, parental enthusiastic disregard, parental lack of security, school delinquency, inactive conduct and having supported single or numerous genuine wounds (past year), are all related with mental misery (Pengpid & Peltzer, 2020). Friend support, guardians never checking schoolwork, openness to latent smoking, abusing drugs such as: tobacco, cannabis or amphetamines, were all positively, associated with psychological distress, leading to delinquency (Pengpid & Peltzer, 2020). Difficulties of both male and female young people emphatically and essentially connected with misconduct. Adverse life events were positively associated with delinquency, among adolescents (Kabiru et al., 2014).

Conclusion on Thematic Analysis on the Stress Levels and Delinquency

The findings of the study as were reported by the care givers who had close interactions with the adolescent delinquents in the correctional institutions revealed that stressful events and environments were likely to lead to delinquent behaviours among the adolescents. The findings also showed that trauma and exposure to violence may most likely lead adolescents to come into conflict with older siblings, parents, teachers, other authority figures and the justice system due to the delinquent behaviours of the adolescents..

The findings further indicated that exposure to violence in early years of life was associated with antisocial conduct such as gang involvement, drug abuse, alcohol abuse, posttraumatic stress disorders, anxiety, depression and aggression. The findings showed that some adolescents had mental disorders, drug abuse disorders, alcohol abuse disorders, anxiety disorders, Attention Deficit Hyperactivity Disorder (ADHD) and mood disorders. Therefore it was necessary to identify those who may need immediate attention for their mental health needs and those with a higher likelihood of needing special attention.

These findings were consistent with those of previous studies conducted by scholars. In a study on Stress and Adolescent Welfare: the Requirement for an Interdisciplinary Structure to Analyze the Impacts of Stress on Various Behaviours Results among Adolescents (Sigfusdottir et al., 2017). The findings revealed that pressure in teenagers has been connected to chronic frailty and destructive conduct, social clash at different levels such as cultural levels to explicit gatherings like the family or companion gatherings, led to increment in pressure, that had unsafe ramifications for wellbeing and prosperity of the youths (Sigfusdottir et al., 2017). The scientists saw that social climate impact results of pressure at mental level, upsetting circumstances and life occasions collaborate, with individual qualities, created unsafe pressure, related results (Sigfusdottir et al., 2017).

Harassing exploitation was decidedly connected with all spaces of mental trouble which include depression, anxiety and stress (Arhin et al., 2019). Further analysis indicated that depression was the only predictor of bullying victimization (Arhin et al., 2019). A research to examine the extent to which antagonistic life occasions were associated with delinquent conduct revealed that adverse life events were positively with delinquency (Kabiru et al., 2014). The care givers observed that measures were necessary to be put in place to help the adolescents during the rehabilitation process and after exit from the correctional institutions. This would enable the adolescents maintain the behavioural changes attained during the rehabilitation and also help the parents and family members as they support the adolescents during the after committal period. This may help the adolescent to develop ways of coping with the changes at the individual level, family and social environment. There is need to address mental health issues among adolescents, this would to assist them in minimizing psychosocial and delinquency issues which may impact on families and the whole society.

Findings obtained in previous studies have consistency with findings of this study. Van der Stouwe et al. (2014), asserted that Multisystemic Therapy (MST) in juvenile systems was intended to assist teenagers ages twelve to seventeen who have displayed substantial clinical issues such as drug use, violence, and extreme criminal behavior. MST sought to identify the causes of adolescent behavioral issues and alter the environment of the young people and its goal is to work towards improving prosocial conduct while reducing the problem and delinquent behavior. To remove obstacles that prevent families from accessing services, MST often adopts a home-based approach to service delivery. There is no set duration of service but on average treatment lasts for around four months and involves several therapist-family meetings each week. This implied that the home –

based approach would be more flexible and cost effective for the adolescent delinquents and the guardians and may lead to more effectiveness in the rehabilitation process, the results would be sustainable and reducing the rate of recidivism.

IV. Summary, conclusion and recommendation

Summary

Objective two was to determine the relationship between stress levels and delinquency among adolescents in the selected public rehabilitation schools in Kenya. The results obtained in this study were presented in Table 13 Model Summary showed that R value was 0.703. This indicated that delinquency among adolescents was explained by stress levels. The results showed R² was 74.1 % which meant that the dependent variable was explained by the independent variable. This indicates goodness in the model fitting for the data of the study. The ANOVA results summary presented in Table 14 indicated that F value obtained was 0.065 ($p < 0.05$) was less than the table value which was 0.99993. This showed that there was statistically significant relationship between stress levels (independent variable) and delinquency (dependent variable) among adolescents. Hence the null hypothesis (H₀) was rejected. There was goodness in the model fitting since the significance was 0.000. Linear regression results presented in Table 15 indicated that among the parameters used stress levels and delinquency among adolescents, “Been resentful about something that happened startlingly” had the highest coefficient of 0.239 towards stress levels among adolescents. “ You often feel tense, nervous and cannot control yourself, which results to actions, that are harmful to you” had a coefficient of 0.032, while “ felt that you were unable to control the significant things in your day – to – day existence” had the least coefficient of -0.145. Based on the parameters that were used to determine stress levels and delinquency among adolescents the findings indicated that the levels of stress were varying. The parameters discussed in the findings were likely triggers of stress in the adolescents which varied from one parameter to another among the adolescents. The findings indicated that mental health issues existed among the adolescents as was stated by the welfare officers which included post-traumatic stress disorders, anxiety, depression, aggression, drug and alcohol abuse, gang involvement. The findings were consistent with results of a study in which the results showed that all domains of psychological distress such as depression, anxiety and stress were positively associated with bullying, victimization, among adolescents and depression was only one which was a predictor of bullying victimization (Arhan, Asante & Boadi, 2019). The findings are in agreement with results of a study carried out in which the observations reported indicated that pressure in adolescents has been connected to chronic frailty, destructive conduct and social environment which may result to stressful situations at mental level and upsetting circumstances, life occasions, collaborated with individual qualities, to create unsafe pressure related results (Frade, Michel, Andrade & Formigoni, 2013). However, inconsistent results were obtained in a study that was conducted in which adverse life events were positively associated with delinquency among both male and female adolescents and negative associations existed as a result of parental monitoring for females and strictness for males that was likely to result to lower probability of delinquent behaviours (Kabiru, Elung’ata, Majola & Beguy, 2014). Coping with stress based on the interaction between the individual and one’s environment, focusing on parameters that trigger stress is important likely to enhance minimizing occurrence of delinquency among adolescents.

Conclusion

The study revealed that most adolescents indicated parameters that they had parameters that were triggers of stress to a great extent making the adolescents be likely prone to delinquent behaviours. Other adolescents indicated parameters which were triggers of stress to a less extent hence likely to be prone to delinquent behaviours to less extent. The findings established that statistically significant relationship existed between stress levels and delinquency existed among adolescents in selected public rehabilitation schools in Kenya.

The findings obtained using the regression model indicated that correlation coefficient (R) was 0.703. This showed that there was positive correlation between the independent variable (stress levels) and dependent variable (delinquency). The results indicated that R squared was 0.741 (74.1 %) which represented the proportion of variance in the dependent variable (delinquency) that was explained by the independent variable (stress levels).

The results obtained indicated that F value, $F (9, 203) = 0.065$, $p < 0.05$. F value obtained was less than the F table value which was 0.99993 which the researcher chose from the established criteria. This showed that there was statistically significant relationship between stress levels (independent variable) and delinquency (dependent variable) among adolescents in the selected public rehabilitation schools in Kenya. Hence, the null hypothesis (H₀) was rejected. The results indicated significance was 0.000 which showed that regression model was appropriate for the data analysis and there was goodness in the model fitting. There was statistical

relationship between stress levels and delinquency among the adolescent delinquents. Based on the findings of this study there were implications of stress levels on adolescent delinquency.

The findings of the study as were reported by the care givers who had close interactions with the adolescent delinquents in the correctional institutions revealed that stressful events and environments were likely to lead to delinquent behaviours among the adolescents. The findings also showed that trauma and exposure to violence may have most likely led adolescents to come into conflict with older siblings, parents, teachers, other authority figures and the justice system due to the delinquent behaviours that have developed in the adolescents.

The findings further indicated that exposure to violence in early years of life was associated with antisocial conduct such as gang involvement, drug abuse, post-traumatic stress disorders, anxiety, depression and aggression. The findings showed that some adolescents had mental disorders, drug abuse disorders, alcohol abuse disorders, anxiety disorders, Attention Deficit Hyperactivity Disorder (ADHD) and mood disorders. Therefore it was necessary to identify those who may have needed immediate attention for their mental health needs and those with a higher likelihood of needing special attention.

In a research to examine the extent to which, antagonistic life occasions were associated with delinquent conduct noted that, adverse life events were positively with delinquency (Kabiru et al., 2014). The care givers observed that measures were necessary to be put in place to help the adolescents during the rehabilitation process and after exit from the correctional institutions. This would be likely to enable the adolescents maintain the behavioural changes attained during the rehabilitation and also help the parents and family members as they support the adolescents during the after committal period. This may help the adolescent to develop ways of coping with the changes at the individual level, family and social environment. There was need for effective measures to address mental health issues among adolescents. These were likely to assist in minimizing psychosocial and delinquency issues among adolescents which may impact on families and the whole society.

Multisystemic Therapy (MST) in juvenile systems is intended to assist teenagers ages twelve to seventeen who may have displayed substantial clinical issues such as drug use, violence, and extreme criminal behaviors (Van der Stouwe et al., 2014). MST sought to identify the causes of adolescent behavioral issues and alter the environment of the young people and its goal was to work towards improving prosocial conduct while reducing the problem and delinquent behaviors (Van der Stouwe et al., 2014). To remove obstacles that prevented families from accessing services MST often adopted a home-based approach to service delivery. There is no set duration of service, but on average, treatment lasted for around four months and involved several therapist-family meetings each week. This implied that the home-based approach would be more flexible and cost effective for the adolescent delinquents and the guardians, which may lead to more effectiveness in the rehabilitation process through the results that would be sustainable and reducing the rate of recidivism and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Family structure parameters used showed that majority of the adolescent delinquents indicated that they lived with both parents, followed by those who lived with their brothers. Some adolescents from other family structures such as blended families, step-parent families (mother or father), grandmother families, indicated parameters for delinquent behaviours. The findings established that statistically significant relationship existed between family structure and delinquency among adolescents in selected public rehabilitation schools in Kenya.

Recommendations

The researcher made the following recommendations based on the findings of the study:

- i. There is need to introduce self-esteem enhancement, stress and anger management training programmes in learning institutions and rehabilitation schools, during forums in the society in an attempt to deal with delinquent behaviours among adolescents and conflicts in families as well in the whole society. The government to deploy more teachers and instructors for implementation of academic programmes, and professional counsellors for effectiveness in dealing with psychosocial and delinquency issues among the adolescents.
- ii. Within the infrastructure of the rehabilitation schools in which professional counsellors /psychologist with areas of specialization in counselling psychology or clinical psychology should be deployed to help the school management in managing the psychosocial and delinquent behaviour issues that the adolescent delinquents have experienced and to cope with them.

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