

MITIGATING PERSONALITY DISORDERS AMONG UNDERGRADUATE STUDENTS IN KENYAN UNIVERSITIES

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ABSTRACT

This paper is based on a study whose aim was to examine the types of counseling therapies and facilities availed to undergraduate students in the Kenyan universities. The information generated by the study was to inform university authorities on ways to improve their student therapy services, all in a bid to avert escalating student suicides, depression and poor interpersonal relationships persisting among the undergraduate students struggling with personality disorders. The study design was cross sectional, employing both quantitative and qualitative tools and techniques in data collection. The study population included undergraduate students from 2 public and 2 private universities, their Deans and the Medical Officers attending to the student body. Mixed sampling methods were used to identify the subjects whose sample size was 384. Descriptive statistics were used to provide answer the research question. It was found that the most frequently used counseling therapy approaches and techniques included Role playing, Free Association, Cognitive Therapy, Dialectical Behavior Therapy and Interpersonal Therapy Techniques. Results also revealed that 14% out of a possible 16% reported that they would indeed recommend the counselor to a friend, and that university counselors demonstrate empathy, congruence and unconditional positive regard toward their clients. Findings from direct observation revealed some major shortfalls regarding the counseling environment.

Keywords: Personality Disorder, Undergraduates, Quality Counselling Therapies.