Factors affecting help seeking behavior among secondary school students in Dagoreti District, Nairobi County.

ABSTRACT

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It is a government policy that every school has a counselling department within the school run by qualified persons who are able to handle the student problems. Despite the fact that counselling services are expected to be available in all schools, studies have demonstrated that students refrain from seeking help whenever they have problems. The purpose of this study was to determine the factors affecting help seeking behaviour among secondary school students in Dagoreti District. The objectives were to establish the effect of secondary school students' perception towards counselling on the help seeking behaviour determine the effect of gender of the students on the help seeking behaviour and to establish the effect of students form on the help seeking behaviour in Dagoreti District. The study adopted descriptive research design where 84 respondents were sampled comprising of 70 students, 7 head teacher and 7 counsellors. Data was collected using questionnaires which were self administered. The data was analysed using descriptive statistics. The study established that slightly more students had a positive perception of the help seeking and would therefore seek for help whenever necessary. However, some students would rather keep to themselves than seek help for fear of what other people will think of them. The study established that gender influenced the help seeking behaviour as more girls sought help than the boys. The study also established that the students' forms influenced the help seeking behaviour as the lower forms were more likely to seek help as compared to the upper forms. However, more form fours were likely to seek help. The study recommended that the schools administration should sensitize the students on the importance of the seeking guidance and counselling. The study concluded that counsellors should build the confidence among students so as to open them up to seek the counselling services when and as need arises.