

# Determination Of The Relationship Between Self-Esteem And Delinquency Among Adolescents In Selected Public Rehabilitation Schools In Kenya

Jane K. S. Kiugu, Dr. Jane Karimi & Dr. Wilfrida Olaly

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## **Abstract**

*Delinquency among adolescents is a social problem which has increased at an alarming rate in Kenya. The purpose of this study was to examine the relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools, Kenya. The study was informed by two theories: The “ Storm and Stress” Theory and Social Learning Theory. The study adopted mixed research methods approach. Convergent parallel research design was used which was appropriate for mixed methods approach. The target population was three hundred and sixty which comprised of adolescents, managers, teachers and welfare officers from the four selected the public rehabilitation schools. A sample for the study was drawn from the target population of the four selected public rehabilitation schools. The researcher picked the four managers from the target population using convenience sampling, employed stratified random sampling, systematic random sampling and simple random sampling to select adolescents, teachers and welfare officers as respondents drawn from the target population. A sample size of two hundred and seventy-one respondents was obtained from the target population. The research instruments used for collecting data were questionnaires administered to the adolescents and teachers and interview schedule which were administered to the managers and welfare officers. Reliability of the research instruments was achieved through a pilot study in which Cronbach’s Coefficient Alpha values were above 0.7 which indicated that the instruments were reliable for the study. Multiple linear regression analysis on data for self -esteem indicated positive correlation coefficient (R) 0.826 which showed positive correlation between self-esteem and delinquency. ANOVA analysis indicated coefficient value of 0.000 which was less than  $p < 0.05$  which indicated statistically significant relationship between self- esteem and delinquency. The findings will help rehabilitation schools’ management, teachers, probation officers in policy formulation to strengthen rehabilitation process. The findings will be useful to counselling psychologists, clinical psychologists, mental health practitioners in helping adolescent delinquents and care givers during rehabilitation and after 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. The trend of delinquent behaviours among adolescents is worrying and causes great concern to parents and guardians, education system, justice system, rehabilitation schools’ management. The problem of adolescent delinquency has remained a challenge that has resulted in consequences which have tended to have negative implications on the adolescents, their families, education system, rehabilitation institutions, justice system and the whole society (Mbiriri, 2017; United Nations Habitat, 2013).

### **Statement of the Problem**

Delinquency among adolescents is a social problem that has escalated at an alarming rate, it has remained a challenge in Kenya and other parts of the world. The trend is worrying causing great concern to the parents and guardians, education system, justice system rehabilitation schools’ management and department of children’s services. The problem of adolescent delinquency has negative implications which threaten the mental health and wellbeing of individual adolescents, their families and security of the whole society. There are rehabilitation schools which were established to assist adolescent delinquents undergo behaviour reformation

yet the efforts have not yielded results as expected in the behaviour change of the adolescent delinquents. The rate of recidivism among adolescent delinquents after exit from the rehabilitation schools is high. The instructors/teachers, parents and guardians (family), rehabilitation schools, probation officers, justice system adolescents and the whole society seem not to have understood how the rehabilitation process should function effectively to address the challenges and issues that adolescents encounter which are associated with delinquent behaviours during the developmental transition period of adolescence.. This will lead to reduction in the rate of recidivism among the adolescent delinquents after exit on completion of the committal period. This study sought to examine the relationship between psychosocial variables and delinquency among adolescents in selected public rehabilitation schools in Kenya.

### **Significance of the study**

The findings indicated that some adolescents had high self-esteem while others showed low self-esteem. Both high self-esteem and low self-esteem were likely to lead to delinquent behaviours among adolescents. Findings indicated that low self-esteem was associated with high levels of aggression and this was found to exist in both male and female adolescents. Self-esteem plays an important role in development of delinquent behaviours. These findings will be useful to rehabilitation schools' management, teachers, counselling psychologists and clinical psychologists in development of training programmes on enhancement of self-esteem to help adolescents who have low self-esteem and those with high self-esteem .

## **II. Literature Review**

### **Self-Esteem**

Self-esteem can be extensively defined as "generally assessment of oneself in either a positive or negative manner" (Shaheen & Jahan, 2014). Self-esteem in an individual develops from childhood and reaches peak, during adolescence. Internal factors found within an individual which include self-esteem, attitudes and perceptions and external factors influences behavior of an individual. A study was conducted which aimed at testing the moderating effect of gender in the mediated relationship between child sexual abuse, self-esteem and delinquency during adolescence among a representative sample of eight thousand, one hundred and ninety four high school students in the province of Quebec in Canada, there were 57.8% females and 42.2% males aged fourteen to eighteen years (Deuchesne, Herbert & Blais, 2021). The researchers obtained results which showed that self-esteem had indirect effect on the relationship between child sexual abuse and delinquency, males were associated with higher level of self esteem which was associated with an increased risk of delinquent behaviours than the females (Deuchesne, 2021). The researchers also pointed out that self-esteem may be an important target of intervention for sexually abused adolescents especially males, they suggested that focus on promotion of positive self-esteem may also reduce risk for male adolescents struggle with detrimental consequences of delinquency, more appropriate coping should be offered to them to fortify their self esteem (Deuchesne, 2021).

Wang and Yen (2013) conducted a study in Taiwan, on self-esteem in adolescent animosity culprits, casualties and culprits - casualties, and the directing impacts of sorrow and family support. The scientists pointed toward analyzing contrasts in the degree of confidence among teenagers with various jobs in hostility contribution (animosity culprits, casualties, culprit casualties and neutrals) as indicated by sex. The scientists additionally inspected the directing impacts of misery and family support on relationship between hostility contribution and confidence. A sum of 8,000 and 85 teenagers in Taiwan, who finished surveys as respondents in this review. Confidence was surveyed utilizing Rosenberg Self-Esteem Scale (RSES), in which high scores demonstrate high confidence. The connection between confidence and animosity inclusion were analyzed by numerous relapse examination (Wang & Yen, 2013). The findings demonstrated that female animosity casualties had lower self-esteem than the other three gatherings. In any case, there was no huge contrasts in self-esteem between male casualties and culprit casualties (Wang & Yen, 2013). The discoveries support the possibility that degrees of confidence are not the equivalent in youths with various examples of association in hostility and those without contribution of animosity (Wang & Yen, 2013). This review has not managed the relationship between high self-esteem and hostility and different types of delinquent practices. The ebb and flow review were educated by these perspectives, the specialist looked to decide the connection between confidence (low confidence and high confidence), and misconduct, among teenagers in chosen public recovery schools in Kenya

## **III. Research Methodology**

The study adopted mixed research methods approach which enabled the researcher to make predictions and testing of hypotheses. This study employed convergent parallel design in which quantitative data was collected using quantitative research methods and qualitative data was collected using qualitative research methods simultaneously. This study was conducted in four selected public rehabilitation schools in Kenya, located in Nairobi and Kiambu counties which were indicated to have the highest incidents of adolescent

delinquency according to counties in Kenya (Kenya Police Service Crime Statistics Report, 2014). The target population of this study comprised of the managers, adolescents, teachers and welfare officers in the four selected public rehabilitation schools comprising of adolescents, managers, teachers and welfare officers. A sample of the study was drawn from the target population of 360 comprising of managers, teachers, welfare officers and adolescents. The target population comprised of : 4 managers, 22 teachers, 39 welfare officers and 295 adolescents, target population was 360.

The study employed questionnaires and interview schedule. The researcher used questionnaires to collect data from the adolescents and teachers, this enabled the researcher to collect data from a large number of respondents simultaneously. A pilot study was conducted on a sample similar to that of the actual study but sample size was smaller. This involved administering the research instruments to the respondents which were questionnaires and interview schedule. The researcher cleared, edited and checked the accuracy of the data obtained for the purpose of the study then coded before actual analysis. Descriptive statistics were used to summarize demographic data which was summarized and presented in form of frequency tables, percentages, means standard deviation and graphs. Inferential statistics were used to analyze quantitative data using Statistical Package for Social Sciences (SPSS) version 25.0. The following inferential statistics were used in the data analysis: regression analysis and Analysis of Variance (ANOVA),

#### IV. Results and Findings

##### Descriptive Statistics on Self-esteem and Delinquency

**Table 1: Adolescents Rating on the Self-esteem and Delinquency**

Test Item	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
	F	%	F	%	F	%	F	%	F	%
I am a person of worth	22	10.3	12	5.6	14	6.6	33	15.5	132	62.0
I have good qualities	30	14.1	16	7.5	29	13.6	40	18.8	98	46.0
I feel I am a failure.	79	37.1	27	12.7	39	18.3	22	10.3	46	21.6
I can do things as well as other people	35	16.4	15	7.0	31	14.6	41	19.2	91	42.7
I do not have much to be proud of	35	16.4	17	8.0	35	16.4	69	32.4	57	26.8
I have positive self-attitude	25	11.7	14	6.6	34	16.0	56	26.3	84	39.4
I am satisfied with myself.	34	16.0	32	15.0	31	14.6	40	18.8	76	35.7
I do not have respect for myself	48	22.5	19	8.9	32	15.0	48	22.5	66	31.0
I feel useless at times	33	15.5	27	12.7	46	21.6	41	19.2	66	31.0
I am no good at all	40	18.8	35	16.4	38	17.8	38	17.8	62	29.1

Source Field Data (2022)

Most of the adolescents indicated that they have good qualities in terms of conduct strongly agreed had response rate 98(46.0%), those who agreed had response rate of 40(18.8%), those who strongly disagreed, disagreed and neutral had response rates of 30(14.1%), 16(7.5%) and 29(13.6%) respectively. Most adolescents stated they did not feel as failures in life had response rate 79(37.1%), those who felt as failures had response rate 46(21.6%), those who did not know whether they were failures or not in life had response rate 39(18.3%), those who did not know whether they are failures in life or not had response rate 39(18.3 %). Majority of the adolescents strongly agreed that they were able to do things as well as other people had response rate 91(42.7%), those who agreed had response rate 41(19.2%), those who strongly disagreed, disagreed and neutral had response rates 35(16.4%), 15(7.0%) and 31(14.6%) respectively. Some adolescents stated that they did not have much to be proud of, those who agreed had response rate 69(32.4 %), those who strongly agreed had response rate 57(26.8 %), those who felt good about themselves indicating strongly disagree had response rate 35(16.4%), those who indicated disagree had response rate 17(8.0 %), those who were undecided had response rate 35(16.4%).

In terms of positive self-attitude, most of the adolescents indicated strongly agree had response rate 84(39.4%), those who indicated agreed had response rate 56(26.3%), some adolescents indicated strongly disagree had response rate 25(11.7 %), those who indicated disagree had response rate 14(6.6 %). Adolescents responded on being satisfied with themselves, those who strongly agreed had response rate 76(35.7 %), those who indicated agreed had response rate 40(18.8 %), those who indicated, strongly disagree, disagree and neutral had response rates 34(16.0%), 32(15.0%) and 31(14.6%) respectively. Most of the adolescents indicated that they did not have respect for themselves, those who strongly agreed had response rate 66(31.0%), those who agreed, had response rate 48(22.5%), those who were neutral, disagreed and strongly disagreed, had response rates 32(15.0 %), 19(8.9 %), and 48(22.5 %) respectively. Feeling worth about themselves, adolescents stated that they felt useless at times, those who indicated strongly agreed had response rate 66(31.0%), those who

indicated agreed had response rate 41(19.2 %), those who indicated neutral (undecided), disagree and strongly disagree, had response rates 46(21.6 %), 27(12.7 %) and 33(15.5%) respectively. On the adolescents, feeling being of no good at all, those who indicated strongly agree had response rate 62(29.1%), those who agreed had response rate 38(17.8%), those who indicated neutral ( undecided), disagree and strongly disagree had response rates 38(17.8 %), 35(16.4 %) and 40(18.8 %) respectively.

The findings of this study revealed that majority of the adolescents (64.8 %) stated that they had good qualities in terms of conduct. Some adolescents did not feel as failures (37.1 %), majority of the adolescent (61.2 %), stated that they were able to do things as well as other people. Some adolescents (24.4 %) felt they had much to be proud of, majority of the adolescents (65.7 %) indicated they had positive self attitude while 54.5 % stated that they were satisfied with themselves. Some adolescents (21.4 %) indicated they had respect for themselves, majority of the adolescents (77.0%) stated they were of worth. The findings obtained in this study from the self- reports stated by the adolescents revealed that some adolescents were likely to have high self- esteem as shown by the parameters used. Some adolescents (14.1 %) stated that they did not have good qualities in terms of conduct, 21.6 % stated they felt as failures, 23.4 % felt they were not able to do things as well as other people. Majority of the adolescents (59.2 %) indicated that they did not have much to be proud of while some had negative self – attitude (18.3 %) others were not satisfied with themselves (31.0%). Majority of the adolescents (53.5 %) stated that they did not have respect for themselves, 50.2 % indicated they felt useless at times, 15.9 % stated they felt that they were not people of worth. These responses were indicators of low self esteem, the findings of the study revealed that some adolescents had likelihood of having low self- esteem. Some adolescents were undecided in relation to some items or parameters which were indicators of self- esteem as independent variable in this study.

**Table 2: Teachers’ Rating on the Self-esteem and Delinquency**

Test item	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
	F	%	F	%	F	%	F	%	F	%
Most of them say they are hopeless in life	2	33.3	2	33.3	0	0.0	2	33.3	0	0.0
Most of them say they feel useless.	2	33.3	3	50.0	1	16.7	0	0.0	0	0.0
Most of them feel rejected by everybody.	2	33.3	3	50.0	0	0.0	1	16.7	0	0.0
Most of them say their family and peers have condemned them.	1	16.7	4	66.7	1	16.7	0	0.0	0	0.0
Most of them feel valueless.	1	16.7	4	66.7	1	16.7	0	0.0	0	0.0
Some say they are appreciated by their families, teachers and peers.	0	0.0	2	33.3	1	16.7	3	50.0	0	0.0
Some acknowledge they are of value to themselves.	0	0.0	0	0.0	0	0.0	3	50.0	3	50.0
Some are hopeful about the future.	0	0.0	1	16.7	1	16.7	3	50.0	1	16.7
Most of them say they are failures in life.	2	33.3	3	50.0	1	16.7	0	0.0	0	0.0
Most of them say they have been a disgrace to everybody.	2	33.3	2	33.3	1	16.7	1	16.7	0	0.0

**Source Field Data (2022)**

Most teachers stated that majority of the adolescents did not say they were hopeless in life, those who indicated strongly disagree had response rate 2(33.3%), those who indicated disagree had response rate 2(33.3%). Majority of the teachers indicated disagree that most of the adolescents, they felt being useless had response rates 3(50.0%) and 2(33.3%) of teachers strongly disagree, one teacher was undecided. A response rate 4(66.7%) by teachers indicated that they disagreed that most of the adolescents felt valueless. Those who strongly disagreed and undecided had response rate 1(16.7 %) and 1(16.7 %) respectively. Most of the teachers indicated agree and strongly agree that most of the adolescents acknowledged they were of value to themselves had response rate 3(50.0%). Majority of the teachers indicated agreed that most of the adolescents were hopeful about the future had response rate 3(50.0%). Most of the teachers indicated disagree that most adolescents say they were failures in life had response rate of 3(50.0%) while 2(33.3%) strongly disagreed that most adolescents said they had been a disgrace to everybody, most teachers indicated strongly disagree and disagree had response rate 2(33.3 %), those who indicated neutral and agreed had response rate 1(16.7 %).

The findings indicated that, the responses of teachers showed, majority of the adolescents were likely to have high self-esteem, this was based on the parameters which were used in this study. Majority of the teachers stated that, most adolescents (66.6 %), do not say, they are hopeless in life, 83.3 % did not feel useless, 83.3% never indicated they are failures in life, 66.6%, were rarely found to be a disgrace to everybody. The findings from the responses of the teachers showed that majority of the adolescents were likely to have high self- esteem based on the parameters that were used in this study. However, responses from the teachers did not show any of the adolescents showing likelihood of low self- esteem based on the parameters that were used in the study.

Overall findings from the responses of the adolescents and the teachers revealed that some of the adolescents showed likelihood of having high self- esteem while others indicated likelihood of low self – esteem as indicated by parameters that were used in the study. The findings were consistent with previous studies by other scholars. In a study that examined the degree to which a composite index, unfriendly life occasions were related with delinquency, the researchers examined parental monitoring, religiosity and self-esteem. The findings indicated that high self- esteem for males and females was found to be associated with lower likelihood of reporting delinquent behaviour (Kabiru et al., 2014). Shaheen and Jahan ( 2014) in a study conducted to investigate the role of confidence in the development of animosity among the young people. The findings showed that self-esteem plays an important role in aggressive behaviour and correlated negatively with all dimensions of aggression. The findings further indicated that low self- esteem among adolescents was associated to high levels of aggression. This was found to exist in both male and female adolescents.

**Inferential Results on the Self-esteem and Delinquency**

Multiple linear regression was determined on the self-esteem and delinquency among adolescents, was presented on a model summary, ANOVA summary and Regression analysis, results obtained were represented in Tables 8, 9 and 10.

**Table 3: Model Summary on the Self-esteem and Delinquency**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.826 <sup>a</sup>	.016	-.033	1.513618

Source Field Data (2022)

The results obtained were presented in Table 8. According to the regression model, correlation coefficient (R) was 0.826, which showed that, there was positive correlation between the independent variable (self-esteem) and dependent variable ( delinquency). R<sup>2</sup> was 0.716 (71.6 %), which represented the proportion of variance in the dependent variable (delinquency), that was explained by the independent variable (self-esteem).

**Table 4: ANOVA Summary on the Relationship between Self-esteem and Delinquency among Adolescents**

ANOVA <sup>a</sup>						
	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	7.432	10	.743	.324	.004 <sup>b</sup>
	Residual	462.790	202	2.291		
	Total	470.222	212			

Source Field Data (2022)

The findings presented in Table 9 showed that  $F(10, 202) = 0.324, p < 0.05$ . This indicated that there was statistically significant relationship between self-esteem (independent variable) and delinquency (dependent variable) among the adolescents. Hence, the null hypothesis (H<sub>01</sub>) was rejected. The F value of 0.324 which was less than 0.974 of the established criteria indicated that there was statistically significant relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya. These results showed that there was goodness in the model fitting. The study further indicated a statistical value 0.004 which was less than 0.05. This indicated that there was statistical relationship between the parameters used in the study for this variable.

**Table 5: Regression Coefficients of the Self-esteem and Delinquency**

Model	Model	Unstandardized Coefficients		t	Sig.
		B	Std. Error		
1	(Constant)	3.611	.420	8.602	.000
	I am a person of worth	.023	.111	.210	.834
	I have good qualities	.005	.095	.049	.961
	I feel I am a failure.	-.042	.081	-.525	.600
	I can do things as well as other people	-.083	.107	-.772	.441
	I do not have much to be proud of	.035	.105	.333	.740
	I have positive self-attitude	-.009	.110	-.079	.937
	I am satisfied with myself.	.027	.096	.278	.782
	I do not have respect for myself	.010	.120	.085	.932
I feel useless at times	-.107	.123	-.871	.385	

	I am no good at all	.092	.115	.797	.426
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**Source Field Data (2022)**

The results presented in Table 10 showed the unstandardized coefficients which indicated how much the dependent variable varies with an independent variable when all other independent variables are held constant where “*I am no good at all*” was found to have the highest coefficient value of 0.95, this meant that increase in motivation to the adolescents may increase their feeling good about themselves. This may lead to increase in self-esteem among adolescents by 0.95 units, followed by “*I do not have much to be proud of*” of 0.35 while “*I feel I am a failure*” had the least coefficient of 0.042. The following multiple linear regression was formulated on the various parameters used to determine the self-esteem and delinquency among adolescents.

## V. Conclusion

Multiple linear regression analysis on data for self-esteem indicated positive correlation coefficient (R) 0.826 which indicated positive correlation between self-esteem and delinquency. ANOVA analysis indicated coefficient value 0.000 which was less than  $p < 0.05$  that indicated statistically significant relationship existed between self-esteem delinquency. F value 0.324 which was less than 0.974 value of established criteria  $p < 0.05$  was obtained which indicated that there was statistically significant relationship between self-esteem and delinquency. Some adolescents showed indications of high self esteem while others showed low self esteem according to the parameters used. These findings were consistent with those of other studies. Low self- esteem was associated with high levels of aggression in both male and female adolescents (Shaheen & Jahan, 2015). Self-esteem had a small negative but significant effect on crime and delinquent behaviours (Mier & Ladney, 2018). Low self- esteem, vengeance and absence of strong connections were related to delinquency (Dogar et al., 2016). However, there were contrasts in findings of studies conducted which indicated that the results were not consistent in setting up a connection between low self-esteem, revenge and supportive relationships and delinquents among adolescents ( Dogar et al., 2016). The findings were inconsistent with those of other studies in which research findings indicated that male adolescents associated with higher levels of self-esteem were more linked to increased risk of delinquent behaviours than in the females (Deuchesne et al., 2021).

### Thematic Analysis on Self-esteem and Delinquency

In order to improve the self-esteem among the adolescents an overall subjective sense of personal worth or value would be necessary, to influence motivation as person with a healthy, positive view of themselves understand their potential.

Some of the main programs in the rehabilitation schools stated by the managers and the welfare officers included “social development programs”.

*“Through the social development programs offered help interaction among the adolescents and formation of healthy relationships, I learn to recognize who I can relate to and why I need to. I avoid those that when I evaluate and realize that some relationships do not bring value to my life. That's why I found a friend I sympathize with and we compose songs, sing and dance to our songs together. We are happy to know that we are doing constructive things with a group of friends that have changed our behavior and perceptions of life. At the time of release I advise you to leave this place better person than you came and associate with other young people only with friends who can add value to their lives not with friends who deprive them of values and morals.”*

This program is likely to empower the adolescents with skills, to reduce the anxiety, fear, confusion and sadness associated with the adolescent delinquents in these rehabilitation schools.

*“To some adolescent delinquent, the program did not have any effect to their interactions and relationship building. While to another group of the adolescent offenders said the program had led to deterioration of their interactions and relationships instead of improving.”*

The responses in this study indicated that there was need for social development programs which were likely to have effectiveness in the rehabilitation of the adolescent delinquents on social interactions and relationship building. After attaining the necessary information and abilities majority of these adolescent delinquents began to change their actions and attitudes positively toward others in an effort to learn from each other and how to have healthy interaction with them. This enabled the adolescent delinquents to relate with others who had similar interests and support their development of habits and socially acceptable behavior.

According to Bandura (1973) the social learning theory, children learn new behaviors as a result of modelling of behaviors of other people such as their peers and adults. Hence reinforcement in the form of rewards or punishment for participating in social development programs were likely to play an important role in promoting interactions and relationship building. Adolescents who took part in social development programs were rewarded by learning better social skills, understanding how to build positive relationships with others and

knowing what to look for when dating. Adolescent delinquents' interest in social development programs increased as a result of their desire to learn more about and strengthen their interpersonal abilities. As a result adolescent delinquents began altering their behaviors and attitudes toward others to form healthy connections which led to fulfilling lives as a result of the knowledge and abilities they had attained. These were views that were brought out by the care givers as being essential in assisting the adolescents as they went through the rehabilitation process that may help them attain positive behaviour modification.

The findings further indicated that F value,  $F(10,202) = 0.324$ ,  $p < 0.05$ . This indicated that there was statistically significant relationship between self-esteem (independent variable) and delinquency (dependent variable), among the adolescents. Hence, the null hypothesis (HO1) was rejected. The F value of 0.324 which was less than 0.974 of the established criteria, indicated that there was statistically significant relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya.

The findings of this study showed that majority of the adolescents in these correctional institutions were males while the females were fewer. Most of the respondents in the sample of the study were aged 15 to 16 years. The youngest adolescents were aged 10 to 12 years. The respondents in the study were aged 10 to 18 years. These were consistent with those of previous studies. In a study which examined the degree to which a composite index, unfriendly life occasions, parental monitoring, religiosity and self-esteem were related to delinquency, the adolescent were aged twelve to nineteen years (Kabiru et al., 2014). This implied that the adolescent delinquents consisted of young and older adolescents and involvement in delinquent behaviours by adolescents was irrespective of age or gender.

The overall findings on self-esteem as was in the self-reports of the adolescents and teachers in the sample of study revealed that some adolescents showed likelihood of having high self-esteem while others showed likelihood of low self-esteem as was indicated by parameters that were used in the study. This implied that both high self-esteem and low self-esteem were likely to lead to delinquent behaviour among adolescents.

The findings of this study had consistency previous studies that were conducted by other scholars. In a research to examine parental monitoring religiosity and self-esteem findings indicated that high self-esteem was associated with lower likelihood of delinquent behaviour in both male and female adolescents (Kabiru et al., 2014). The findings on self-esteem indicated that it had huge part in the person's propensity to habit, burglary and prostitution. There was similarity between the findings of self-esteem examined using Rosenberg Self-Esteem Scale and smoking, abuse of illicit drugs such as: heroin, pills and other substances, alcohol abuse, which had significant association with self-esteem (Khajehdaluae, Zavar & Pourandi, 2013). Self-esteem plays an important role in aggressive behaviour and correlated negatively with all dimensions of aggression. The findings indicated that low self-esteem among adolescents was associated with high levels of aggression. This was found to exist in both male and female adolescents (Shaheen & Jahan, 2014).

## **VI. Summary, conclusion and recommendation**

### **Summary**

The results showed R value of 0.826 this indicated a good level of prediction between the independent variable and dependent variable while the value of  $R^2$  was 0.716 which represented the proportion of variance in the dependent variable that could be explained by the independent variables, 71.6% hence, the dependent variable was explained on the variability of the independent variable. The findings of the study of ANOVA summary in which F value obtained was 0.324 which was less than 0.974 the F table value. A statistical value of 0.00 was obtained from the multiple linear regression computations which were carried out, results presented in Table 10 indicated the value was less than  $p < 0.05$  which was chosen from the established criteria. Hence the null hypothesis (HO1) was rejected. The findings in this study revealed that statistically significant relationship between the independent variable (self-esteem) and the dependent variable (delinquency) among adolescents existed. The results that were obtained based on the parameters used for self-esteem implied that there was indications that some of the adolescent delinquents had indications of low self-esteem while others had indications of high self-esteem. Overall, the findings revealed that it was likely some adolescents had high self-esteem while some had low self-esteem. Wang and Yu (2013) in a study noted that female aggression victims had lower self-esteem than aggression perpetrators victims, perpetrators-victims and neutrals, these findings are consistent with the findings of this study in which some adolescent delinquents had indications of low self-esteem. Shaheen and Jahan (2014) noted that low self-esteem has been linked to high levels of delinquent behaviors such as aggression in both male and female adolescents. Zavar and Dourandi (2013) observed that there was significant association between drug abuse, alcohol abuse and self-esteem, the prevalence among males was higher than the females. However, the findings of the study were inconsistent with the results of a study in which high self-esteem was associated with lower likelihood of delinquent behavior in both male and female adolescents (Kabiru, Elung'ata, Majola & Beguy, 2014). There was inconsistency in the findings of this study with the results of a study which indicated negative correlation

between self-esteem and indulgence in behaviour problems in both male and female adolescent students (Aomo, Aloka & Raburu, 2018).

### **Conclusion**

The findings of this study indicated that according to the regression model correlation coefficient (R) was 0.826. This showed that there was positive correlation between the independent variable (self-esteem) and dependent variable (delinquency).  $R^2$  was 0.716 (71.6 %), which represented the proportion of variance in the dependent variable (delinquency) explained by the independent variable (self-esteem).

The findings further indicated F value,  $F(10,202) = 0.324$ ,  $p < 0.05$ . This indicated that there was statistically significant relationship between self-esteem (independent variable) and delinquency (dependent variable) among the adolescents. Hence, the null hypothesis ( $H_0$ ) was rejected. The F value of 0.324 which was less than 0.974, the value that was chosen by the researcher from the established criteria. This indicated that there was statistically significant relationship between self-esteem and delinquency among adolescents in selected public rehabilitation schools in Kenya.

The findings of this study showed that majority of the adolescents in these correctional institutions were males while the females were fewer. Most of the respondents in the sample of the study were aged 15 to 16 years. The youngest adolescents were aged 10 to 12 years. The respondents in the study were aged 10 to 18 years. These were consistent with those of previous studies. Kabiru, Elung'ata, Majola and Beguy (2014) noted that the adolescents involved in the study which examined the degree to which a composite index, unfriendly life occasions, parental monitoring, religiosity and self-esteem were related to delinquency were aged twelve to nineteen years. This implied that the adolescent delinquents consisted of young and older adolescents and involvement in delinquent behaviours by adolescents was irrespective of age or gender.

The overall findings on self-esteem as was in the self-reports of the adolescents and teachers in the sample of study revealed that some adolescents showed likelihood of having high self-esteem while others showed likelihood of low self-esteem as was indicated by parameters that were used in the study. This implied that both high self-esteem and low self-esteem were likely to lead to delinquent behaviours among adolescents. These findings were consistent with those of previous studies by scholars.

The findings of this study were consistent with previous studies, in a research to examine parental monitoring, religiosity and self-esteem, observed that, high self-esteem was found to be associated with lower likelihood of delinquent behaviour in both male and female adolescents (Kabiru et al., 2014). The findings on self-esteem indicated that it had huge part in the person's propensity to habit, burglary and prostitution. There was similarity between the findings of self-esteem examined using Rosenberg Self-Esteem Scale and smoking, abuse of illicit drugs such as heroin, pills and other substances, alcohol abuse which had significant association with self-esteem (Khajehdalueee, Zavar & Pourandi, 2013). Self-esteem played an important role in aggressive behaviour and correlated negatively with all dimensions of aggression. The findings indicated that low self-esteem among adolescents was associated with high levels of aggression. This was found to exist in both male and female adolescents (Shaheen & Jahan, 2014).

### **Recommendations**

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

1. The rehabilitation schools' managements, teachers, probation officers, department of children's services, welfare officers and tutors, counselling psychologists, clinical psychologists, counsellors, mental health practitioners to develop policies which will guide in the implementation of the rehabilitation process of the adolescents and youth effectively.
2. The study findings revealed that involvement of the family (parents, guardians and siblings) in the rehabilitation process of the adolescents was to minimal extent. Hence, the family should be more involved in rehabilitation process of their children and siblings so that they understand the reasons that led them into delinquent behaviours.

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