Association Between Purpose in Life, Depression and Anxiety Among Youth During the Covid-19 Pandemic in Kibra Constituency, Nairobi County

David Sila Mutune

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Tangaza University College

Catholic University of Eastern Africa

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DECLARATION

I declare that this thesis is a product of my effort and has not been previously submitted to be approved for an academic credit. I believe that the thesis does not contain any piece of work that has already been published or written by any other person except where due reference has been acknowledged and cited.

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Student Signature: ………………………………

Date signed: ………………………………………………….

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Supervisor Name: Dr. Anne Mbwayo

Supervisor Signature: ……………………………

Date Signed: ………………………………………………….

Supervisor Name: Dr. Phyllis Muraya…………...

Supervisor Signature: ……………………………

Date Signed: …………………………………………….....

DEDICATION

I would like to dedicate this thesis to my family, immediate and extended family, my wife, and former Tangaza University students and lecturers.

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ABSTRACT

Low levels of purpose in life are leading causes of depression and anxiety among the youth during covid-19 pandemic in Kenya since March 2019. This study analysed the association between purpose in life, depression, and anxiety in the period 2019-2021. The study collected primary data from a sample of 380 youth in Kibra Constituency, Nairobi County. The sample size per ward was arrived at through proportionate sampling technique. The study used Purpose in Life Test to measure levels of purpose in life and the Revised Children's Anxiety and Depression Scale to assess the level of depression and anxiety. Both descriptive and inferential analysis were carried out using SPSS. The finding showed that participants had 89.3% low, 4.0% moderate, 6.7 severe anxiety while, on the hand, 53.6% had severe, 11.7% moderate, 34.7% mild depression. The finding also showed that Female were more depressed at 36.8% than male 28.5%. Furthermore, the study found that respondents had 77.1% low levels and 22.9% high levels of purpose in life. Depression and anxiety combined the participants had 60.8% low, 25.1% moderate and 14.1% severe. The outcome of this study recommends that the Ministries of Education and Health need to initiate policies on mental health intervention as mandatory for Kenyan urban slums to counter the negative influence on psychological health. The findings from this study can be useful to psychologists, psychotherapists and counselors to create more awareness of purpose in life among the youth.

ABBREVIATIONS AND ACRONYMS

COVID-19:   Coronavirus disease 2019

MDD: Major Depressive Disorder

OCD: Obsessive Compulsive Disorder

PD: Panic Disorder

PIL: Purpose in Life Test

RCADS: Revised Children's Anxiety and Depression Scale

SAD: Separation Anxiety Disorder

SSA: Sub-Saharan Africa

WHO: World Health Organization

DEFINITION OF OPERATIONAL TERMS

Purpose in life: Defined as the awareness of meaning in one's existence, tracking and attainment of productive goals. Realization of purpose in life is vital because a lack of purpose in life gives rise to an existential vacuum, which is a feeling of personality frustration (Rogozin, 2006). Purpose in life will be used interchangeably with meaning in life.

Outbreak: A sudden, localized increase in a disease greater than the occurrence of it.

Pandemic: An outbreak of a disease (epidemic) occurring over a wide geographical area.

Depression: Clinical depression or major depressive disorder, is a common and serious mood disorder in which person experience persistent feelings of sadness and hopelessness and lose interest in activities they normally enjoy and can also present with a physical symptom such as chronic pain or digestive problems and symptoms must be present for at least 14 days.

Logotherapy: Treatment modality based on the application of humanistic and existential psychology to assist a client in finding meaning and/or purpose in life (Dezelic, 2017).

Anxiety: It is a person emotion and a normal stress reaction to an immediate threat or anticipation of future concern, and it can serves to alert us to danger and help us be more vigilant and prepared be beneficial in some circumstances. Some situations that trigger anxiety range from a pandemic to a mere idea of uncertainty about the future. Everyone experiences it to a different degree and when it repeatedly gets out of control, it becomes a disorder.

Youth: Young people, male and female aged between 12 to 17 years of age.

COVID-19: Corona virus disease identified in a cluster of patients with atypical pneumonia

caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

CHAPTER ONE

INTRODUCTION

1.1 Introduction

The purpose of this chapter is to set the stage for the rest of the study by outlining the problem, the research questions, the research hypothesis, the scope and limits of the study, and the importance of the problem.

1.2 Background to the Problem

In Wuhan, Hubei Province, China, in December 2019, coronavirus illness (Covid-19), which was previously assumed to be influenza of an unknown origin, was first reported (Zhang & Ma, 2020). As per Zhang and Ma, a new coronavirus has been identified as the cause of this sickness. Chronic respiratory syndrome caused by coronavirus-2 (SARS-CoV-2) may be spread from animals to humans, and then humans to humans (Zhang & Ma, 2020). The sickness is neither a man-made or laboratory-created disease, according to the available studies. SARS-genetic CoV-2's characteristics, according to study, there is no evidence that demonstrates it to be a laboratory-created virus (Latham & Wilson, 2020). As a result, if it were a lab-created sickness, its genetic series would supply a combination of a known ingredient, which is not the case (Liu, Saif, Weiss, & Su 2020).

As of February 11, 2020, the disease had been dubbed "Covid-19" by the Health Organisation and was officially recognized as such (WHO). As Zhang and Ma (2020) claim, the virus contributed to the global pandemic that began in China. It claimed that by February 12th, 431,103 occurrences of Covid-19 had been confirmed over the world. There were 42,708 instances (99.1 percent) in China, which then spread to other countries (Zhang & Ma, 2020). Approximately

316 million Americans, or 96% of the US population, will be impacted by state-imposed restrictions on stay-at-home laws by April 13, 2020, as per Ettman, at al. (2020). He continues to argue that unemployment claimed the lives of more than 20 million individuals between the beginning of COVID-19 and the middle of April 2020. As of June 8, 2020, the mortality toll in the United States was over 113,000, with a total of more than 2,000,000 confirmed cases (Ettman, at al., 2020).

According to Olayinka (2015), mental health illnesses in Africa are a major reason of the continent's high rate of anxiety and depression. Around 2021, the majority of the world's mental disease depression and anxiety are expected to be concentrated in sub-Saharan Africa (SSA) (Olayinka, 2015). COVID-19 was first discovered in SSA on January 28, 2020 in Nigeria. According to Osseni (2020) after that, it spread across the entire continent of Sub-Saharan Africa. He went on to say that the COVID-19 epidemic is causing many health problems in SSA countries, and that most countries lack proper health infrastructures and unreliable health systems as a result. There was a 37% increase in domestic violence in South Africa, as per Petrowski et al. (2021), and a 34% increase in gender-based aggression complaints in Kenya, as per Petrowski et al. (2021). As a result, young people are frequently the victims of or observers to domestic abuse, which has a negative influence on their physiological health and psychological development. More than half of all teenagers in Sub-Saharan Africa suffer from repeated mental health issues like depression and anxiety, as per a study by Mbwayo et al. (2021). Sub-Saharan Africa lacks mental health resources, which means its research capacity to handle mental health issues is in need of improvement (Mbwayo et al., 2021).

On March 13th, 2020, Kenya reported the first case of covid-19. It was officially declared a pandemic by the Health Organisation on March 11, 2020. (Odhiambo et al., 2020). Because of

the closing of businesses and educational institutions, Kenya's economy was severely damaged (Odhiambo et al., 2020). The pandemic of COVID-19 exacerbated global health issues such as depression and anxiety. As a result of the epidemic, human people were subjected to enormous behavioral and psychological stress. The advice of epidemiologists and other public health specialists combined with knowledge from the behavioral and social sciences can go a long way toward changing human behavior (Van Bavel et al., 2020). Quarantine standards for travellers arriving from outside were released by the Kenyan government's Ministry of Health. On March 25, international flights were halted, and on March 27, a curfew was implemented (Erkekoglu et al., 2020).

Recent studies report that mental disorder rates are increasing among the youth, major depressive disorders being of most common (Yang et al., 2014). People who suffer from depression are more likely to engage in harmful behaviors that affect their health and well-being, including suicidal thoughts and actions, as well as impaired functioning (Zheng & Zheng, 2015). Suicidal conduct and depressive symptoms have a strong association (Khasakhala et al., 2012). Risk factors like as depression and anxiety have been exacerbated by the Covid-19 epidemic because of the higher mortality rate, economic uncertainty, and suspected individuals (Zhang &Ma, 2020). It's also possible that it'll trigger widespread public anxiety and mental health problems that simply could be overlooked (Kong, et al., 2020). Depressive and anxiety disorders are frequently associated with acute diseases such as diabetes, cancer, asthma, and arthritis, according to a prior study (Kong et al., 2020). Patients with mental diseases such as depression or anxiety may have difficulty controlling their symptoms and report lower levels of life purpose, according to new research (Kong et al., 2020). Also, young people with autism spectrum disorder (ASD) were reported to have anxiety (Ireri, White, & Mbwayo, 2019).

In the face of pandemics like COVID-19, mental wellbeing and well-being are essential (Ochillo & Elsie, 2020). The severity of depression ranges from 19 percent in house review studies to 42 percent among patients attending health facilities, according to the authors of the study. Traditional doctors diagnose patients as "stressed" or "overthinking" in 20% of cases of depression, according to a recent study (Mbwayo et al., 2013). In a separate study, researchers found that depression is connected to low levels of sense of purpose in life and can have a negative impact on the outcomes of other disorders.

According to Viktor Frankl, the most important goal in life is to find meaning in one's existence, not to have fun or to be the best (Frankl, 1984). He came up with the theory that achieving significant goals and leading a happy and fulfilled life depended on having a clear sense of purpose in life (Frankl, 1997). People who lack a strong sense of purpose in life may suffer from depression and anxiety, as well as other types of serious mental illness (Zeiser, 2005). In nations including Spain, Italy, Israel, France, Brazil, and Argentina, "anxiety" was found to have a strong positive link with the number of COVID-19 cases and deaths (Misiak, Szczeniak, Kaczanowicz & Rymaszewska, 2020). This research discovered a relationship between RSV for "insomnia" and a large number of Coronavirus illnesses and deaths around the globe.

1.3 Statement of the Problem

People who have a sense of purpose in their lives are more likely to have better mental health and well-being. Depression and anxiety are often accompanied by feelings of meaninglessness in life (Hedberg, Gustafson, Alèx, & Brulin, 2010). People who have a strong sense of purpose in life are happier, more hardworking, and more involved in society than those who don't have such a strong sense of purpose (Pearson & Sheffield, 1975). Young people's standard of living, mood, and purpose in life were found to be strongly linked in a study (Hicks,

Trent, Davis, & King, 2012). Therefore, it is hard to determine either low concentrations of significance or meaning in life cause mental health problems or psychological distress cause low levels of purpose in life among the youth.

In a study conducted in China, Zhang et al. (2020) discovered that patients infected with COVID-19 had a higher prevalence of depression, having a rate of depression of 29.2%. People who had been exposed to Covid-19 had a rate of depressive symptoms of 19.3%, whereas those who hadn't were found to have a rate of 14.3%. (Zhang et al., 2020). Covid-19 pandemic limitations were shown in a research of Spanish children and adolescents to diminish levels of physical activity, a key factor in mental health. Idleness and excessive screen-watching, as well as a decreased intake of greens and fruits, were also a result of this (López-Bueno et al., 2020). An increase in young people's substance misuse was also linked to mental health issues like depression and inadequate coping mechanisms during the Covid-19 pandemic (Dumas., Ellis. & Litt., 2020). There is a dearth of research on the relationship between psychological distress in the Kibra slums, as well as the incidence of these disorders. As a result, this research aims to fill this gap.

1.4 Objectives of the Study

1.4.1 General Objective

Study participants in Kibra Constituency in Nairobi County, Kenya, were asked to rate their level of purpose in life, as well as their severity of depression and anxiety, during Covid-19 Pandemic of 2019-2021.

1.4.2 Specific Objectives

The specific objectives of the study were:

i. To investigate the severity of depression and anxiety among the youth in Kibra.

ii. To examine the prevalence of purpose in life among the youth in Kibra.

iii. To examine the relationship between socio demographic characteristics and depression, anxiety and purpose in life in Kibra.

iv. To determine if there is a relationship between depression, and anxiety among youth in Kibra.

1.5 Research Question

Research questions guiding the study were:

1. To what extent do young people in Kibra suffer from severity of depression and anxiety?

2. To what extent do young people in Kibra have a purpose in life?

3. What is the relationship between socio demographic characteristics and depression, anxiety and purpose in life among young people in Kibra?

4. What's the relationship between depression and anxiety in Kibra's young people?

1.6 Scope and Delimitations

The study's goal was to examine the association between a purpose in life, depression, and anxiety in Nairobi County's Kibra constituency's young people. There are a high number of young people in Kibra Constituency, which is Africa's most populated, largest, and poorest slum (Desgroppes, & Taupin, 2011). The Covid-19 pandemic limitations therefore are likely to have had the greatest impact on them. The study was aimed at teenagers between the ages of 12 and 17. In the course of the survey, participants were supposed to reflect on their own sense of purpose in

life, as well as the severity of mental illnesses including depression and anxiety. Despite the fact that Nairobi County-Kenya has numerous slums, this research solely looked at the young living in the Kibra constituency. There are a large number of young individuals in the Kibra slums, as well as the size and form of the slum itself. The data was gathered in a month by the researcher.

1.7 Significance of the Study

It was the goal of this study to fill in a knowledge gap by exploring the association between depression and anxiety, as well as a sense of meaning in life. It was hoped that the study's findings would be extremely useful to young people living through and after the Covid-19 pandemic. It was hoped that gaining a meaningful life would help alleviate the symptoms of depression and anxiety in young people. In addition, they could enhance their psychological health and lessen the existential distress that contributes to low levels of purpose in life.

In the aftermath of the Covid-19 pandemic, the Kibra society can benefit from youth who have a greater sense of purpose in life and hence are better equipped to cope with depression and anxiety. This information applies to the youth and has a potential implication that may lead to positive behavioral changes by increasing awareness of purpose in life to improve mental health. Counsellors, psychologists, and academics will benefit greatly from this study's findings, which will help them devise techniques and counseling programs to help people cope with depression and anxiety that may arise during and after the Covid-19 pandemic in creating purpose in life awareness.

1 .8 Assumption of the Study.

The study was predicated on the premise that the subjective accounts of the participants' thoughts and views would be accurate and truthful. It was believed that subjects would comply

and truthfully complete all surveys by the researcher. For the study, it was also expected to identify a group of young people who were willing to volunteer their time without compensation.

1.9 Summary

Studies have shown that young people have been affected mentally during the covi-19 pandemic. Young people are more likely to suffer from depression and anxiety if they lack a sense of purpose in life. Mental health hazards during the covid-19 epidemic may be mitigated if counseling services and interventions are implemented to create more awareness of purpose in life. In the second chapter, we'll discuss the covid-19 pandemic, the importance of having purpose life, and the severity of depression and anxiety among youth in Kibra.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

Studies on the levels of purpose in life, severity of depression and anxiety, as well as its connections, are the focus of this section. Research on mental health during the Covid-19 pandemic and its impact on young people in Kenya's Kibra constituency. These were explored from a variety of perspectives and revealed a comprehensive grasp of the association between purpose in life, depression and anxiety and the Covid-19 pandemic.

The chapter reviewed theories on which the study was grounded. It also included the conceptual framework, which showed the relationships among the variables involved.

2.2 Severity of Depression

Psychopathologies including depression and anxiety, as well as substance misuse and post-traumatic stress disorder, are associated with a wide range of other mental health issues, including sexual abuse (Mbwayo et al., 2020). Several studies have found that males had lower levels of anxiety and depression than girls, regardless of their gender or age (Borgogna, McDermott, Aita, & Kridel, 2019). Girls' anxiety disorders are on the rise at all ages, whereas depression in girls is on the rise starting in early adolescence and continuing well into adulthood (Venturo-Conerly, et al., 2022). Depression is two to five times more common in female adolescents than in teenagers (Im, Swan, Warsame, & Isse, (2022). In contrast to depression, which is more common in childhood and adolescence, the severity of anxiety disorders such as generalized anxiety disorder tends to rise with age (Esbjrn et al., 2012). Young people in the Covid19 epidemic, according to recent case reports and observational studies, are more prone to experiencing depression and

anxiety (Deng et al., 2020). Ettman and colleagues (2020) found that the prevalence of depression symptoms in the US increased from 8.5% before COVID-19 to 27.8% during COVID-19, an increase of more than thrice. Mental illnesses including depression and anxiety have increased as a result of the COVID-19 pandemic and its economic ramifications. Clinicians should properly diagnose and treat these diseases in order to increase the likelihood of a positive outcome, shorten the length of the patient's stay, and prevent long-term mental health concerns.

2.3 Severity of Anxiety

Some of the more common types of anxiety disorders are: panic disorder; social phobia; and generalized anxiety disorders (GAD). Both of these conditions are characterized by a high level of anxiety and terror, as well as other abnormal behaviors (Venturo-Conerly et al., 2022). Real or perceived immediate danger can cause fear in the young people. An increase in autonomic arousal, perceptions of impending danger, and actions to flee are more closely linked to this state. When we are anxious, our muscles tense up in anticipation of potential danger, and we engage in avoidant or cautious behaviors in an attempt to protect ourselves from it (Clark & Beck, 2011). Anxiety can be lessened by persistent avoidance practices, which is why only about 20% of persons with anxiety symptoms seek help (Tumaini et al., 2020). According to Mbwayo et al., (2021) the prevalence of anxiety symptoms is high (79.4%) among females "Maasai" in Laikipia County in Northern Kenya and this in turn affect their goals in life hence low levels of purpose of life. By the year 2020, according to Bansal et al. (2020), an all-female national association of women's health specialists will suggest an anxiety screening for all women over the age of 13. As the lifetime prevalence of anxiousness disorders in women is approximately two times higher than that in males, screenings may be useful for ensuring that women and girls receive approaches to improve their health and well-being (Gregory et al., 2020).

Approximately one-third of patients with an anxiety illness will also be diagnosed with a mood disorder, such as severe depression (Osborn, et al., 2020). For instance, in a sample of patients with depression disorders, 37 percent were also diagnosed with anxiety (Olatunji, Cisler, & Tolin, 2010). Anxiety disorders have varying rates of comorbidity, which means that estimated rates for an anxiety with major depressive disorder range from 10% to 66% in people with anxiety attack (Canuto at al., 2018).

Osborn, et al., (2020) stated that, about one-third of patients with both conditions, depression precedes the beginning of panic disorder and the other two-thirds, depression occurs concurrent with or follows the commencement of panic disorder. As a result of Mohammadi et al. (2016) discovery, some of the young people may use alcohol or drugs to deal with their anxiety hence end up developing low levels of purpose in life as a result. According to Tumaini et al., (2020), anxiety disorders have a negative impact on adolescent well-being, functions and can result to serious mental issues. As a result, mental health programs for youth should take anxiety disorders into account. The COVID-19 pandemic poses a greater threat to the mental health of children and adolescents who already suffer from low level of meaning in life (Cost et al., 2021).

2.4 Purpose in Life Among the Youth

During their formative years, young people commit themselves to customs and beliefs that help them understand the world around them (Erikson, 1968). This isn't always the case; some people have nothing to base their beliefs on other than their own self-promotion. In Erikson's view, if a young person lacks a driving belief system in their early years, they are less likely to have one later in life. To put it another way, those who lack a life purpose in their early years are more likely to develop mental and behavioral issues like depression and anxiety than those who have one (Demon & Gregory, 1997). Many young people appear to be searching for a greater purpose in

life, and this is a subject worthy of more study (Bronk, 2013). Mentoring has been resistant to study the role of meaning in life in earlier studies (Crego et al., 2021). Child and adolescent behavior is affected by genetic inclinations, deformities, and cultural traditions, previous experience with the primary care giver, family background, peer interactions, economic conditions, schooling, neighborhood and community compositions, as well as other factors (Stillman at. al., 2009). In terms of how these elements influence the conduct of kids, theories disagree. All major theories, on the other hand, depict certain young people as developing behavioral responses such as excessive stress control, affiliation, partnering, appeal, prestige desire, fear, embarrassment, and shame (Miles, 2012). Mental health can be improved by creating more awareness of the purpose of life among the youth.

"He who has a way to live for can suffer nearly any how," Nietzsche wrote (1984, p. 109). According to certain studies, many people long for a sense of purpose in their lives and are searching for it. 72% of students and 59% of employed individuals said that meaningful employment was one of their top priorities in life (Jones, 2008). A large number of people are concerned about their purpose in life and how they might make a difference in the world (Adhiya-Shah, 2017). Purposelessness has been related to depression and anxiety, according to Rainey (2014), while living a life driven by sense of meaning in life is good for the individual as well as society as a whole.

Rather, according to Crego et al., (2021) there is no innate way to determine what one's life's meaning is. Young people don't come into this world with a sense of purpose. Finding, creating, and learning this are all necessary steps. Many researchers have different ideas about what life's purpose is. A person who has aspirations in life, and a belief that life has a meaning with purposes and objectives, is one who has a sense of purpose in life (Schippers & Ziegler,

2019). This suggests that a young person with a strong sense of meaning in life may be able to cope with the depression and anxiety during the Covid-19 outbreak and its aftermath.

2.5 Purpose in Life, Depression and Anxiety

In a number of studies, researchers have shown a link between hopeless thoughts and depression (Esposito, & Clum, 2002). A lack of purpose in life has been found to be a contributing factor in youth severity of depression, according to previous research (Dogra, Basu, & Das, 2011). Frustration in life has been linked to a lack of purpose in life in numerous researches (Crego et al., 2021). According to Khasakhala et al., (2012), there has been a 43.7 percent prevalence of depression in Kenya compared to similar findings throughout the globe

Covid-19 is a hazard to mental health over the world. Many people's severity of depression and anxiety, have also risen as a result of it (Van der Westhuizen, 2021). Mental health services in Kenya receive about 0.05 percent of the total budget, despite the fact that they have a significant detrimental impact on society (Ochillo &, Elsie 2020). It is probable that the Covid-19 epidemic will limit the utilization of quality health services amongst most Kenya's youthful population. In Kenya, for example, 66% of the population is under the age of 25. (Karijo et al., 2020). He continued to argue that, there are a relationship between depression and anxiety during the covid-19 pandemic period and one's goals in life. Depression and anxiety may be linked to a person's sense of purpose in life.

2.6 Theoretical Review

Theories are sets of concepts used to highlight a set of facts, particularly those that have been frequently tested or widely accepted (Moher, 2012). When two or more variables are linked together in a theoretical framework, it serves as a guide for the rest of the research (Selvam, 2017). The research will be guided by a theoretical structure comprising three ones: Rational Emotive

Behavior theory (REBT) Developed by Albert Elis in the 1950s, which help in eradicating irrational belief among the youths. Cognitive-Behavioral Theory Developed by Aaron T, Beck in the 1960s which help in cognitive restructuring among the youth and logo therapy theory developed by Victor E. Frankl in the 1940s which help the youth in search for meaning in life under all circumstances in life including the pandemics. Cognitive re-structuring through these theories will enhance level of purpose in life to reduce the severity of depression and anxiety during and after the Covid- 19 pandemic.

2.6.1 Logo Therapy

Logotherapy, according to Von Devivere (2018), is classified under existential psychiatry but differs from other forms of existential analysis in that it assumes that people are searching for deeper meaning in their lives. Clients are urged by its proponents to look for purpose in their lives rather than dwelling on the things they've lost. The three pillars of logotherapy, as per Von Devivere (2018), are: (1) life has a meaning no matter what; (2) people have free choice to discover meaning in life within evident limits; and (3) a will to mean in life motivates people. During his time in the Nazi prison camps in 1946, Viktor Frankl studied human psychiatry based on existential analysis, according to Crego et al., (2021). 'The desire to search for life meaning', as per Wong (2014) by Frankl, is an important motivation for human conduct, and as a distinctive and free being. Humans explore their own meaning of existence by making better choices in life.'

According to Victor Frankl, it is possible to use the pain and suffering in one's life to achieve great sense of purpose in life (Frankl 1984). He sees remorse as a chance to grow and change for the better, and a new meaning in life as a chance to do things right (Frankl 1984). For

persons who want help coping with life's challenges by maximizing the power of their "spiritual" wealth, this notion may be useful to them in search for meaning (Frankl, 1997).

According to Frankl, those who suffer from existential emptiness are best addressed by logotherapy. A patient's search for meaning and purpose in life can be helped by the use of humanistic and existential psychology through logotherapy, according to (Dezelic, 2017). Finding meaning is a three-step process, according to Hopkins (2013). In the first place, people might discover meaning in their work, school, or any other daily activities they engage in. People can only derive meaning from activities that have significance or relevance (Martela, & Steger, 2016). Experiencing or meeting someone or something can be a source of significance for individuals. According to Frankl's (1984) theory, the second way to discover meaning has two facets. The first is a direct encounter with anything in the surroundings, such as art, music, or the natural world. Human interaction is the second aspect. The third method focuses on how people deal with their own pain. People, says Viktor Frankl (1959, 1963), have two choices when faced with tough or catastrophic occurrences in their life. They are mentally or physically capable of overcoming these challenges (Wong, 2014). Preserving one's feeling of self-worth in the face of depression, tragedy, or suffering is likely to strengthen one's sense of purpose in life, whereas failing would not (Frankl, 1984). It's crucial to remember that these three facets of human conduct are interconnected and interdependent.

Some of the strategies of Logotherapy can be considered as overlapping with the current treatment methods of cognitive-behavioral therapy (CBT). This suggests that Logotherapy can be used in place of other therapeutic modalities that focus on the mind and behavior. According to the same study, people with mental illnesses have a weaker sense of purpose in life and are more

likely to consider suicide due to depression (Thir & Batthyány, 2016). Children with cancer and those who are depressed can benefit from a logotherapy program (Thir et al., 2016).

Health and well-being have been linked to a person's sense of purpose and meaning in life (Hedayati & Khazaei, 2014). Frankl (1984) emphasized the need of a sense of purpose in maintaining mental health. Numerous studies suggest that having a sense of purpose in life has a positive impact on a variety of mental health indicators, including mild depression, life satisfaction, and even hope (Pereira, 2021). Having a purpose in life is a way for young people to feel that their lives have value and to comprehend their experiences and memories (Hedayati & Khazaei, 2014). The correlation between a sense of meaning in life and good mental health has been scientifically proven (Wännström et al., 2009). In addition to phobias, the covid-19 pandemic, grief and guilt, bereavement and diseases such as depression and anxiety, this understanding could be used in a variety of other areas. According to Frankl, "existential angst" and a lack of meaning in life are symptoms of various mental health issues masquerading as "existential angst." According to Egnew (2016).

According to a study conducted by SHoaakazemi, Javid, Tazekand, and Khalili (2012) on Shahid Chamran University students, group logotherapy was beneficial in increasing students' sense of purpose in life and reducing their levels of depression. For Iranian university students with depression and a poor sense of meaning in life, Robatmili, at al. (2015), found that the logotherapy program was useful in minimizing depression levels and increasing a sense of meaning in life. If you are a teenager, Wong (2014) claims that Logotherapy can provide long-term comfort from the sense of meaninglessness that many young people feel. A therapeutic relationship, growing insight into identity, values, and objectives, as well as reframing meaninglessness, depression, and anxiety, are all ways to help teenagers find and pursue meaning.

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"The usefulness of group logotherapy in enhancing women's health" by Rezaei et al. (2008), found that logotherapy can improve overall health and reduce the symptoms of depression and anxiety. The theory highlights on how to search for meaning even in difficulty and suffering times like the case of Covid-19 pandemic experience.

2.6.2 Cognitive Behavioral Therapy

Depressive disorders are more likely to occur in those who have a persistently pessimistic outlook on life, according to cognitive theories of depression (Kercher, Rapee, & Schniering, 2009). According to McGinn's (2000) view, depression is more likely to strike young individuals who have certain maladaptive cognitive processes, such as the tendency to over-process negative information about oneself and one's circumstances. Having a negative outlook on life influences one's perception, interpretation, and recollection of personal experiences, leading to a negatively biased construal of one's personal environment and eventually, the development of depressive symptoms (McGinn, 2000). By empowering the client through a brief psychotherapy treatment approach, CBT emphasizes giving clients with the abilities to counteract their depression and/or anxiety. One of CBT's key objectives is to help the client implement particular tactics to counteract their melancholy moods outside of the therapy sessions (Consoli et al., 2018). Cognitive therapy has been widely accepted in the treatment of depression and anxiety, according to Flynn (2011). The guidelines for treating depression and anxiety include cognitive reconstruction in which the theory is based on.

2.6.3 Rational Emotive Behavior Therapy

It has been established that the REBT model of depression is beneficial in terms of both irrational beliefs and treatment outcomes that support the REBT theory of change, according to Macavei (2004). Depression may be caused by an early irrational belief, but evidence for this theory is sparse. Ellis (1999) claims that rational emotive behavior therapy is one of the most influential cognitive-behavior therapies. Other versions of cognitive behavioral therapy (CBT) later absorbed its core concepts. Due to the fact that both REBT and CBT are based on inclusion, REBT in its more "elegant" version takes CBT one step further in terms of philosophical development (Matweychuk, DiGiuseppe, & Gulyayeva, 2019). REBT approach is based on a model of change that has also been subjected to more and more empirical research. It is the belief in irrational beliefs that causes psychopathology, as per Matweychuk, DiGiuseppe, and Gulyayeva (2019). A reduction in irrational beliefs and other treatment results has been found to support the REBT theory of change in early research on depression (Lipsky, Kassinove, & Miller, 1980) lacking discriminant validity, many of these tests referred to emotions rather than cognitions (Macavei, 2005). Because of this, there were expected to be associations with other indicators of depression and anxiety. The theory highlights on how to eradicate irrational beliefs to make a better choice in life.

2.7 Critique of the Theories

Reductions both in irrational beliefs and other treatment techniques, according to Macavei (2005), suggest that the REBT model of depression has been helpful in reducing both these and other treatment outcomes. Many early irrational belief measures failed discriminant validity, and so many items of these instruments focused on emotional responses rather than thoughts and

feelings (Macavei, 2005). Because of this, associations with other indicators of adverse effects were to be anticipated.

Without a usual depressed group, Szentagotai, David, Lupu and Cosman (2008) discovered that it was impossible to distinguish whether irrational ideas were particular to serious depression. It was difficult to draw firm conclusions about the influence of different types of illogical ideas on depressed symptoms because these tests only provided an overall score of irrationality. It has been shown in various studies that people who are clinically depressed and who are susceptible to depression have illogical beliefs that far outweigh those of the general population (the Sava, et al., 2011). Because 30–40 percent of persons are still unresponsive, cognitive-behavioral psychotherapy has yet to meet "the desired level" of efficacy and effectiveness (David & Szentagotai, 2006). These theories add to the understanding of adolescent behavior in terms of choices, feelings, and behaviors, but they do not go as far as the Logotherapy theory of personality in emphasizing self-awareness and search for meaning in a teenager. Wong (2014) claims that Logotherapy can provide long-term comfort from the sense of meaninglessness that many young people feel. A therapeutic relationship, increased understanding of identity, values, and aspirations, and a reframing of meaninglessness, depression, and anxiety are all ways to help teenagers who are meaningless and depressed find their purpose. As a result, Victor Frankl's logotherapy theory was selected as the study's central theoretical framework.

2.8 Conceptual Framework

A conceptual framework is a visual representation of the relationships between the various variables (Grey, 2014). The research's conceptual framework demonstrates how the variables are viewed from the theory's standpoint and how they relate to one another (Selvam, 2017). It is based on a theoretical framework that implies a link between a purpose in life and mental health issues

like depression and anxiety. While depression and anxiety are independent variables in this study, the dependent variable is a person's sense of purpose in life. Sex, age, education level, and religion were the moderating variables that regulated or influenced characteristics such as purpose in life, depression, and anxiety. In the event of a covid-19 pandemic, the conceptual framework depicts the relationship between a person's sense of meaning in life and the severity of depression and anxiety variables among the young people of Kibra constituency, this study examined the degree to which purpose in life, depression, and anxiety are linked.

Variable A   **Variable B**

| **Purpose in life** | | **Depression and anxiety** |

Moderating Variables C
1. Age
2. Sex
3. Education level
4. Religion
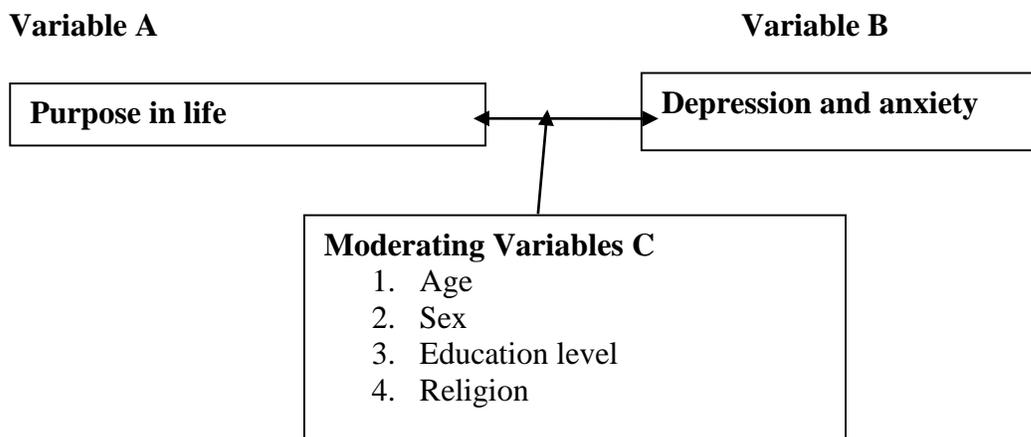
Figure 2.1. Conceptual Framework.

Source: KNBS

2.9 Summery

The part presented a review of literature related to the study which aimed to counter the objectives and study questions explained in chapter one and establish the association between purpose in life, depression and anxiety. Several studies that were reviewed highlighted the importance of having high levels of purpose in life to minimize depression and anxiety in hard of suffering situations. Purpose in life, depression and anxiety research therefore, offered a methodology for understanding how to promote mental health within the psychological context of

increased suicidal thoughts and restlessness during the covid-19 pandemic. This prompted the need for intervention by Counselors, psychotherapists, researchers, various government and non-governmental agencies to assist in mental health.

The theoretical perspective demonstrated vital components on understanding purpose in life to have meaningful life goals to minimize depression and anxiety. The Logo therapy, REBT and CBT theories presented a suitable theoretical lens for this investigation. The next chapter provided a description of the investigation methodology and design employed in this study by the researcher; in helping him realize the objectives of this study and achieve the study goal.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

This chapter explains the many stages of the research process. In addition, the research design, demographic target, sample selection, data collection procedure, data analysis, and ethical codes concerns are all described.

3.2 Research Design

A study's total scope is defined by the research design. It draws attention to the conceptual framework used to express study findings (Estabrooks, 1999). The appropriateness of a given research design for a certain investigation is a key consideration in any study (Grey, 2014). A quantitative cross-sectional study method was employed in this study. Using a cross-sectional design enables us to identify an interested population throughout time without having to play with any of the study's various independent factors (Spector, 2019).

3.3 Target Population

In a study a study's population consists of any and all components that meet the study's requirements (Wayne, Williams & Gregory, 2016). Population targeted in this study is the youth in Kibra constituency. Kibra constituency was chosen because it covers an area of approximately 12.1 square kilometers and with a population of 178,284 people (KNBS, 2019). More over 36,000 young people live in Kibra's five wards, according to the city's demographic data. The unemployment rate in Nairobi is 50%, and the average daily wage in the slums is roughly Ksh200 ($2). (Marx, Stoker, & Suri 2019). Kibra is Nairobi's largest slum, and Africa's largest urban slum, in terms of population density (Wanjiru, & Matsubara, 2017).

Most residents in the slums lack access to health care, education, water, and power (Wanjiru, & Matsubara, 2017). The virus that causes Covid-19 disease could spread quickly due to the overcrowding and poor sanitation in this area, increasing fatality rates. Lindi, Sarangombe, Woodly, Laine Saba, and Makina are the five wards that make up the district, as stated in table 3.1.

Table 3.1 Target Population

Ward	Youth Population(N)
Sarangombe	9596
Laini saba	5412
Lindi	4907
Woodly	8478
Makina	7685
Total	**36078**

Source: KNBS,

3.4 Sample Size

A sample is a subset of the target population that can be used by the researcher to draw conclusions about the population as a whole. In empirical studies, the size of the sample is critical since it enables the researcher to draw conclusions about the population from the sample itself (Spector, 2019). The Yamane method (Yamane, 1967) was used to survey the size of the research.

$n = \frac{Z^2 pqN}{e^2 N - 1 + Z^2 pq}$

Where n is the size of the sample

Z is the standard normal deviation at the accepted confidence level. Assuming a 95% satisfied level, the value of Z is 1.96.

N=Total population

e is the error margin, which is 0.05.

P is the proportion in the target population approximated to have characteristics being measured, taken as 0.5.

$q = 1–p$

In this research, the sample size was:

n=1.9620.50.5*360780.05236078-1+1.9620.5(0.5)

n=380

3.5 Sampling Techniques

According to this definition, sampling is the process of choosing items from the targeting population in such a way as to produce a subset that is representative of the study population's traits (Levy & Lemeshow, 2013). First, purposive sampling technique selected the target population. For this study, Kibra constituency was chosen. Purposive sampling is preferred because it selects typical and useful cases only (Spector, 2019). In selecting the sample, the population was further stratified into different groups based on their wards namely: Lindi, Sarangombe, Woodly, Laini Saba, and Makina. This allowed the researcher to pick up a sample population that best describes the entire population being studied. Purposive sampling was first employed to identify the population of interest. The proportional sampling technique was used to

figure out how many people should be included in each ward's sample. As a result of proportionate sampling, a larger number of respondents are drawn from the stratum with the highest population, resulting in a larger sample size. Snowball sampling was used to select participants, and the initial respondent of the study recruited future respondents from among their contacts (Levy & Lemeshow, 2013).

Table 3.5 Sample Size Determination

Ward	Population (N)	$k= \left\{\frac{N}{36078}\right\} * 380$
Sarangombe	9596	101
Laini saba	5412	57
Lindi	4907	52
Woodly	8478	89
Makina	7685	81
Total	**36,078**	**380**

Source: Author 2022

In each stratum/ward, the respondents was chosen using simple random sampling. Simple random sampling gives every item in the population an even chance and likelihood of being selected in the sample (Stevens & Olsen, 2004).

3.6 Data Collection Instruments

The PIL Test (Purpose in Life) is an assessment of Viktor Frankl's theory, and it is included in (Appendix 3). "The will to meaning" is derived from Frankl's work and tested as a test of Frankl's main notion (Crumbaugh, 1968). When it comes to determining a person's sense of purpose in life, Crumbaugh and Maholick (1964) developed the Purpose in Life Test (PIL). For complicated psychological diagnostics, it was designed for use with adolescents and adults ages 13 to 75, and it can be used for testing purposes. The PIL includes the following 20 statements: "I am

typically...," with "totally bored" as one anchor and "exuberant, enthusiastic" as the other on a five-point scale (Molasso, 2006).

Renamed from Spence Child's Anxiety Scale to Revised Children Anxiety Depression Scale (Spence, 1997). Symptoms are rated on a scale of 1 (never) to 4 (always). Children's anxiety and depression can be quickly assessed with the 25-item RCADS short form (Piqueras et al., 2017). Total Fear, Total Depression, and Total Anxiety are the only RCADS-25 scores that can be obtained.

Children and adolescents between the ages of 8 and 18 can take the RCADS-25, which is a self-report questionnaire designed to measure anxiety and MDD under the DSM-IV definition of these illnesses (Klaufus, et al., 2020). Using a representative sample of 1641 students, it was found to have a factor structure congruent with DSM-IV diagnoses of anxiety and depression and to have a high degree of preferred internal consistency (Chorpita et al., 2000). Aim of the Device: To Evaluate Clinical Issues in Adolescents (Mehmood & Sultan, 2014).

In terms of internal consistency (Cronbach's alphas between 0.65 and 0.83) and data quality, the RCADS-25 performed well (Young et al., 2020). Breaux, et al. (2020) report that RCADS-25 dependability was good at all-time points (s =.89–.96) in a study of 238 teenagers (132 males; ages 15–17 years) from two sites in the Southeast and Midwest of the United States.

3.7 Validity and Reliability of the Instruments.

A research instrument's dependability is a key determinant of validity in quantitative studies. The validity of data collection tools was expected to provide accurate portrayal of the results that the researcher will test. Validity is a measure of how well an instrument captures the concept being studied (Taber, 2018).

According to Taber (2018), learning resources are measurement equipment that should possess appropriate dependability in terms of their internal consistency or stability.

Criterion validity was found to be in accordance with the PIL's concurrent validity measures (Crumbaugh, 1968). According to Spearman-Brown, the split-half correlation of the PIL (N = 120) generated a coefficient of 0.85 and changed to 0.92, indicating that the survey was credible (Ackerman, 2013). This demonstrates the tool's dependability in delivering results that can be trusted (Hanson, & Voight, 2014). At (0.9) and (0.83), the PIL's split reliability and test re-test coefficient were adequate (Benton, van Erkom Schurink, & Desson, 2008).

Ebesutani et al. (2012) produced a 25-item RCADS version that reflects a single 'wide anxiety' dimension and reduces customer burden and administration time. RCADS-25 delivers accurate and reliable findings on anxiety and depression in children and adolescents by distinguishing between subtypes (Esbjrn et al., 2012). Cronbach's alphas ranged from 0.65 to 0.83, which is a good sign for data because of the satisfactory psychometric features of the RCADS-25 (Young et al., 2020). Cronbach alphas ranging from 0.78 (for SAD) to 0.88 (for GAD) were reported in another study as evidence of its good internal consistency (Klaufus at al., 2020). The RCADS-25 is an excellent tool for defining anxiety and depression disorders, reporting acceptable results, and tracking clinical improvements, demonstrating its use in both clinical and research settings (Ebesutani et al., 2012).

3.8 Data Collection Procedure

For a certain objective, a data gathering method is used to gather information from a variety of sources. To collect data, a data collection tool is any instrument that is used to collect data (Mugenda and Mugenda, 2013). Several conditions had to be met before a field survey could begin: Tangaza University's Ethics Review Committee granted the researcher's request for ethical

clearance, indicating that he had met all of the prerequisites (the clearance letter appended). So, the scientist sought permission from NACOSTI, the country's regulatory authority for science, technology, and innovation (STI). In order to do research in their jurisdiction, the researcher sought authorization from the County Commissioner, the County Education Office, and the Officer-in-Charge in Kibra constituency after obtaining a permit. Permission to carry out his research, he entered the study location, explained its purpose and kind to upper management, and asked for help.

In order to find a young individual who fulfilled the criteria, the researcher and the village head went door to door in the designated wards (youth aged 13-17years). Researchers introduced themselves and the family's head when they met their first volunteer. Furthermore, the researcher went over the study's purpose, the participant's rights, and their desire to participate. To ensure privacy of the participants, the participant's names were not used for protection of their identity and for confidentiality purpose. Those who accepted to participate were asked to sign and return a form that stated their agreement. Once the first participant had introduced the researcher to another participant, he or she was asked to do it again. The researchers then distributed questionnaires to the volunteers they had chosen, and they answered each one on their own. The researcher had all the answers to the study's thorniest problems. At their parent's house, participants were given 30 minutes to finish the questionnaire.

Each participant was given a completed questionnaire, which was then provided to the author, who checked it for accuracy before placing it in an envelope for safekeeping at the researcher's home. They were kept safe and secure in this location. The researcher acknowledged those who were unable to participate in the survey and moved on to the next residence. Repeated rounds of this procedure were carried out in each community until the number required was met.

3.9 Data Management

Arranging, structuring, and storing research data are all aspects of "data management," according to Kalu, Chidi-Kalu, and Mafe (2001). The researchers collected their data by having participants fill out questionnaires. All questionnaires were packed in a waterproof bag and delivered to a secure location for data analysis after the collection of information. The APA requires that the researcher alone have access to the hard drive on which the data is stored (2010). To preserve the integrity of the participants' data, honesty was used in the reporting of findings. Analysis was performed using SPSS version 2021 software after the data was cleansed and entered twice. The responses to the study data were organized into appropriate management categories, and the accuracy of the submissions was ensured for each item on the instrument.

3.10 Data Analysis

A statistical package for the social sciences was used to do statistical analysis of the research data (SPSS). The research questions were answered using both descriptive and inferential statistical methods. Frequency distributions, proportions, statistical tests (such as the mode), means, and standard deviations are all examples of descriptive statistics. Statistical information was displayed in frequency tables to provide context for the findings. Descriptive analysis was utilized to determine and generate frequency distributions linked to purpose in life, anxiety, and anxiety because of the survey's categorical setting. Predictions or conclusions may have been made using inferential analysis. It was determined that reason for living, depression, and anxiety all had a correlation coefficient (r). Another analysis method used to determine the influence of depression and anxiety on the dependent variable was linear regression (purpose in life). Tables were used to display regression results.

3.11 Ethical Consideration

It is important for researchers to follow these principles and rules in order to maintain high moral standards, confidentiality, a code of ethics, and a commitment to ethical behavior on the part of all participants in the research process (Koocher & Keith-Spiegel, 2008). Tangaza College University guidelines for research guided the handling of any ethical concerns related to data acquisition. The researcher upheld the highest standards of ethical conduct by keeping all communications private. Confidentiality was promised to participants by stating they would only be utilized for research purposes, with no unauthorized parties being allowed access to the data. As a result, those that responded provided accurate and comprehensive data. It was entirely up to the participants whether or not they wanted to take part in the study. No one was forced to participate in the study; instead, they were asked to provide their information voluntarily. Prior to using students in research, the parents' permission was sought. Before the study began, the goal and nature of the study were explained to the participants and their parents. Parents and children were asked to provide their permission before the study could start. For the sake of preventing the spread of covid-19, all attendees were provided with free masks and sanitizers. Participation was not rewarded.

Throughout the study, the researcher was responsible for maintaining the confidentiality of all information provided by participants while also protecting their physical and psychological well-being. Research permissions from the National Commission for Science and Technology and Innovation (NACOSTI) and relevant protocols were obtained before any fieldwork could begin. Anonymity was enforced to shield respondents from assault and public disgrace of associating with the information provided to the researcher. Anonymity was observed. Respondents were

asked to provide data without writing down their names on the research instruments, and this worked.

Observing decorum and a pleasant outlook was attained by being neat and dressed nicely while the researcher engaged with the respondents. Civil rights and public standards and ethics were adhered to. The researcher reassured the participants that their personal information would be kept private. They were able to do so without raising any suspicions because of this.

3.12 Summary

Quantitative research is depicted in this section using a proposed method. Participant information and reasoning, sample size, research instruments and their illegality; the role of the investigator; participant moral safety; data gathering and analysis; and the collection of data were all addressed in the course material. The complete data synthesizing and analysis process is covered in detail in the fourth chapter.

CHAPTER FOUR

RESULTS

4.1. Introduction

This chapter presents the findings of the data collection. Demographic information such as educational levels, status in the company, response rate and the reliability of the ratings utilized are discussed. Outcomes were also discussed as they differed from intentions. Anxiety, sadness, and a lack of purpose in life were all examined in the study.

4.2. Reliability of the Standardized Instruments in the Study

Cronbach's alpha was used to examine the reliability of the questionnaire, and a number better than 0.7 indicates that the items in the survey were consistent (Mugenda, 2008). Table 4.1 summarizes the findings.

Table 4.1: Reliability Test

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
0.770	0.711	8

Cronbach's Alpha (a) was 0.770, as shown in Table 4.1. Cronbach's Alpha (a) values greater than 0.7 indicates outstanding levels of reliability and good internal uniformity of the data gathering instrument. These measurements are backed by (Selvam, 2017), who stated that a Cronbach alpha of 0.6 0.7 is acceptable and 0.7 0.9 is considered good.

4.3. Response Rate

The researcher distributed 380 questionnaires from Kibra Wards, Nairobi County, Kenya. A total of 380 questionnaires were administered to meet the target.

The research issued a total of 385 questionnaires and only 375 were filled and returned. This gives a response rate of 98.7%. This was considered sufficient for the study as indicated in table 4.2 below.

Table 4.2:   **Response Rate**

Respondents	Sampled respondents	Returned	Achieved return rate%
Questionnaires	380	375	98.7%

Source: Survey data

As shown in Table 4.2, a total of 375 questionnaires were kept after the review and rejection of questionnaires that were not fully completed. An excellent response rate of 98.7 percent was achieved as a result of this method

4.4 Social- Demographic Characteristics

The demographic parameters of the participants were depicted using a descriptive scheme, which included gender, education level, religious background, and age. For this study, the results were accurate and free from bias because the survey participants came from a wide spectrum of demographics.

Table 4.3 Social Demographics

	Category	N	percentage%
Age of the participant	12	23	6.1
	13	36	9.6
	14	25	6.7
	15	76	20.3
	16	66	17.6
	17	149	39.7
Gender of the participant	Female	191	50.9
	Male	184	49.1
Education level	8	20	5.3
	9	70	18.7
	10	64	17.1
	11	74	19.7
	12	147	39.2
Religion of the participant	Christian	295	78.7
	Muslim	80	21.3

The data gathered for this study was used to highlight the wide range of life purpose, depression, and anxiousness among different age groups.

4.5 Severity of Anxiety and Depression among the youth

In this study, Kibra's young people will be assessed for the severity of depressive symptoms, and anxiety. Table 4.4 sums up the findings in a nutshell.

Table 4.4 Severity of Anxiety, Depression

Severity of Anxiety among the youth	Low	335	89.3
	Moderate	15	4.0
	High	25	6.7
Severity of Depression among the youth	Low	130	34.7
	Moderate	44	11.7
	High	201	53.6
Severity of Depression and Anxiety among the youth	Low	228	60.8
	Moderate	94	25.1
	High	53	14.1

According to table 4.4 above on objective one, the youth were severely depressed 53.6% than been

anxiously affected 6.7% during the time of the study.

4.6 Levels of Purpose in life

In this study, Kibra's young people were assessed for the levels of purpose in life to achieve the second objective as shown below in table 4.5.

Table 4.5 Levels of Purpose in life

			Percentages
Levels of Purpose in life	High levels of Purpose in life	86	22.9
	Low levels of purpose in life	289	77.1

According to table 4.5 Most of the young people levels of purpose in life was 77.1%

indicating the lack meaning in life at the time of the study.

4.6.1 Anxiety

To investigate the severity of anxiety among the youth in Kibra, using the Revised Child Anxiety and Depression Scale (RCADS) revised by Spence (1997). From the findings in table 4.4, 89.3 % had low anxiety, 4.0 % had moderate anxiety while 6.7 % had severe anxiety.

4.6.2 Depression

The study further investigated the severity of depression among the youth in Kibra using the Revised Child Anxiety and Depression Scale (RCADS). There were 34.7% who said they had mild depression, with 11.7% citing moderate depression as their state of mind. Depression progresses from mild to moderate with time. In addition, 53.6 percent of individuals surveyed had severe depression, which is described as having symptoms that are similar to those of moderate depression, but that are much more severe and noticeable.

4.6.3 Depression and Anxiety combined

The study further investigated the total prevalence of depression and anxiety among the youth in Kibra. To achieve this the study obtained the total anxiety and depression using the Revised Child Anxiety and Depression Scale (RCADS). The findings from table 4.4 shows 60.8% of the respondents had low depression and Anxiety while 25.1% had moderate. The findings further show that 14.1% had severe depression and anxiety.

4.6.4 Level of purpose in life among the youth in Kibra.

The study sought to examine the level of purpose in life among the youth in Kibra. The total score for PIL ranges from 20 to 100 with higher scores showing an outrageous sense of purpose in life. Scores from 50 through 100 indicate definite purpose and meaning in life and those below 50 show low levels of meaning and purpose in life. The findings in table 4.4 show that 77.1% of the respondents had no purpose in life by the time of this study while 22.9% of the respondents had purpose in life.

4.7 Association Between Anxiety with Social Demographic Characteristics

The link involving social demographic characteristics and anxiety was further established as a result of the research to achieve the third objective. Table 4.5 provides an overview of the findings.

Table 4.6 Association Between Anxiety and Social Demographic Characteristics

		Low Anxiety		Moderate to High Anxiety		OR	95% C.I	
Age of the participant	12	21	5.6%	2	0.5%	0.996	0.210	4.732
	13	35	9.3%	1	0.3%	0.299	0.038	2.363
	14	25	6.7%	0	0.0%	0.000	0.000	
	15	72	19.2%	4	1.1%	0.581	0.183	1.847
	16	46	12.3%	20	5.3%	4.548	2.097	9.865
	17	136	36.3%	13	3.5%			
Gender	Female	163	43.5%	28	7.5%	2.462	1.211	5.005
	Male	172	45.9%	12	3.2%			
Education level	8	20	5.3%	0	0.0%	0.000	0.000	
	9	64	17.1%	6	1.6%	0.966	0.351	2.659
	10	44	11.7%	20	5.3%	4.685	2.154	10.189
	11	73	19.5%	1	0.3%	0.141	0.018	1.101
	12	134	35.7%	13	3.5%	1.000		
Religion of the participant	Christian	279	74.4%	16	4.3%	0.134	0.067	0.268
	Muslim	56	14.9%	24	6.4%			

Table 4.6 shows that 7.5% of female had moderate to higher symptoms of anxiety while only 3.2 % of their male counterparts exhibited symptoms of anxiety. Further analysis show that Females

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were 2.462 times more likely to have anxiety than males, the results further show that symptoms of moderate to higher anxiety increased with age. For instance, teens who were 16 years old were 4.548 time, more likely to have anxiety. Similarly, teens aged 14 years exhibited no symptoms of moderate to higher anxiety.

To be precise 74.4 % of Christians had low levels of anxiety while only 14.9% of Muslims had low anxiety. The study further show that anxiety among grade 10 youths was 4.685 higher than those in grade 11 and 12.

More women than men reported moderate-to-high levels of anxiety, with 7.5% of women reporting this compared to only 3.2% of males. There was a statistically significant difference in anxiety between males and women. According to the findings, people are more likely to have symptoms of moderate to severe anxiety as they age. For example, anxiousness was shown to be 4.548 times more common in 16-year-olds than in the general population of the age group. Teenagers who did not exhibit indicators of moderate to severe anxiety were similarly affected.

Contrarily, the likelihood of experiencing anxiety was 86.6% lower among Christians compared to Muslims. Christians reported lower levels of worry than Muslims, by a margin of 74.4 percent to 14.9 percent. According to a new study, people in grades 10 and 11 were more likely to suffer from anxiety than those in grades 12.

4.8 Association Between Depression and Social Demographic Characteristics

The study found an even stronger link between depressive symptoms and a person's sociodemographic background. Table 4.6 shows the results.

Table 4.7 Association Between Depression and Social Demographic Characteristics

		Low Depression		Moderate to High Depression		OR	95% C.I	
Age of the participant	13	35	9.3%	1	0.3%	0.006	0.001	0.046
	14	25	6.7%	0	0.0%	0.000	0.000	
	15	9	2.4%	67	17.9%	1.574	0.697	3.553
	16	35	9.3%	31	8.3%	0.187	0.098	0.356
	17	26	6.9%	123	32.8%	1.000		
Gender	Female	53	14.1%	138	36.8%	1.874	1.217	2.884
	Male	77	20.5%	107	28.5%	1.000		
Education level	8	20	5.3%	0	0.0%	0.000	0.000	
	10	43	11.5%	21	5.6%	0.100	0.051	0.197
	11	42	11.2%	32	8.5%	0.156	0.083	0.293
	12	25	6.7%	122	32.5%	1.000		
Religion of the participant	Christian	122	32.5%	173	46.1%	0.158	0.073	0.339
	Muslim	8	2.1%	72	19.2%	1.000		

Depressive symptoms were shown to be severe among the older teens compared to younger ones. A higher percentage of 17-year-olds than any other age group reported having depressed symptoms, with 32.8% reporting such symptoms. The 14- and 13-year-olds studied showed moderate to high levels of depression (0.0 percent and 0.3 percent respectively). Women (36.8%) were more likely than men to experience depressive symptoms (28.5 percent). The study found that women were 1.877 times more likely than men to suffer from depression.

According to the data, students in grades 12 and 13 were the most likely to suffer from moderate to severe depression. (32.5 percent). These findings could imply that the more academically accomplished a person is, the more likely they are to suffer from depression.

4.9 Association Between Purpose in Life and Social Demographic Characteristics

It has been shown that social demographics have a direct correlation with one's feeling of purpose in life. Table 4.7 displays the outcomes of the experiment.

Table 4.8. Association Between Purpose in Life and Social Demographic Characteristics

		Have Purpose in life		No purpose in life		OR	95% C.I	
Age	13	10	2.7%	26	6.9%	0.053	0.014	0.207
	14	21	5.6%	4	1.1%	0.004	0.001	0.019
	15	18	4.8%	58	15.5%	0.066	0.019	0.233
	16	34	9.1%	32	8.5%	0.019	0.006	0.067
	17	3	0.8%	146	38.9%			
Gender	Female	54	14.4%	137	36.5%	0.534	0.326	0.876
	Male	32	8.5%	152	40.5%			
Education level	8	20	5.3%	0	0.0%	0.000	0.000	
	10	13	3.5%	51	13.6%	0.054	0.012	0.248
	11	51	13.6%	23	6.1%	0.006	0.001	0.027
	12	2	0.5%	145	38.7%			
Religion of the participant	Christian	82	21.9%	213	56.8%	0.137	0.048	0.386
	Muslim	4	1.1%	76	20.3%			

The most prevalent age at which students lose their sense of purpose in life is in the 12th grade (38.7 percent). According to earlier studies, teenagers lose their purpose in life sense as they get older. All eighth-grade students have a life goal, which is a substantial conclusion (see Figure 3). Christian participants was at 56.8% while Muslim participants was at 20.3% on purpose in life

4.10 Association Between Purpose in Life and Anxiety With Depression

The other objective of the study was to determine the association between purpose in life, depression, and anxiety among youth in Kibra. The results are presented in table 4.8.

Table 4.9 Association Between Purpose in Life and Anxiety with Depression

		Low Depression		Moderate to High Depression	
Anxiety	Low	130	34.7%	205	54.7%
	Moderate to High	0	0.0%	40	10.7%
Purpose in life	Purpose	68	18.1%	18	4.8%
	No purpose	62	16.5%	227	60.5%

The findings that out of the total 335 youths who had low anxiety, 205 (54.7%) were found to have moderate to severe depressive symptoms. Further it can be observed that all the 40 youths who had moderate to high anxiety were found to have moderate to severe depressive symptoms. The study further show that for all the youth who had purpose in life only 4.8 % were found to have moderate to severe depressive symptoms. Similarly, 60.5% of the youth who had no purpose in life were found to have moderate to severe depressive symptoms.

4.11 Correlation between Purpose in life, Depression, and Anxiety

Anxiety and depression were shown to be linked to Kibra youth's lack of a sense of purpose to live, according to the study. Life purpose, depression and anxiety are shown to have a correlation coefficient (r) determined in order to achieve this aim.

Table 4.10: Correlation Matrix

Correlations		Anxiety	Depression	Depression and anxiety	Purpose in life
Anxiety	Pearson Correlation	1.00	0.425[**]	0.741[**]	-0.447[**]
	Sig. (2-tailed)		0.000	0.000	0.000
Depression	Pearson Correlation	0.425[**]	1.00	0.846[**]	-0.789[**]
	Sig. (2-tailed)	0.000		0.000	0.000
Depression and anxiety	Pearson Correlation	0.741[**]	0.846[**]	1.00	-0.698[**]
	Sig. (2-tailed)	0.000	0.000		0.000
Purpose in life	Pearson Correlation	-0.447[**]	-0.789[**]	-0.698[**]	1.00
	Sig. (2-tailed)	0.000	0.000	0.000	
**. Correlation is significant at the 0.01 level (2-tailed).					

The Pearson correlation for anxiety and depression was r = 0.425 which was a weak positive correlation. It was also significant (p = .000). This meant anxiety had a small effect on the depression among youths in Kibra. Anxiety and combined anxiety and depression had strong positive correlation of r = 0.741 which was statistically significant with a sig. (2-Tailed) value of p = 0.000. Both anxiety and depression had a negative association with purpose in life. The correlation coefficient between anxiety and purpose in life was -0.447 with P-value of 0.000. This shows that the youths with anxiety had low levels of purpose in life. On the other hand, Depression and purpose in life had a negative significant relationship with r = -0.789 and a P-value of 0.000. The combined total depression and anxiety and purpose in life had a negative relationship. The Pearson correlation coefficient of -0.698 and P-value of 0.000. This shows that the both total depression and anxiety has a negative effect on purpose in life. This indicates that the more depressed youths had no purpose in life

CHAPTER FIVE

DISCUSSION

5.1. Introduction

This chapter provides an overview of the study, including a summary of the study's conclusions and comparisons to prior studies. The observations and conclusions are then discussed in detail. This document goes into great detail about the statistical connections between participant socio-demographics and suitable structure, correlations amongst significant study variables, and the ways in which they are connected to examined literature and hypotheses.

The controversy led to the research theoretical framework being re-examined in light of its newly discovered relationships between its variables. There are also some ideas for refining the concept which this study was founded, as well.

5.2. Demographic Features

The findings shows that 7.5% of female had moderate to higher symptoms of anxiety while only 3.2 % of their male counterparts exhibited symptoms of anxiety. Females were 2.462 times more likely to have anxiety than male. The results further show that symptoms of moderate to higher anxiety increased with age. For instance, teens who were 16 years old were 4.548 times, more likely to have anxiety. Similarly, teens aged 14 years exhibited n symptoms of moderate to higher anxiety.

The overwhelming majority of comments were from Christians, with Muslims in second place. When Covid-19 broke out, many of those interviewed said they felt hopeless and unhappy, regardless of their faith.

Many of the responders were in high school and females were more depressed anxious than males, according to the results. The fact that they were more informed about the Covid-19 outbreak would support this conclusion. The results are further explained by the fact that the Covid-19 outbreak put many respondents' families in a difficult financial position. In the face of adversity, respondents were forced to search for meaning in life the face of depression and anxiety. One of the primary causes of depression, according to Bai, Chen, and Han (2020), is social and economic isolation, lack of meaningful goals and of fundamental necessities. GST supports this by assessing strains through expressions of difficult life situations that are perceived as particularly detrimental, according to Cho and Galehan (2020).

5.3 Severity of Depression and anxiety

Depressive and anxious behaviors were clearly visible in the study's findings, particularly the rise in suicidal thought which lowered purpose in life. Depression and anxiety were the strongest indicators of a lack of meaning in life during the covid-19 epidemic, according to Misiak, Szczeniak, Kaczanowicz, and Rymaszewska (2020). There was clear evidence that the subjects were psychologically ill and had been provoked to such a state. Because of the increased likelihood of the young experiencing unconstructive emotions, such as resentment, wrath, anxiousness, and hopelessness, the link among purpose in life and depression is primary, according to Graham et al. (2017).

There was a strong correlation between the study's high frequency of depression and anxiety and a low sense of meaning in life. Indicators of psychological distress were found in the responses. This level of participation from individuals ranked higher in terms of depression and anxiety. It's possible that depression and anxiety run in families, as Cost et al. (2021) speculate, and that these traits may be passed down through generations. Dissociation from others and greater misconduct were linked to high levels of depression and anxiety in the study participants. According to Graham, Zhou, and Zhang (2017), a lack of meaning in life can be shown in patterns such as unintentional, unconscious harm to one's own body and torture. As a type of mental illness that contributes to a rise in suicidal behavior among young people, hopelessness in sociocultural expression was defined by Bai, Chen, and Han (2020).

Results showed that participants were depressed and anxious to the point of rage, verbal hostility, and hostility in general. Stressed out teenagers develop irritability and intolerance for frustration, according to a study by Graham, Zhou, and Zhang (2017). The authors argue that depression is the root cause of these unsociable behaviors and temperaments. Van der Westhuizen claims that (2021). Suicidal ideation, verbal insults at the destruction of others, rudeness, sloth, abuse, hostility, and distrustful interactions with strangers and family members were all found to be signs of depression on the subscales. They were often described as restless and unreasonable, and as a result, they lacked purpose in their lives. As a result, the participants stated that they were resentful of others, hostile to strangers, and distrustful of them. Repetitive stressful behaviors have been shown to increase the likelihood of committing hazardous acts in the future, according to Cost, et al. (2021). Covid-19 epidemic appears to have a negative impact on these young individuals, as evidenced by their reactions, which show that they are depressed and unable to find meaning in their life. Young people who are exposed to these kinds of situations, say Van der Helm et al.

(2009), develop a steady stream of negative emotions, including hatred, violence, and brutality, as a to maintain power (Bansal, et. al, 2020). Due to a lack of purpose in life, the respondents reported being prone to depressive behavior as a result of excessive frustration and uncontrollable rage. Depression and anxiety were also shown to be common among the study's participants. There has been method an increase in the depression between young people without a goal in life, as per Cost et al. (2021), leading to an increase in frustration and a potential danger to the patient, the individuals, and the public. This finding is similar to those of Mbwayo et al. (2020), which showed that depression had a significant effect on anxiety. Further, findings of this study were similar to those done by other scholars in Hubei province, China (Zhang & Ma, 2020), countries in Sub-Saharan Africa (Olayinka, 2015) and in Kenya (Tumaini et al., 2020; Khasakhala et al., 2012), which found that awareness of mindful life significantly reduced symptoms of anxiety and depression among young people

Psychological issues generated by economic uncertainty during the covid-19 epidemic were implicated in this study as a possible cause of depression in several of the patients. Those who were deprived of the necessities of life were forced to perform in the community on an abnormal level. To combat depression and anxiety in young people, it is proposed that interventions aimed at addressing the psychological impact of low levels of meaning in life and its unnecessarily negative effect may eventually prove useful.

5.4. Purpose In Life

The current study contributes on creating awareness of purpose in life that may influence the severity of depression and anxiety to bring healthy outcomes. We found that individuals who reported higher levels of purpose in life also showed higher levels of happiness

and lower anxiety and depression symptoms. In this regard, the negative correlations found between purpose in life, depression and anxiety are highly consistent with correlations in other studies. Crego et al., (2021) found also a large proportions of variance in purpose in life (49%), anxiety (35%), and depression (45%) symptoms. Severity of depression and anxiety are associated with both a sense of purpose in life and engagement in exercises.

Self-awareness, goal-setting, and success are all components of having a strong sense of life purpose. This inner unhappiness is called an existential vacuum, and it arises when there is no purpose in life. Many of those who took part in the Kibra constituency research had low levels of purpose in life. A total of 50.7% of respondents participated showed that they had no plan for the rest of their lives at the time of the survey, while just 49.3% stated they had. Consistent with previous research, we found that individuals reporting low levels of depression and anxiety also reported a greater sense of purpose in life as highlighted by Erikson, it is difficult for a young person later in life to acquire a motivating belief system when they have nothing to focus their time and energy to in their formative years (1968).

Because of the extreme poverty in Kibra, Pereira (2021) argues that when the pandemic first arrived, participants were frightened, deprived of income and resources, and subjected to hostility and discrimination from a hostile non-supportive community. One of the main causes of depression was socioeconomic isolation and a lack of basic necessities, he says. It has been suggested that the lack of a clear sense of purpose in life can be traced back to a sense of frustration brought on by the failure to meet one's expectations. The Covid–19 pandemic may have caused the respondents to develop mental aberrations as they struggled to adapt to the new environment. According to Abdollahi & Talib (2015), depression and anxious are exacerbated by cognitive

thinking errors and a loss of significance in one's life. Some of these factors led to a rise in the number of deaths among young people who engaged in risky and illegal activities, as well as a return to hazardous peer networks.

Depression and anxiety cases spiked during the covid-19 epidemic, according to the research, since people's sense of purpose in life was diminished. Due to a lack of mental reconstruction and counseling on coping skills, the youth were allegedly not effectively supported at the closure of schools. As a result, they were unable to cope with the Covid-19 pandemic challenge in their communities, leading to sadness and anxiety.

Geng, et al. (2018) stated that a person's level of self-discipline is strongly linked to their inclination to contemplate suicide. Self-control-challenged individuals are helpless in the face of temptations for immediate fulfillment. According to Lindert, et al. (2014), young individuals who lack a sense of purpose in life are more likely to be depressed and participate in substance misuse

 Purpose in life had significant direct effect on depression and anxiety symptoms. Crego et al., (2021) found purpose in life was highly relevant to explain mood-related and well-being related outcomes, it may play a different role concerning anxiety symptoms. In current research, we found significant associations determined by correlations and levels between purpose in life and anxiety scores.

Observing the participants, it is important to observe how they affirmed the importance of having a sense of purpose in life. Though the existing institutional counseling programs are financially constrained to raise mental health awareness, especially during the covid-19 pandemic, they stated. Thus, mental health care establishments should spend money on programs that alter behavior and manage emotional anguish. According to Graham, Zhou, and Zhang (2017),

economic instability and a sense of hopelessness among young people may have affected the covid-19 pandemic's depression. According to the findings of this study, depression and anxiety are common among young people in Kibra who lack a sense of purpose in their lives.

5.5 Depression and Anxiety

A lack of meaning in life, the Covid-19 pandemic, rejection from family and friends, stigma and hostility from neighbors, a bleak financial future and social isolation, housing instability, peer pressure and physical and emotional abuse were cited by participants as exacerbating depression and anxiety in the study. They had to deal with their low levels of meaning in life and rejection they received from within their own families. The results of this study show that returning home following a school closure and finding an economically distressed and unaccommodating community leaves young people feeling anxious and depressed. They became depressed and turned to drugs and alcohol as a result of feeling helpless and frustrated. Having a low self-awareness status might lead to depression, according to Rodolfo Mendoza-Denton (2011). Agnew (2001) acknowledged severity of depression related to a lack of purpose in life, poor parenting, mistreatment, cruelty, bullying, illegal oppression, unemployment, homelessness, living in a monetarily underprivileged area, and the inability to satisfy high aspirations for a better and healthier life. Agnew (2001).

According to the findings, the covid-19 epidemic exacerbated the depression and anxiety of at-risk children, leading to increased life frustrations. This wreaked havoc in their neighborhood. Anxiety and depression were shown to be more severe in the youth as a result of the covid-19 pandemic conditions. During the covid-19 pandemic, young people's frustrations provided fertile ground for influencing them in the wrong direction. When depressed young people were subjected to mingling in a group setting, Bai, Chen, and Han (2020) asserted that emotional pollution and

lifeless goals could increase depressive behavior. Frustrations in life, and suicide were among the hazardous actions most commonly associated with depressive states, according to the research. Because of their failure to cope with the covid-19 pandemic, the study found that emerging young people were influenced into crime by peer pressure and other social provocations. When it comes to risky behaviors like drug use, binge drinking, and even suicide, Bahr, Hoffmann, and Yang (2005) found that purposeful life goals were more helpful than parental influence.

Anxiety and depression were shown to be common among the young in the study. During the covid-19 pandemic, many of the respondents admitted that their lack of purpose in life caused to ill behaviors. According to Bai, Chen, and Han (2020), depression and anxiety are more common among young individuals who are feeling hopeless or who have relatives who have suffered from mental health issues.

Researchers found that participants in a study conducted in the Kibra region experienced a variety of social and economic disadvantages that have been identified as foreshadowing a life without purpose, regardless of the government measures in place to stop the spread of the covid-19 epidemic. The inadequacy of counselling on coping mechanisms, such as assertiveness and awareness of meaning in life left many of the students feeling uneasy and depressed. This contributed to low levels of meaning in life, which in turn led to depression and anxiety among the respondents.

5.6 Association between purpose in life, Depression and Anxiety

P-values that fall below 0.05 indicate a statistically significant relationship between the variables, according to the research. It has been shown that young people who lack a sense of purpose in life are more likely to consider suicide due to depression, therefore educating them

about the need of finding meaning in their lives could help to alleviate depression and anxiety in the community as a whole.

According to the findings, the covid-19 epidemic increased the severity of depressed and anxiety in nearly all of the study participants because they felt they had no meaning in life. The fact that the variables in the study had a positive association suggested that the search for meaning in life, as well as feelings of depressive symptoms and anxiety, were intertwined. The results of a linear regression test showed unequivocally that teenagers in the Kibra neighborhood are more likely to participate in substance abuse due to depression and less likely to continue their education. Anxiety and depression among young people have risen during the covid-19 pandemic, especially among those with low life purpose, which has led to an increase in suicide and substance abuse. Andersson & Zbirenko (2014) found that structure, communication, and leadership all affect productivity and efficiency. These findings are consistent with their findings among Kenyan youths aged 13-19 showed high levels of depression symptoms (46%) and anxiety symptoms (38%). Older adolescents reported higher depression and anxiety symptoms, as well as lower social support than younger adolescents. Females reported more anxiety than males.

It was shown that depression and anxiety disorders are linked to a lack of awareness of one's life's purpose, which is exacerbated by feelings of frustration and incapacity to cope with the pandemic. This study suggests that in times of pandemics like the covid-19, psychological interventions must generate a greater awareness of the meaning of life, and this may eventually apply to lowering depression and anxiety.

Another objective aimed to test the Correlation between Purpose in life, Depression, and Anxiety. The Pearson correlation value (r = 0.425) showed a weak positive association between anxiety and

depression this suggests that participants who scored low on purpose in life were unlikely to exhibit clinical depression. The finding are in agreement with previous studies which suggested a negative association between anxiety and depression (Im, Swan, Warsame, & Isse, 2022; Venturo-Conerly et al., 2022, & Tumaini et al., 2020). This implies that participants who scored low on purpose in life were likely to have clinical depression. The findings concur with other studies which have shown that there is a positive relationship between mindfulness and depressive symptoms

5. 7 Suggestion for Improvement of Theory

The researcher used the logo therapy theory that explained the means of searching for purpose in life in suffering, and negative feeling such as anger, frustration, hopelessness, and despair that created pressures for increased depression and anxiety during the Covi-19 pandemic. Logotherapy describes suffering as the inability of individuals to accomplish their goals, or "goal blockage" (hopelessness), presenting negatively valued stimuli, (negative treatment, suicidal ideation, rejection, stigmatization) and the loss of definitely esteemed stimuli such as the withdrawal of love and support.

The Covid-19 epidemic, which was exceedingly dangerous and was expected to produce depression and anxiety in its victims, caused them to communicate their anguish in this study. Victor Frankl's findings are corroborated (1995). As someone who has contemplated taking his own life, he was aware of the severity of his pain. Due to difficulties and a lack of self-control, the respondents were depressed and anxious. Gottfredson and Hirschi's theory of social control states that depression can be characterized as a mix of illegal opportunity and a lack of self-control, and that this lack of self-power is a propensity to crime. They stressed that depression were closely linked to a person's ability to regulate their purposeful goals.

The depression, social, anxiety and economic dimensions in covi-19 pandemic have all been addressed by these ideas. For the young people of Kibra, there was a pressing need to address the psychological impact of low levels of purpose in life. The treatment of schooling adolescents by educational authorities should include training on the search for life's meaning and counseling programs. Education authorities. Theories have failed to address this issue.

Families and communities must be educated on the benefits of helping children and teens seek purpose in their lives during difficult times, such as pandemics. Byars (2014) found that in a tumultuous environment, numerous unexpected changes occur. This is critical, along with providing young people with financial independence and practical skills they may use once they graduate from high school. There is no point in pursuing these theories if we do nothing about the problems of daily life.

5. 8. Conceptual Framework Re-visited

Because it was a quantitative study, there was a good risk that the results could change. The purpose of revisiting this section was to examine if the variables studied during and after the study remained the same or altered.

Variable A   **Variable B**

```
  Purpose in life                          Depression and Anxiety
                                                • Suicide
     • Hopelessness
     • Happiness



                        Intervening variables
                           • Age
                           • Gender
                           • Education
                           • Religion
```
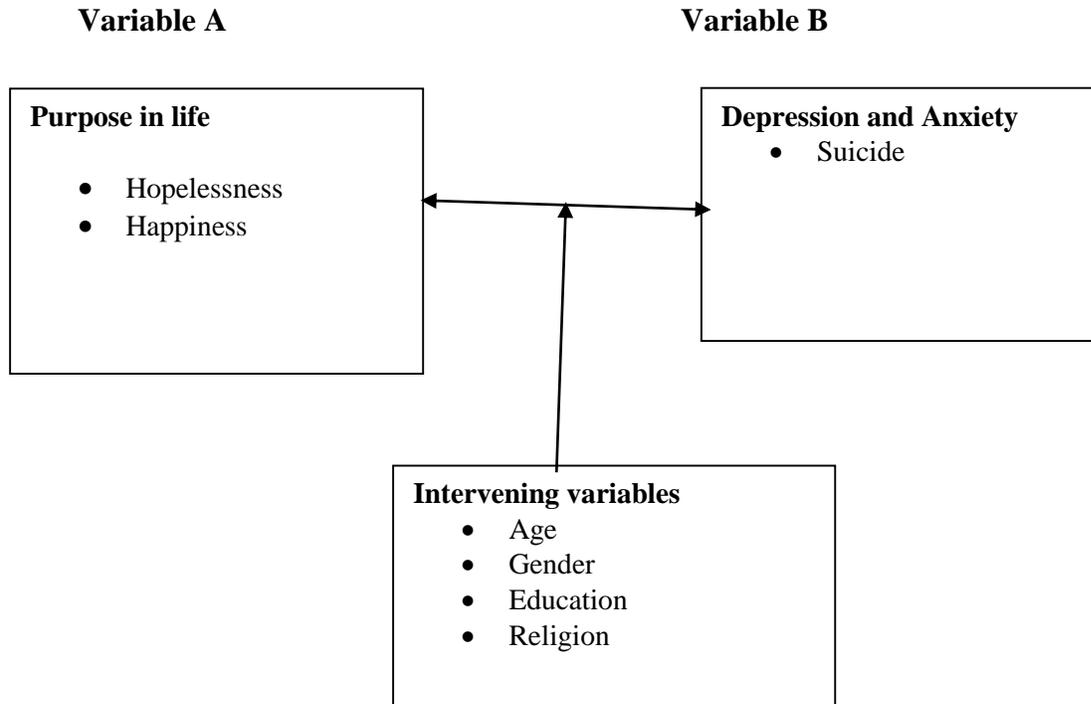
Figure 5.1 *Conceptual framework re-visited*

Figure 5.1 depicts the shift in how some of the study's variables were conceptualized. Variable A was supplemented with other purpose-in-life variables that had a negative impact on depression and anxiety. Hopelessness and happiness are included in the dependent variable. As a result, non-essential intervening variables such as one's location of residence were omitted from consideration. Depression and anxiety were exacerbated because of a scarcity of education and outreach efforts aimed at helping people find meaning in their lives. Moderating the impact of gender a sense of purpose in life, as well as feelings of depressive symptoms and anxiousness, are all intertwined.

To summarize, having a sense of purpose in life has the power to influence all of the other elements. Purpose in life or meaningfulness, are connected with enhanced joyfulness and reduced anxiety and depression symptoms among young people. Moreover, severity of depression is linked to decreased sense of purpose in life, which was revealed to be associated with anxiousness during the covid-19 pandemic. The study findings may contribute to suggest psychological pathways aiming to reduce mental health illness and promote a happy life.

CHAPTER SIX

SUMMARY, CONCLUSION AND RECOMMENDATIONS

6.1 Introduction

The findings, conclusions, and suggestions of the research study are summarized in this chapter.

6.2. Summary of the Findings

Young people's mental health in the modern environment can benefit from the findings of this study. In this study, we have learned something new. In part, this is due to a lack of research that examined the association between purpose in life depression and anxiety among young during the Covid-19 pandemic in Kibra Constituency, Nairobi County.

The study found that a large number of people were harmed psychologically by the covid-19 epidemic accompanied by Socio-economic struggle, and environmental pressures. During the Covid-19 pandemic, responders relapsed to depression and anxiety at the least provocation because they lacked the life purpose awareness at 77.1 percent to deal with their mental reconstruction. The study found that the Covid-19 epidemic had a direct impact on the mental health of the young people at, resulting in an increase in the number of severity of depression and anxiety combined at 60.8 percent in Kibra slums.

As a result of the stressors they encountered throughout the epidemic, the respondents were found to be depressed and anxious, rendering them unproductive members of society. The government of Kenya has taken steps to contain the pandemic, according to the respondents. As a result of raising public knowledge about the dangers of depression and anxiety in the first place, fewer mental health facilities have opened in recent years.

Findings from the study showed a correlation between depression and anxiety in young people, particularly those in adolescence. Study factors were found to be positively correlated with demographic characteristics by correlation analysis, and a low levels of purpose in life was found to worsen depression and anxiety. During the covid-19 pandemic, linear regression showed that a greater knowledge of one's life's purpose lowered depression and anxiety.

6.3. Conclusions

Young people in Kibra were found to have a significant prevalence of having a low sense of purpose in life, according to a new study.

It was found in this study that depression and anxiety were induced by a lack of purpose in life in the second objective. In this case, depression and anxiety were linked to each other because there was a strong connection between the two.

According to the findings of this study, other risk factors for depression and anxiety in the adolescent and adolescent years, such as life frustration, must be addressed in order to prevent depression and anxiety in this age group. This also included fostering a culture of learning and implementing programs to help people correct their mistaken perceptions, as well as creating an atmosphere that is both supportive of and receptive to change.

6.4   Recommendations

During the Covid-19 Pandemic, this study examined the relationship between purpose in life, depression, and anxiety among youth. However, the study did not cover all the aspects that affect young people's sense of meaning in life, depression, and anxiety. According to the findings of this study, the Ministries of Education and Health should implement policies mandating mental

health intervention in Kenyan educational and urban slums settings in order to combat mental health problems.

As a major government program, the Ministry of Education should include extensive counseling in all urban slums and expand the services to the general community, especially for females, who are more vulnerable. To provide these services, educational and governmental organizations should hire and deploy professional counselors.

This study's results should also serve as a guide for psychologists, psychotherapists, and counselors to better understand how levels of purpose in life affect depression and anxiety among young people. Programs for counseling and manuals for training on life's purpose would be possible as a result of this. Counselors could use the findings to help children and communities affected by the covid-19 pandemic deal with their feelings of depression and anxiety.

The findings of this study could be used by scholars to expand their understanding of purpose in life and the various ways in which it can be addressed through bilateral understanding.

6.5. Suggestions for Further Study

The investigation did not cover all of the possible causes of depression, anxiety, and levels of purpose in life among youth. Therefore, further research is needed to identify other factors that influence the reason to live, depression, and anxiety among young people.

It is not uncommon for young people in rich and developing countries alike to suffer from depression which results to frustrations and substance abuse. Studying what other African countries are doing to help young people become more conscious of their meaning in life is essential for reducing depression and anxiety.

During the covid-19 time, most of the contemporary government counseling institutes were found to be insufficient in dealing with mental health situations, particularly. During and after Covid-19, research should be undertaken at every Nairobi slums to evaluate the many psychological problems that young people face and to devise psychological or counseling rehabilitation solutions for the young people's mental reconstruction.

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APPENDICES

Appendix 1: Informed Consent Form

The Research title: Association between Purpose in Life, Depression and Anxiety During the Covid-19 Pandemic among The Youth in Kibra Constituency, Nairobi County, Kenya

Dear Participant,

My name is David Sila Mutune. I am a student in Tangaza University College, School of Arts and Social Sciences, at the Institute of Youth Studies. I am undertaking a Master of Arts, Counselling Psychology degree. As a part of the degree requirements, I am conducting a study examining the association between purpose in life, depression and anxiety among the youth in Kibra Constituency. This study is being conducted for educational purposes only and the information collected will be kept confidential.

I am interested in your experience and so, have enclosed a questionnaire which requires you to respond to a series of questions and statements. Kindly go through the consent form before participating in the study and contact me in case of questions and need for clarification. If you choose to take part, please sign the consent form and return it together with the completed questionnaire.

Kindly note that by participating, there are no known risks to you. The study contains no deception. The task is guided by a series of questions, and it takes approximately 25 minutes to 35 minutes to answer the questionnaires. Participant should not write their name to maintain confidentiality. Results will not be presented individually, but in aggregate form.

By agreeing to take part, you also agree to not disclose to others outside this study anything in the context. Participation in this study is voluntary and there is no monetary or other kind of compensation. Any participant may withdraw from the study anytime.

Position of researcher: Student of MA Counseling Psychology

Contact address for researcher: davidsila27@yahoo.com

Contact of College: P.O. Box 15055 Langata South Rd, Nairobi, Kenya.

Telephone of Principal Investigator: +254-720214524

Signed by researcher…………………………………

Date…………………………………………………...

Informed Consent

Statement to be signed by the participants.

By signing this consent form, you are indicating that you fully understand the above information and agree to take part in the study.

I confirm that the organizer has explained fully the nature of the project and the range of activities which I will be asked to undertake. I confirm that I have had an adequate opportunity to ask questions about this project. I understand that my participation is voluntary and that I may withdraw at any time during the project without having to give a reason.

I agree to take part in this project.

Participant's Signature……………………………..
Date…………………………………………………...

Appendix 2: The Revised Children Anxiety and Depression

Developed by Ebesutani et al. (2012)

Date………………………………………………………………

Age……………… Sex…………………Religion…………………………………

Education Level……………………….

Please indicate to what level you agree with the following statements by ticking (☐) the appropriate

opinion based on the following attributes. Key: 4= Always, 3= Often, 2=Sometimes, 1= Never

Item	1	2	3	4
1. I feel sad or empty				
2. I worry when I think I have done poorly at something				
3. I would feel afraid of being on my own at home				
4. Nothing is much fun anymore				
5. I worry that something awful will happen to someone in my family				
6. I am afraid of being in crowded places (like shopping centers, the movies, buses, busy playgrounds)				
7. I worry what other people think of me				
8. I have trouble sleeping				
9. I feel scared if I have to sleep on my own				
10. I have problems with my appetite				
11. I suddenly become dizzy or faint when there is no reason				

for this				
12. I have to do some things over and over again (Like washing my hands, cleaning, or putting things in a certain order)				
13. I have no energy for things				
14. I suddenly start to tremble or shake when there is no reason for this				
15. I cannot think clearly				
16. I feel worthless				
17. I have to think of special thoughts (like numbers or words) to stop bad things from happening				
18. I think about death				
19. I feel like I do not want to move				
20. I worry that I will suddenly get a scared feeling when there is nothing to be afraid of				
21. I am tired a lot				
22. I feel afraid that I will make a fool of myself in front of People				
23. I have to do some things in just the right way to stop bad things from happening				
24. I feel restless				
25. I worry that something bad will happen to me				

Appendix 3: The Purpose in Life Test (PIL)

Developed by Crumbaugh, JC, & Maholick, LT (1964)

Please indicate to what level you agree with the following statements by ticking (☐) the appropriate opinion based on the following attributes.

Key: 5=Strongly Agree, 4=Agree, 3=Neutral, 2= Disagree and 1=Strongly Disagree

No	Item	1	2	3	4	5
1	I am usually bored					
2	Life to me is always exciting					
3	In life, I have no clear goals or aims					
4	My personal existence is utterly purposeful					
5	Every day is exactly the same					
6	If I could choose, I would prefer not to have been born					
7	After retiring I would love to do want I have not done					
8	In achieving life goals, I have made no progress					
9	My life is empty filled only with despair					
10	If I should die today, I would feel that my life has been worthless					
11	In thinking to my life, I often wonder why I exist					
12	As I view the world in relation to my life, the world fits meaningfully with my life.					
13	I am a very responsible person					

14	Concerning my freedom to choose, I am totally free to make all life choices heredity and environment					
15	With regard to death, I am unafraid					
16	Regarding suicide, I have thought of its seriously as a way out					
17	I regard my ability to find a practically great purpose in life					
18	My life is out of control					
19	Facing my daily tasks is a painful and boring experience					
20	I have discovered no mission or purpose in life					

Diagnosis: Add up all the scores for each item (20-100). Person scoring of less than 50 may indicate that is experiencing significant "existential concerns" in life.

Authors: Crumbaugh and Maholick (1964) Developed PIL to measure the degree a person experiences a sense of purpose. The instrument is only provided here as a way of exploring one's responses to these different existential questions. I am not in any way advocating for its clinical utility or its ability to provide any credible diagnostic value. Please be aware, for example, that the conceptual validity of this scale and some of its individual items has been questioned (e.g., high scores may be indicative of depression, not necessarily existential issues).

Appendix 4: Research License.

REPUBLIC OF KENYA

NATIONAL COMMISSION FOR
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Ref No: **789573**

Date of Issue: **27/September/2021**

RESEARCH LICENSE

This is to Certify that Rev.. David Sila Mutune of Tangaza University College, has been licensed to conduct research in Nairobi on the topic: Association Between Purpose in Life Depression and Anxiety Among Youth During the Covid 19 Pandemic in Kibra Constituency Nairobi County Kenya for the period ending : 27/September/2022.

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off Waiyaki Way, Upper Kabete,
P. O. Box 30623, 00100 Nairobi, KENYA
Land line: 020 4007000, 020 2241349, 020 3310571, 020 8001077
Mobile: 0713 788 787 / 0735 404 245
E-mail: dg@nacosti.go.ke / registry@nacosti.go.ke
Website: www.nacosti.go.ke

Appendix 5: Map of Kibra Constituency, Nairobi County

Kibra Constituency (Nairobi County)

STUDY AREA – Nairobi City County

KIBRA CONSTITUENCY

Constituency

- Dagoretti North
- Dagoretti South
- Embakasi Central
- Embakasi East
- Embakasi North
- Embakasi South
- Embakasi West
- Kamukunji
- Kasarani
- Kibra
- Langata
- Makadara
- Mathare
- Roysambu
- Ruaraka
- Starehe
- Westlands

Author: : Ruth Kamunya - F56/68608/2013
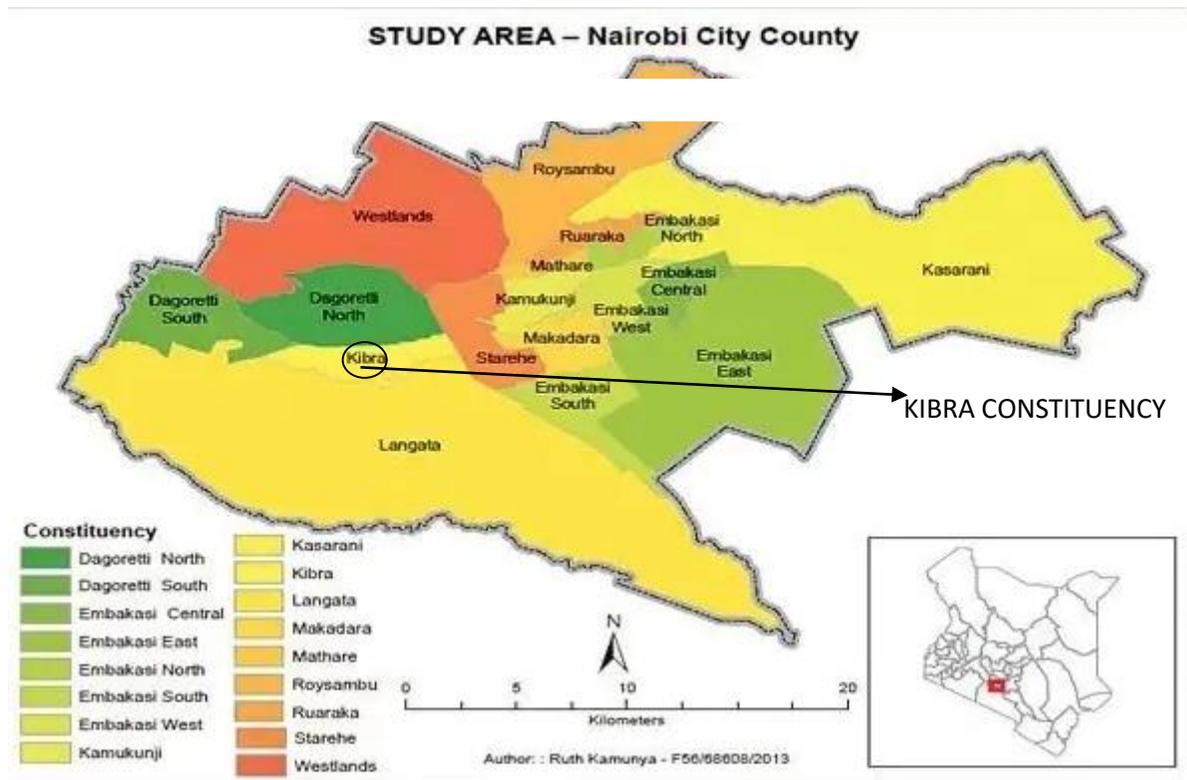
Appendix 6: Research Permit

TANGAZA UNIVERSITY COLLEGE

The Catholic University of Eastern Africa

OFFICE OF THE DIRECTOR OF POST-GRADUATE STUDIES

E-mail: dir.pgs@tangaza.ac.ke Website: www.tangaza.ac.ke

OUR Ref: DPGS/ER/09/2021

Date: 2nd September 2021

To The Commission Secretary,
National Commission for Science, Technology and Innovation
P.O. Box 30623,
Nairobi Kenya.

Dear Sir/Madam,

Re: Research Permit for David Sila Mutune

This is to confirm that the person named in this letter is a student at Tangaza University College (TUC). He is registered in the Institute of Youth Studies (Reg. No 18/00294) and he is pursuing a degree in Master of Arts in Counselling Psychology.

Mutune has met all our provisional academic requirements leading to data collection. However, he cannot proceed to the field before getting a Research Permit from the National Commission for Science, Technology and Innovation (NACOSTI). Kindly assist him to process the permit for the data collection for his MA thesis.

Thanking you in advance for your cooperation

Yours sincerely,

0 2 SEP 2021

Daniel M. Kitonga (Ph.D.)
Director, Post-Graduate Studies

CC:
Dr. Fr. Hubert Pinto – Programme Leader, MA in Counselling Psychology (IYS)

P.O. Box 15055 - 00509 Langata, Nairobi Kenya
Tel: +254 20 8097667 / 0732 897 000 / 0733 685 059 / 0722 204 724 / 0714 610 777

Email: inquiries@tangaza.ac.ke
Website: www.tangaza.ac.ke

Appendix 7: Plagiarism Report

Association Between Purpose in Life, Depression and Anxiety Among Youth During the Covid-19 Pandemic in Kibra Constituency, Nairobi County, Kenya

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