

Relationship between Social Support and Resilience among Juvenile Delinquents in Kamiti

Maximum Security Prison, Kiambu County, Kenya

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DECLARATION

I, the undersigned, affirm that this research is my creative work developed through research and to my knowledge. It has also never been submitted to any University or college for higher learning award degree. All sources used in this research have been cited and dully acknowledged.

The Tangaza University is freely allowed to use this research for references or any academic purposes.

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DEDICATION

This thesis is dedicated to my entire religious family the Consolata Missionary Sisters. May God bless you.

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I give glory to God for giving me an opportunity and the grace to pursue my studies in counseling psychology. A word of gratitude to my regional superior Sister Joan Agnes Matimu who has given me this opportunity to study so that I may better serve the people of God in my mission. My sincere gratitude goes to my supervisors Dr. Lucy Njiru and Dr. Ruth Walioli for their amazing support and encouragement during my research period.

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ABSTRACT

Social support is critical in the rehabilitation of juvenile delinquents as it could boost their resilience and help the juveniles endure a variety of challenging circumstances in life. This study investigated the relationship between social support and resilience among juvenile delinquents in Kamiti Maximum Security Prison, Kiambu County. It also sought to determine the levels of social support and resilience among juvenile delinquents. The census method was used to determine the sample size while convenience sampling technique was employed to select the participants. The target population was juveniles between the ages of 13-17 years old. The sample consisted 100 participants. The Multidimensional Scale of Perceived Social Support and the Brief Resilience Scale were used for data collection. Descriptive statistics and inferential statistics were employed. Findings revealed that 40.3% of the juvenile delinquents reported moderate level of social support, 33.4% high social support, and 26.3% low level of social support. It was found that 41.3% of the juvenile delinquents scored high level of resilience, 34.4% of the juvenile delinquents had low level of resilience, while 24.3% moderate level of resilience. The study established that there was a positive relationship ($p=.004$) between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. This study recommends that the prison department need to upscale programs aimed at boosting juvenile resilience as a way of minimizing delinquent behaviors.

TABLE OF CONTENTS

DECLARATION	i
DEDICATION	ii
ACKNOWLEDGEMENT	iii
ABSTRACT	iv
TABLE OF CONTENTS	v
LIST OF TABLES.....	ix
LIST OF FIGURES	x
ABBREVIATIONS AND ACRONYMS	xi
OPERATIONALIZATION OF CONCEPTUAL VARIABLES	xii
CHAPTER ONE	1
INTRODUCTION	1
1.1 Introduction.....	1
1.2 Background to the Study	1
1.3 Statement of the Problem.....	5
1.4 Purpose of the Study	6
1.5 Objectives of the Study	7
1.5.1 General Objective	7
1.5.2 Specific Objectives	7
1.6 Research Questions	7
1.7 Significance of the Study	7
1.8 Scope and Delimitation of the Study.....	8
1.9 Assumptions of the Study	9
1.10 Summary of the Chapter	9
CHAPTER TWO	10
LITERATURE REVIEW	10
2.1 Introduction.....	10
2.2 Theoretical Framework	10
2.2.1 Social Support Theory	10
2.2.2 Resilience Theory	12
2.3 Empirical Literature Review.....	14
2.3.1 Levels of Social Support among Juvenile Delinquents.....	14
2.3.2 Levels of Resilience among Juvenile Delinquents	17
2.3.3 Relationship Social Support and Resilience of Juvenile Delinquents	20

2.4 Conceptual Framework	23
2.5 Research Gap	25
2.6 Summary of the Chapter	25
CHAPTER THREE	26
METHODOLOGY	26
3.1 Introduction.....	26
3.2 Research Design	26
3.3 Location of the Study	27
3.4 Target Population	27
3.5 Sampling Design	28
3.5.1 Sampling Techniques	28
3.5.2. Sample Size Determination.....	28
3.6 Research Instruments	29
3.6.1 Multidimensional Scale of Perceived Social Support (MSPSS).....	29
3.6.2. Brief Resilience Scale (BRS).....	30
3.7 Validity and Reliability of the Instruments.....	30
3.7.1 Validity	30
3.7.2 Reliability	31
3.8 Pre-testing of Instruments	32
3.9 Data Collection Procedures.....	32
3.10 Data Analysis.....	33
3.11 Data Management.....	34
3.12 Ethical Considerations	34
3.13 Envisaged Impact of the Study.....	36
3.14 Chapter Summary	37
CHAPTER FOUR	38
FINDINGS	38
4.1 Introduction.....	38
4.2 Response Rates	38
4.3 Demographic Characteristics of Participants.....	39
4.4 Levels of Social Support Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya	40
4.5 Levels of Resilience Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya	40
4.6 Relationship Between Social Support and Resilience Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya.	41

4.7 Relationship between Demographics and Resilience Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya	42
4.8 The Summary of the Chapter	44
CHAPTER FIVE	45
DISCUSSION	45
5.1 Introduction	45
5.2 The Levels of Social Support Among Juvenile Delinquents	45
5.3 Levels of Resilience Among Juvenile Delinquents	47
5.4 Relationship between Social Support and Resilience Among Juvenile Delinquents	49
5.5. Revisiting of the Conceptual Framework	51
5.6 Summary of the Chapter	51
CHAPTER SIX	52
SUMMARY, CONCLUSION AND RECOMMENDATIONS	52
6.1 Introduction	52
6.2 Summary of Findings	52
6.3 Conclusion	53
6.4 Recommendations to Stakeholders	53
6.5 Recommendations for Future Research	55
6.6. Summary of the Chapter	55
REFERENCES	56
APPENDICES	64
APPENDIX A: Introduction Letter	64
APPENDIX B: Informed Assent for the Participants	65
APPENDIX B (Kiswahili): Informed Assent for the Participants	66
Appendix C: Demographic Features of Participants	67
Appendix D: Multidimensional Scale of Perceived Social Support (MSPSS),	68
Appendix D: Multidimensional Scale of Perceived Social Support (MSPSS) in Kiswahili	69
APPENDIX E: Resilience Scale	71
Instructions:	71
APPENDIX E: Resilience Scale, in Kiswahili	72
APPENDIX F: Ethics Clearance by Tangaza University	73
APPENDIX G: Letter of Introduction-Tangaza University	74
APPENDIX H: NACOSTI Research License	75
APPENDIX I: NACOSTI Research License-Back Page	76
APPENDIX J: Request for Permission to Undertake Research at the Youth Correctional Training Centre (YCTC): Officer-in-charge of Kamiti Prison-YCTC	77

APPENDIX K: Request for Permission to Undertake Research at the Youth Correctional Training Centre (YCTC): Commissioner of General Prisons.....	78
APPENDIX L: Map of Kiambu County, Kenya	79
APPENDIX M: Plagiarism Report.....	80
APPENDIX N: Approval of Informed Consent and Data Collection – Kamiti Maximum Prison, YCTC.....	81
Appendix O: Permission to Use the MSPSS	82
Appendix P: Permission to Use the BRS	83

LIST OF TABLES

Table 1: Statistical Data Analysis	33
Table 2: Response Rate	.38
Table 3: Demographic Characteristics	39
Table 4: Levels of Social Support among Juvenile Delinquents	.40
Table 5: Levels of Resilience among Juvenile Delinquent	41
Table 6: Relationship between Social Support and Resilience	.42
Table 7: Relationship between Demographics and Resilience	.43
Table 8: Relationship between Number of Offenses and Resilience	.43
Table 9: Relationship between Level of Education and Resilience	44

LIST OF FIGURES

Figure 1. Conceptual Framework

24

ABBREVIATIONS AND ACRONYMS

ASEC:	African Sisters Education Collaborative
BRS:	Brief Resilience Scale
GOK:	Government of Kenya
MSPSS:	Multidimensional Scale of Perceived Social Support
NACOSTI:	National Commission for Science Technology and Innovation
UN:	United Nation
UNODC:	United Nation Office on Drugs and Crime
USA:	United State of America
UNISA:	University of South Africa
TU-ISERC:	Tangaza University Institutional Scientific Ethics Review Committee
YCTC:	Youth Correctional Training Centre

OPERATIONALIZATION OF CONCEPTUAL VARIABLES

- Social Support:** This refers to the care of somebody who is in need. It is the emotional closeness individuals receive and the material gain they enjoy from their significant others. In this study, social support would mean scores ranging from a mean score of 1-2.9 (low social support), a mean score of 3-5 (Moderate social support), and a mean score of 5.1 - 7 (High social support).
- Resilience:** This refers to positive adaptation, the ability to maintain or regain mental health, despite experiencing adversity. In this study, scores below 65 indicate low resilience; between 65 and 81 show moderate resilience; above 81 is interpreted as high levels of resilience.
- Juvenile Delinquents:** Based on the contest of the present study, these are the young people between the ages of 13 to 17 years who are criminals.
- Relationship:** This is the connection among people. They might be friends or people related as family members.

CHAPTER ONE

INTRODUCTION

1.1 Introduction

This chapter presents the background to the study, statement of the problem, purpose of the study, objectives of the study, research questions, significance of the study, scope of the study and delimitations of the study, and the chapter summary.

1.2 Background to the Study

Social support is a broad concept that describes an individual's perception of a network of social resources (Zhou, 2014). It entails deep emotional closeness that a human person obtains and the material benefits one enjoys from significant others. Common forms of social support may include; knowledge and skill support, appraisal support, emotional support, instrumental support and informational support (Moeini et al., 2018). Emotional support comprises aspects such as trust, concern, love, and listening. Appraisal support consists of responses that boost self-confidence and self-esteem. Informational support comprises of advice, suggestions, and directions. Instrumental support consists of labour, services, time, money, and tangible aid for the human being. All these are crucial ingredients that could enhance resilience among juvenile delinquents.

Herrman et al. (2011) submit that resilience is a positive adaptation or the ability to maintain or regain wellbeing in the face of hardship. Resilience is the ability of an individual to bounce back in spite of experiencing harsh realities of life and to remain firm even in moments of temptation. Some factors that possibly facilitate resilience may include personal determination and choice, biological-genetic factor, environmental factor, family factor, socio-economic factor, cultural-spiritual factor, and psychosocial support (Wald et al., 2006).

Juvenile delinquency is a burden and a threat to the existence of families and communities. Shoemaker (2010) argues that juvenile delinquency is a criminal act committed by young people under the age of 18 years. This act is classified in six basic groups on the ground of the kind of crime committed: incorrigibility, truancy, and larceny (ranging from petty thefts to armed robbery). It also includes destruction of people's property, violence against individuals or a community and sexual transgressions of rape ranging from homosexuality to heterosexuality (Hirsch, 2017). Ansell (2016) showed that numerous factors played significant role in a teenager's delinquent habit, and can be categorized into two groups: individual or personal factors and situational factors. The individual or personal factors include personality traits such as submissiveness, defiance, hostility, impulsiveness, feelings of insecurity, fear, lack of self-control as well as emotional conflicts. Situational factors may be ascribed to family, companions, movies, school environment as well as work environment (Haveripet et al., 2021).

Around the world, the problem of juvenile delinquency has increased considerably between 2009 and 2019 (Feld, 2019). Based on a survey of juvenile crimes in cities, the United Nations Office on Drugs and Crime (2019), disclosed that in Europe only, juvenile lawlessness had grown by 2.6% in contrast to the previous year's reported increase of 1.7%. On the other hand, South Asia, Latin America and North America were noted to have juvenile delinquents' increase rates of 0.7%, 3.9% and 1.8% respectively. The soaring rates of juvenile delinquency in Latin America have been ascribed to drug use (Haveripet et., 2021). Reports by the United Nations (2019) showed that juvenile misconduct continued to rise largely as a consequence of persistent unemployment among youth. Statistics showed that between 2007 and 2019, juvenile felony got bigger from 3.2% to 5.7% (Walker & Maddan, 2019). It is possible that social supports may be looked at as a necessity in juvenile

correction centres. This could enhance resiliency during and after reintegration of a juvenile into one's family and society at large.

Based on the global perspective, studies show high connection between social support and resilience among juvenile offenders. This is due to the fact that effective social support allows juvenile offenders to access emotional, appraisal, information, and instrumental support, thereby enabling them to meet their needs (Hershberger et al., 2016). In the USA, research was conducted by Hershberger et al. (2016) focusing on social support as a buffer between discrimination cigarette uses among offenders. This study indicated that social support from parents, peers, and teachers helped to reduce cigarette use among juvenile offenders in the United States. In addition, the study revealed that effective social support systems helped juveniles to cope with challenges in prison. According to Liu and Chui (2014), social support from family, friends, prison officers and social volunteers helped female offenders to adjust to prison life. In another related study, Mariani and Asnarulkhadi (2017) found a significant impact of social support on psychological wellbeing of delinquents in Malaysia.

There are instances where social support may not directly translate into resilience. This is affirmed by Brezina and Azim (2018) who argued that peer social support increased delinquent behaviour in the United States while Karimi (2016) stated that offenders that used narcotics had less resilience, despite availability of social support and family support in Iran. In Sub-Saharan Africa, social support is a common measure used to promote wellbeing and integration of juvenile offenders. Most social supports come in form of education, psychosocial trainings and direct support. As illustrated in a study carried out by Teye (2019) on "Prisoner Social Reintegration in Ghana through Christian Social Support and Restorative justice". This study was conducted among 140 prisoners. Based on findings, social support through religious organization promoted integration process of juvenile offenders, and this

enhanced resilience among the juveniles. In research carried out by Ishola (2022), it was revealed that family or partner support prevented inmates from returning to crime in Nigeria. Social support through education has a great impact on the behaviour of juvenile offenders.

Munikwa (2020) further added that education including technical and entrepreneurship skills promoted social wellbeing and positive behaviour change among juvenile offenders in Zimbabwe. Additionally, Avosa, Njiru, and Gitonga (2020) indicated that 81% of male juveniles and 45 % of female juveniles were imprisoned again within a span of 3 years after their release from the South African Division for youth. Additionally, Lindiwe (2007) further claimed in his study that in the year 1993, the Institute for Criminology, of the University of South Africa (UNISA) examined an unsystematic model of criminal records of 4800 recidivists who were resentenced, noting that 18 of the sampled offenders were originally found guilty at the age group of 17-19. This study did not specify whether reconviction was a consequence of lack of social support and resilience among the offenders. This study aims was to fill this gap by investigating the relationship between social support and resilience in Kenya.

In East Africa region, evidence shows that social support and resilience of juvenile offenders are related. Amandru et al. (2014) in Uganda demonstrated that social support was important in building resilience in juvenile delinquents. In addition, social support also plays an essential part in reducing delinquency behaviour. This was also confirmed by Adam (2017), who made it known in Tanzania that provision of social support led to a reduction in juvenile delinquency and suggested that social workers should be central in reintegration of offenders by facilitating partnerships and collaborations. However, social support can also contribute to reduced resilience among juveniles (Beyen et al., 2017).

In Kenya, although there are reports on social support and the resilience of juvenile delinquents, limited studies focused on juveniles at Kamiti Maximum prison. For example,

Mutabari (2017) in his study found that social support through education, employment linkage, and capacity building of correctional officers contributed to the integration of women prisoners in Meru GK Prison. A similar study by Kimingiri (2015) showed that successful implementation of education, support, literacy classes and training promoted resilience of male inmates in Kericho main Prison. However, limited studies focused on juveniles in Kamiti Prison. Kamiti Prison Youth Correctional Training Centre (YCTC) is a home of many juvenile delinquents who have reported recidivism after reintegration in the community and their families. Avosa et al (2020) reported that there have been instances where some juveniles dropped out of school, became truant or engaged in antisocial behaviours such as stealing, mugging, and issues of rape. Also, there are cases of recidivism after reintegration where some juveniles have been brought back to the YCTC according to the Maximum Kamiti prison officer in charge (personal communication, 2024). This background informed the current study which examined whether there existed a relationship between social support and resilience among juvenile offenders in Kamiti Prison, Kiambu County.

1.3 Statement of the Problem

Luthar et al. (2015) in the USA indicate that resilience cannot be mentioned without stress or difficulties in life. Thus, juveniles who are depressed or faced with challenges are at a high risk of being involved in delinquent acts and behaviours. When juvenile delinquents receive social support while in prison, they are expected to become resilient once they are released (Munikwa, 2020). According to Kimingiri (2015), social support empowers juvenile delinquents to be better persons, confident, face challenges without fear, be stable in life, reform, reintegrate in communities, and minimize anti-social behaviour.

Although according to the officer in charge of Kamiti Maximum prison, there is existence of social support in prisons, there appears to be a disconnect between social support

and resilience in some juvenile delinquents' cases. This may have resulted in increased cases of recidivism and antisocial behaviours among juvenile offenders. Studies have shown that many correctional facilities provide social support to offenders in Kenya, but 47% of ex-convicts relapse or return to criminal behaviours after being discharged from prison (Avosa et al., 2020; Stahler et al., 2013). According to Oruta (2016), the rate of recidivism in Kenya is two-thirds an implication that a high number of former prisoners will relapse and then go back to prison. This high rate of relapse and crime among convicts and ex-convicts is a major concern and calls into question the effectiveness of social support. It is against this background that this research seeks to examine the relationship between social support and resilience among juvenile delinquents at Kamiti Prison, Kiambu County.

At the documentation office of the Youth Correctional Training Centre at Kamiti Prison in (2023), reports pointed that in the year 2022, 295 juveniles were released from remands and 6 relapsed (0.02%) and they were re-arrested and imprisoned. Also, in the year 2021, 205 juveniles were released, out this number (205), 8 (0.03%) of the juveniles relapsed and were re-arrested and imprisoned. In addition, in the year 2020, 498 were released from the prison, 12 (0.02%) of the juveniles relapsed and were also re-arrested and then imprisoned. These relapses and crime engagement among the juvenile raise critical concerns which called into question the effectiveness of social support offered at the correctional facility and after reintegration into the community and family. It was against this backdrop and justification that this research sought to examine the relationship between social support and resilience among juvenile delinquents at Kamiti Prison, Kiambu County, Kenya.

1.4 Purpose of the Study

The purpose of this study was to examine the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Prison, Kiambu County Kenya.

1.5 Objectives of the Study

This study was guided by general objectives and specific objectives which were:

1.5.1 General Objective

The general objective of this study was to examine the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya.

1.5.2 Specific Objectives

The specific objectives of this study were:

- 1) To assess the levels of social support among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya
- 2) To examine the levels of resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya
- 3) To determine the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya.

1.6 Research Questions

- 1) What are the levels of social support among juvenile delinquents at Kamiti Prison, Maximum Security, Kiambu County, Kenya?
- 2) What are the levels of resilience of juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya?
- 3) What is the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya?

1.7 Significance of the Study

The significance of a study allows a researcher to highlight the reasons for conducting and the importance of conducting it (Mugenda & Mugenda, 2003).

The study was important in helping juvenile delinquents to become aware of their delinquent behaviours and recognize the need to minimize relapses. Also, this study helped the juvenile delinquents to understand what causes them to become resilient and acknowledge the important role of social support including their families and community. Furthermore, this study provided useful information to the welfare officers at the juvenile centre. They became aware of the importance of paying greater attention to juvenile social support so as to improve their resilience especially when they are reintegrated back to their respective communities.

This research is important because it aimed at providing new information to psychologists. Hence the need for them to rethink and design interventions aimed at boosting resilience among juveniles. The new data may inform psychologists about the need to screen for children delinquency behaviours and their resilience levels so that intervention can be done early enough to avert high levels of problematic behaviours. Additionally, policy makers and children welfare programmers have gained essential knowledge on the relationship between social support and resilience. It is hoped that they will use this knowledge to upscale programmes and pass policies to help expand social support systems and boost resilience among juveniles. Finally, the field of psychology has also benefitted from this study in the sense that the findings of this study have expanded literature attesting to the fact that there is a relationship between social support and resilience.

1.8 Scope and Delimitation of the Study

This particular study was conducted at Kamiti Prison in Kahawa West Kiambu County, among the juvenile delinquents. The study was specifically focused on two variables which were “social support and resilience”, and examined the relationship between social support and resilience among juvenile delinquents in Kamiti Maximum Security prison, Kiambu County, Kenya. This Youth Correctional Training Centre was chosen because

despite offering correctional services to juveniles who are imprisoned, some of them, after having been released from Prison, recede back to delinquent behaviour and then they are re-arrested and imprisoned again. Hence, there was a need to understand what could be the reason for such behaviour among juvenile delinquents.

Based on delimitation, this study concentrated only on the boys between the ages of 13 to 17 years old. The study was also focusing on juvenile delinquents in Kamiti prison, Kiambu County, Kenya.

1.9 Assumptions of the Study

This study made the following assumptions: foremost, it was assumed that use of the census sampling method was adequate because all respondents at the YCTC would be included in the study. Secondly, it was assumed that the cross-sectional quantitative research design would lead to collection of data at one point in time to help answer all research questions adequately. Finally, it was assumed that the standard questionnaires language was well understood by the participants and they would respond to questions accurately. This would help in collection of required data and meeting objectives of this study.

1.10 Summary of the Chapter

This chapter provided background information regarding the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. It also discussed the statement of the problem, purpose of the study, objectives of the study, research questions, significance of the study, scope of the study and delimitations of the study. The next chapter looks at the literature review.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter presents empirical literature review and theoretical framework. It begins with the conceptualization of the study variables which are social support and resilience. It carries out the empirical literature review in line with the objectives. It further presents the conceptual framework and ends with the chapter summary.

2.2 Theoretical Framework

A theoretical framework represents appropriate theories which are used to explain the empirical observations made in the study (Mvumbi & Ngumbi, 2015). It can also be defined as a set of general assumptions about the nature of phenomenon (Kombo & Tromp, 2014). The theoretical framework for this study consists of two theories: social support theory and resilience theory.

2.2.1 Social Support Theory

Social Support Theory originated from the work of Francis T. Cullen in 1994 which was titled; social support as an organizing concept for criminology. The theory assumes that social support in the form of supportive societies and relationships can aid in the reduction of crime rates and individual criminal behaviour. Cullen (1994) argued that social support promotes social control and criminal justice while Cao et al. (2010) emphasized the need to invest in social support systems to prevent or reduce risk for crime. Social support includes social resources which people depend on a to deal with difficulties and mental health issues (Thoits, 1995). Cullen et al. (1999) argue that social support entails transmitting human, cultural, material, and social capital between individuals and community members. Support is often provided informally, through social relationships, but support can also be provided

formally by an entity with an official status, such as government assistance programs or the justice system.

Within the framework of a social support theory, as postulated by Cullen (1994), people can find emotional, informational, and practical support from their social networks and relationships when facing stress or adversity. The notion suggests that an individual's overall health outcomes, coping techniques, and well-being can be greatly influenced by their social support network. There are many different people that can provide social support, such as family, friends, the workplace, and the community.

Blackbyrn (2024) further holds that social support comes in many different forms, such as instrumental, emotional, and informational help. Offering consolation, compassion, and inspiration to people in need is a form of emotional support. Instrumental support is giving people in need material resources or helpful advice. Emotional support such as comfort, empathy, and encouragement can be obtained from family, friends, or a support group for an individual who is in a distressing situation. Informational support is assisting people in navigating difficult circumstances by offering counsel, direction, or knowledge. Giving people in need material resources or helpful advice is an example of instrumental support. Social support acts as a buffer and as a protective factor in reducing the negative impact of stressors on a person. For example, a person with strong social support networks may experience less stress and better physical and mental health outcomes in response to challenging experiences (Blackbyrn, 2024).

Social support has a short-term and long-term impact on juvenile delinquency. More importantly, juveniles who benefit from various social support are likely to indulge less in criminal activities compared to juveniles who do not receive social support at all. In the long-term, social support can help juveniles to meet their basic needs and through this, it may

stimulate positive behaviour change thereby helping to reduce incidences of delinquent behaviour (Thoits, 2011). It is possible that social support may help juveniles refrain from delinquent's behaviours and increase resilience, and a lack of it could accelerate the likelihood of delinquent behaviours.

Social support may nurture self-control behaviour, regulate anger, build strong social bonds, reduce the involvement of juveniles in delinquent acts and as well protect them from stress and other antisocial behaviours. However, one of the weaknesses of the social support theory is that it can be unpredictable. An individual cannot rely on it, because human generosity is basically an act that is of the free will of other people, hence getting support from others may not be very consistent (Lincoln, 2000). It is important to note that although social support is sometimes not readily available, people may be born with adaptive capacity which is the ability to response to external changes and recover from damages.

2.2.2 Resilience Theory

This study is also grounded on the resilience theory. The theory was proposed by Norman Garmezy (1991) and posits that resilience is not necessarily resistant to stress but the capacity of an individual to regain stability and maintain adaptive behaviour following a stressful event (Garmezy, 1991a). Resilience should not be considered the quality of being brave in the face of adversity. Rather, it can be described as the quality of recovering and maintaining adequate behaviour despite facing emotional distress. He further stated that in life, it is normal for people to experience stress at some time, and that resilient people are not heroic compared to those people who meet similar situations with retreat, despair, or disorder (Garmezy, 1991b). It was observed that to be resilient, one needs to show "functional adequacy (the maintenance of competent functioning despite an interfering emotionality) as a benchmark of resilient behaviour under stress (Garmezy, 1991a). The vulnerable humans in

the society may struggle with resilience since their capacity to adapt to harsh situations of life may be very low (Breda, 2018).

Further, the primary factor in developing resilience relates to the person's intelligence and character, and Garmezy (1991) further states that resilient people have above average intelligence. Additionally, Garmezy (1991) views family support in overcoming adversity as a component of the second aspect in building resilience. According to Masten (2001), resiliency is a class of phenomena characterized by good outcomes in spite of serious threats to adaptation or development. According to Garmezy (1991), the main traits of a resilient person are intelligence and the capacity to use one's own thoughts to overcome difficult circumstances.

Resiliency theory provides a useful framework for considering how promotive factors may operate for encouraging positive human development (Zimmerman, 2013). Resilience theory is applicable to this study because it has several advantages. First and foremost, the theory focuses on the utility of protective factors in the context of increased vulnerability of juvenile delinquents, exposing their well-being in the areas of health, school safety, and stability. Secondly, it perceives resilience from a strength perspective and focuses on how it can be nurtured in an environment of adversity (Rutter, 2006).

However, the theory of resilience has come under criticism for its lack of clear outcomes and domains that measure resilience. A critical analysis of the theory, shows that Garmezy (1991a), Rutter (2006) and Werner (1982) are in agreement that resilience can be measured either in terms of psychopathology or competence. Also, there is no clear direction of the specific dimension to measure the two concepts. The theory of resilience is also limited because it largely relies on quantitative data and negates qualitative data (Rutter, 2006). In

addition, available literature on resilience puts more emphasis on adults and this leaves a gap that the current research sought to fill.

2.3 Empirical Literature Review

This section carries out empirical literature review in line with the research objectives which are; levels of social support among juvenile delinquents, levels of resilience among juvenile delinquents, and relationship between social support and resilience among juvenile delinquents.

2.3.1 Levels of Social Support among Juvenile Delinquents

The level of Social Support among delinquents has been a matter of concern among psychologists and the custodians of juveniles in different remands. For example, in the USA, a study was conducted by Zwecker et al. (2018) on social support networks among delinquent youth. The sample that was used for the study was 1258 which was comprised of 771 males (61.3%) and 487 females (38.7%), 740 African-Americans (58.8%), 195 non-Hispanic Whites (15.5%), 321 Hispanics (25.5%), and 2 participants who identified as “other” race/ethnicity (0.2%). The mean age of participants was 23.5 years (standard deviation = 1.5); median age was 24.0 years. Major significant findings indicated that 50% of the delinquent youth were at the lowest level of social support, while 50% of the delinquent youth felt they were within high social support.

According to Dadi et al. (2019), perceived social support enabled inmates to cope with social difficulties and hardships. Education level was mostly associated ($p = 0.001 \leq 0.05$) with perception of social support since inmates who can read and write tend to have better social support. Inmates who lived a solitary life are more likely to receive a low level of social support while social inmates may receive more social support due to their level of networks and attachment to family or friends. It was found that prisoners that had good social

support from their family, friends, and significant others, 420 (64.7%) of the prisoners had good social support (95% CI 60.9%, 68.4%) and from this 380 (90.5%) of them were males. From 66 female prisoners, 6.16% of them had good social support.

Research by Atkin-Plunk and Armstrong (2018) focusing on disentangling the relationship between social ties, prison visitation, and recidivism revealed that 28% of mother visitation, 27% of father visitation and 22% of friend visitation are very instrumental in reducing recidivism. In line with this, there was a study by Kras (2019) in United States on social support and its link with recidivism. It indicated that the presence of social support in terms of family support (16.5%) and friend support (19.5%) helped to a greater extent in reducing recidivism. Furthermore, Spohr et al. (2016) in their study in USA also indicated that social support from significant people such as one's parents, siblings, spouses and friends help in crime reduction. Their research findings revealed that support from parents (28%); sibling (40%); spouse (9%) and friends (19%) was associated ($p = 0.02$) with reduced criminal risk. In India, Jamadar (2012) whose study was on social support and mental health among male and female prison inmates", noted that 63.5% of social support contributes positively to the mental health of both male and female prison inmates.

The study by Zwecker et al. (2018) highlighted significant findings. The findings may not be generalized in the Kenya context although it was examining delinquent youths. The study by Kras (2019) examined social support and its link with recidivism while this current study concentrated on the juvenile delinquents because this population has not been adequately investigated.

In Nigeria, research was carried out by Ofodile (2017), on psycho-socio and remand home related factors as determinants of recidivism among juvenile offenders in Oyo and Lagos states. The participants were: 150, 115 and 192 inmates from Ibadan (Oyo State), Idi Araba and Oregun (Lagos State), making a total of 457 juvenile delinquents. He noted that

there was an increase in juvenile involvement in antisocial activities, this is despite having received reformation. Findings revealed that 56% of juvenile offenders were on the perception of high social support, while 46% of juvenile offenders fell under a low level of social support. Similarly in Ethiopia, Dadi et al. (2019) in their study on status of perceived social support and its associated factors among inmate prisoners in Northwest Amhara. It was discovered that 420 (64.7%) of the prisoners had good social support and this promoted their wellbeing. These studies were conducted in Nigeria and in Ethiopia, which are different society from the context of the current study, hence the justification for the study.

In Kenya, Teresia (2021) conducted a study investigating juvenile delinquency and crime in the Nairobi slum areas. The male participants were 53%, and the females being 47%. The age range showed that 18 – 24 years were 33%, 25 – 34 years 43%, while 44 years were at 15%. Most of the respondents were casual laborers (31%) and self-employed (23%). About 25% of the respondents were unemployed, 10% were fully employed in the formal sector, while 8% were partially employed in the same sector. Based on the findings, crimes reported in the slums were in the form of drugs (51%), illicit brew (50%), murder (42%), assault (37%), mugging (34%), burglary (34%), robbery with violence (32%), pickpocketing (32%), general robbery (31%), sexual abuse (24%), and arson (16%), Similar figures were reported in the individual slum areas of Kibera, Mathare, Mukuru and Korogocho. When the spontaneous and provoked types were combined, the percentages of crimes reported as per the respondents increased with illicit brews (97%) topping the charts, general robbery (90%), burglary (85%), mugging (84%), drugs (82%), assault (79%), murder (65%), robbery with violence (62%), and pick-pocketing (54%).

This study by Teresia (2021) demonstrated significant findings. However, it failed to reveal the levels of social support among juvenile delinquents. Thus, this study was determined to fill this gap, and as well investigate the relationship between social support and

resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya.

2.3.2 Levels of Resilience among Juvenile Delinquents

Resilience involves one's capacity to adapt to conditions or remaining firm with a positive decision never to go back to past habits that are detrimental not only to oneself but the entire human society. According to Southwick (2014), resilience permits positive outcomes under extreme hardship. It involves behaviours, thoughts, and actions that can be learned and develop in anyone. Resilience involves an active decision, like sobriety, that must be frequently reconfirmed. That decision is to keep moving forward. Resilience captures how people not only survive a variety of challenging circumstances, but thrive in the face of such adversity and temptations. It may be crucial in understanding the level of resilience among juvenile delinquents in order to aid them in avoiding "re-offending" after being acquitted.

In Malasia, Ruslan et al. (2020) investigated resilience and criminal behaviour involvement among juveniles. A simple random sampling was used with a sample size of 132 students chosen as the respondents. The findings indicated that the highest percentage of respondents is at medium level (criminal behaviour), while the lowest percentage is at the low level (criminal behaviour). It was also found that these adolescents had low level of personal resilience. The age distribution of respondents ranged from 14 years to 19 years old. Three (2.3%) respondents were 14 years old, five (3.8%) were 16 years old, 11 (8.3%) were 17 years old, 20(15.2%) were 18 years old and 93 (70.5%) were 19 years old. The results of the study indicated that 1 (0.8%) of the respondents was very resilient, 10 (11.8%) of the respondents were resilient, 106 (80.9%) of the respondents were almost resilient and 15 (7.8%) of the respondents had a low resilience level. In the third level of resilience, 80.9% of the respondents scored within this range were 106 respondents. It was found that respondents at this stage had strategies to use in dealing with difficult times. Additionally, in Indonesia,

Rizki (2016), found that an increase in reappraisal emotion regulation strategy resulted in a 63.9% increase in resilience of female prisoners. While, still in Indonesia, Rahmah et al. (2022) revealed that an increase in social support resulted in 1.363 increase in the resilience of inmates. This study by Ruslan et al. (2020) gave some insights and significant outcomes. However, it may not be generalized in the Kenya setting since the two societies are different. This further gave more weight to the current study.

In Nigeria, Adepoju et al. (2022) in their study discovered the mean resilience score of the participants was 133.98 (SD=16.14). Also, participants with mental distress (RS=136.96) had significantly higher resilience scores ($t=2.299$; $p=0.025$) than those without (RS=127.11). On the other hand, in Ghana, Ansah et al. (2022) study findings revealed that prison climate predicted 15% resilience of juvenile offenders.

In South Africa, Breda (2015) argued that resilience of children and youth was a progressively important area of research. Adolescents growing up in distressful communities, characterized by poverty, crime absence of responsible family and parenting are particularly vulnerable. Breda (2020) in her study among 500 participants between 14 to 21 years old, focuses on comparison of youth resilience across seven South African sites. The study had 58% of female participants and 42% of male participants. It was shown that 59% of participants were Black Africans, followed by 26% colour (mixed race), 10% White and then 5% Indians. Thirteen of the 21 resilience factors presented statistically significant differences across the seven sites. The two sites had the mean score of 65.2% of resilience while the other 5 sites had the second highest level score of 13.6% and the lowest level score of 9.4%. The site with the highest resilience score of 65.2% (site 2) is a residential children's facility, where all the children are placed in care through the Children's Court. Based on the current welfare approach in South Africa, placements in residential care are a last resort, suggesting that these children come from troubled social environments and seemingly are more

vulnerable than children who are not placed in residential care. Breda's (2015) research was South African based, while this current study called for a deeper investigation on the levels of resilience among juvenile delinquents at Kamiti Prison, Youth Correctional Training Centre (YCTC) Kiambu County, Kenya.

In Kenya, Sambu and Mhongo (2019) did a study on age and gender in relation to resilience after the experience of trauma among internally displaced persons (IDPS) in Kiambaa Village, Eldoret East Sub-County, Kenya. A proportion of 36.4% (8) of the respondents were aged between 20 and 35, 45.4% (10) were aged between 36 and 55, while 18.2% (4) were aged between 56 and 75. Respondents' responses were measured on a resilience value-rated 5-point likert scale. The mean resilience scores for the male respondents aged between 20 -35 were 59.35 while the females score was 58. The age group of 36 to 55 had mean resilience score of 63.40 and 60.20 males and females respectively. The older age group of 56 – 75 had higher mean resilience scores of 65.67 and 61.50 males and females respectively. The oldest respondent in the sample was a female over 75 years old with a resilience score of 57. The values of the standard deviation are relatively small and this shows how tightly these are clustered around the mean. The mean resilience scores for the male respondents aged 20-35 were 59.35 while the females score was 58. The age group of 36 to 55 had mean resilience score of 63.40 and 60.20 males and females respectively. The older age group of 56 – 75 had higher mean resilience scores of 65.67 and 61.50 males and females respectively.

This study by Sambu and Mhongo (2019) specifically focused on age and gender in relation to resilience, whereas, this present study was aimed at assessing the levels of resilience and as well investigate the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya.

2.3.3 Relationship Social Support and Resilience of Juvenile Delinquents

Several studies have been done on social support and resilience of inmates. Roberts et al. (2015) used qualitative approach to examine the relationship between social support and psychological wellbeing of students in China. It was reported that perceived social support has a significant impact on PWB ($\beta = 0.374$, $t = 6.509$, $p = .000$). Additionally, resiliency partially mediates the relationship between perceived social support and PWB ($\beta = .041$, $t = 2.339$, $p < 0.001$). The research concluded that social support was not only important in promoting psychological well-being of students but also bolstered their resilience and spirituality. Khanlou and Wray (2014) suggested that investing in youth resilience through social support is one of the ways in which the youth can become resilient. In addition, they argue that investing in youth resilience has many immediate and long-term benefits that are depicted in their improvement in school, pro-social outcomes and employment. In line with Khanlou and Wray (2014), Theron and Theron (2010) emphasized the significance of social support in the lives of youth because it enables them to develop resilience. They claimed that support from parents, adults, professionals and youth-oriented community organizations help in the sustainment and development of resilience among the youth in South Africa. Roberts et al. (2015) study was concerned with the influence of family resilience on the resilience of their children and it was based on the context of China, while the present study was concerned with juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya.

A research study by Karatas and Akar (2012) Turkey revealed that social support and resilience in the lives of adolescents are very crucial if they are to cope with various challenges they encounter in life. It was observed that all relations are significant at the level of $p < .01$. In line with this, Davila et al (2015) indicate that social support offered in various ways such as, emotional, financial, is very important in building morality among the

juveniles. Conversely, Bowen et al (2014) have linked low levels of resilience to lack or inadequate social support.

A study by Sabouripour et al. (2017) focused on the resilience determinants among Iranian students. In the study, 134 males (53.4%) and 117 females (46.6%) participated in this study. In addition, more than half of the respondents, 61.4% (N=154) were single and 38.6% (N=97) were married. Reports indicated significant relationship between optimism and resilience among the students ($r = 0.597$, $p < 0.01$). There was a significant positive relationship between resilience and the dimensions of social supports. Specifically: significant others ($r = 0.355$, $p < 0.01$), family support ($r = 0.311$, $p < 0.01$), and friend support ($r = 0.211$, $p < 0.01$). There was a significant and large relationship between resilience and self-efficacy with ($r = 0.715$, $p < 0.01$).

In Rwanda, a study by Ndwanyi (2021) revealed that psychosocial interventions stimulate positive attitudes thereby enabling resilience. In the study, 4 respondents are married with representation of 21.5%, 3 respondents are divorced with representation of 5%, 25 respondents are separated from their partners with representation of 89%, 16 respondents were widows with representation of 24.5% and 7 respondents are single with representation of 11%. The qualitative study found that counselling played an insignificant role in helping prisoners to overcome psychological challenges and reducing recidivism. This contradicts other studies like Julius and Omondi (2021) that found a significant relationship between counselling and psychological wellbeing. Further, emotional resilience is significantly associated with antisocial behaviours (Julius & Omondi, 2021). A study by McGauran et al. (2019) investigated the association between childhood emotional resilience and antisocial behaviour in adulthood and revealed that respondents who perceived their communities as supportive were more likely to get financial help during emergencies. In addition,

respondents who were drunkards, abused substances and drugs or those who were not disclosed were less likely to withstand adversity.

In South Africa, Machisa et al. (2018) examined the effect of social support on psychological resilience of intimate partner violence victims. Most of the participants were less than 44 years of age (69.4%), had attended secondary education (80%), had not worked in the past year (56.6%) and were in current intimate relationships (77.3%). It was also revealed that juvenile delinquents expected parental support while in prison. Lack of parental support made the juveniles express their emotions through fighting and thus lower resilience.

In Nigeria, study findings by Ebuhi and Omogbemi (2011) revealed among other factors that lack of social support, especially from parents, contributes to juvenile delinquency. The participants were within the ages of 10-18 years with a mean age of 14.2 +/- 2.0 years, 70% had attained primary school education. Of the 53.3% that dropped out of school, 65.6% did so due to financial problems, 6.3% as a result of poor performance as well as peer pressure accounted for 28.1%. A total of 71.7% of the students were brought to the school by the police; 52.5% on account of roaming while lack of parental control, stealing, robbery and fighting accounted for 16.9%, 11.9%, 10.2%, and 8.5% respectively. Majority (58.6%) of the students had both parents alive while 12.1% had both parents deceased. About 25 (41.7%) of the respondents admitted to committing a crime out of which 88% was stealing, 4% were involved in armed robbery and 8% in house breaking. Of all the socio-demographics characteristics of the respondents explored, only their educational level was found to be significantly associated ($p = 0.0197$) with criminal behaviour. Mother's educational level ($p = 0.0245$), maternal alcohol consumption ($p = 0.0173$) as well as kind of treatment (0.0245) received from step mothers were significantly associated with criminal behaviour.

It then appears that from the above authors the resilience levels of adolescents highly depend on the social support that they receive from the most significant people in their lives. If they receive adequate support from significant people this support enables them to face and cope well with adversities that come along their way.

In Kenya, Onyango (2013) studied the effectiveness of education, vocational training, life skills, counselling and scouts. The targeted population were the 3rd year juvenile delinquents, welfare officers, class teachers and vocational training instructors from the three institutions who were a total of 179 and purposively selected. The study selected a sample size of 89 respondents. The rehabilitative programmes that were common among the schools for the juveniles were counselling and education at 98.6 % each, spiritual welfare at 97.2%, life skills training at 95.8 % and agriculture at 77.8%. Vocational training was ranked at 43.1 % while fashion and design was rated that 11.1%. The study established that rules and regulations helped the children to become good role models, obedient and disciplined at 98.6%, children were able to do the right things at 97.2% and became law abiding citizens at 94.4%. They were able to differentiate between good and bad at 77.8%, stayed away from drugs at 65.2%, and revealed that while these factors were not effectively implemented, they contributed to resilience of juvenile delinquents. These various studies carried out were not very specified in articulating the relationship between social support and resilience among juvenile delinquents. This was a gap this study sought to address.

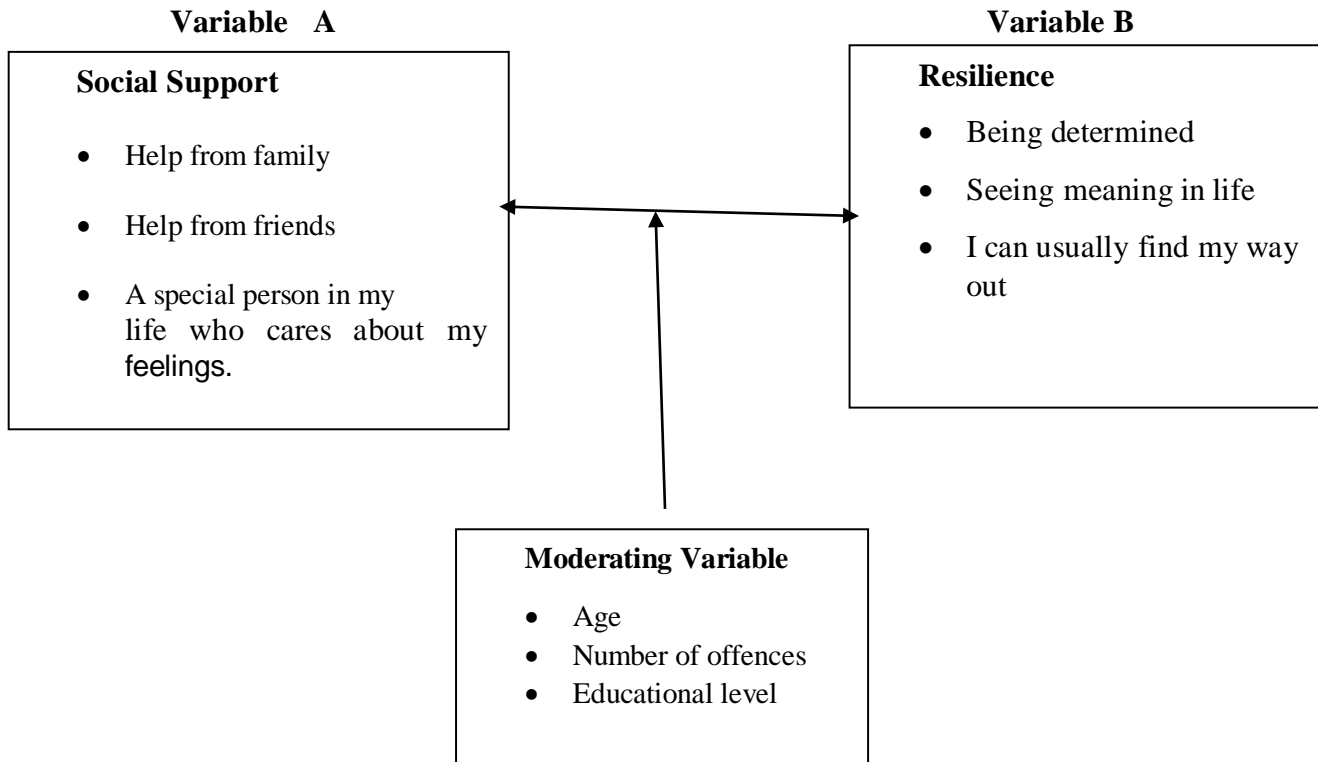
2.4 Conceptual Framework

A conceptual framework is seen as a symbolic illustration of an abstract idea. It uses diagrams to depict the relationship between variables, independent and dependent variables. It can also be described as a structure which the researcher believes can best explain the natural progression of the phenomenon to be studied (Adom et al., 2018). This section

illustrates a likely relationship between social support and resilience, and then the moderating variables.

Figure 1

Conceptual Framework



Source: Researcher (2024)

Figure 1 shows the relationship between social support, resilience and moderating variables. The conceptual framework is presented on the basis that the independent variable (social support) possibly has a relationship with the dependent variable (resilience).

The relationship between social support and resilience may be influenced by moderating variables such as age, number of offences, educational level, religion, number of siblings and primary caregiver. It is assumed that social support is the emotional closeness juvenile children may gain from their significant others such as families, friends and the community at large.

2.5 Research Gap

Although many studies across the globe have investigated the relationship between social support and resilience in adults and young people, there is limited data on this subject focusing on juvenile delinquents in Kenya with specific reference to YCTC, Kamiti Maximum Prison. This study sought to fill this gap.

2.6 Summary of the Chapter

This chapter presented the empirical literature review and theoretical framework. The conceptualization of the study variables was articulated respectively. The empirical literature review was conducted in line with the objectives of the study. The conceptual framework was also presented. The next chapter focuses on the methodology of the study.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

This chapter comprises the research design and methodology which will guide the study. It looks at the location of the study, target population, sampling procedure and sample size, instruments of measure, validity and reliability of the instrument, data collection procedure, data analysis procedures and ethical considerations.

3.2 Epistemology of the Study

Epistemology is the scientific study of knowledge and the foundations of belief. It is a set of principles that focuses on what qualifies as educational information and how it is acquired, separating it from preconceptions, opinions, and ideologies (Garrow & Hasenfeld, 2015; Oliver, 2010). This quantitative study will employ the positivist approach. This research approach has the advantage of showing universal principles and observable facts that may be tabulated (Crowther & Lancaster, 2012). Positivism is based on the notion that science gives a logical way of discovering empirical truth. This strategy showed a high level of structured data gathering and a big sample size. It utilized a quantitative means of gathering as well as measuring the data. Collins (2010) argues that positivism believes that factual knowledge is gained through observation and measurement. In this point of view, the focus of the study was neither social support nor resilience but the relationship between social support and resilience.

3.2 Research Design

Research design is the overall strategy one chooses to integrate different components of the study in a coherent and logical way, this ensures that the researcher effectively addresses the research problem, Creswell (2014). This study made use of the quantitative

research design, and it specifically adopted the correlational research design where quantitative data were measured, then used to address the study problem, statistical conclusions about the population were done from the data attained. Rose et al. (2012) indicate that correlation research shows the degree of association between the research variables rather than a causative connectivity. In this research, the association between social support and resilience among juvenile at Kamiti was established.

3.3 Location of the Study

According to Tuck and McKenzie (2014), before embarking on a study, a researcher must understand the place of the study. In this regard, the location was in Kamiti Prison's Youth Correctional Training Centre, (YCTC) Kiambu County. The prison cares for a variety of juvenile delinquents and offers various social supports (Personal communication 2023)

As cited by Mukula (2019) the study site, Kamiti Prison's Youth Correctional Training Centre is situated 20 kilometers to the north of Nairobi city in the Kiambu area. Youth Correctional Training Centre (YCTC) is one office department of Kamiti Maximum Prison (Personal communication, 2023). As indicated by Agonya (2020), the delinquents within Kamiti were categorized in offences going from petty to major offences (Personal communication, 2023) most of the prisoners in Kamiti Prison at YCTC hail from various Counties in Kenya such as, Machakos, Nairobi, Kisumu, Embu, and Nakuru, among others.

3.4 Target Population

Target population is a group of people affected by the problem, directly or indirectly. Banerjee and Chaudhury (2010) define target population as an "entire group of people or subjects about which some information is required to be ascertained. All juvenile in various prisons in Kenya form the target population while those at Kamiti Prison form the sample. Therefore, this study population comprised 100 juvenile delinquents between the ages of 13-

17 years old in Kamiti Prison, Kenya. The participants of this study were juvenile delinquents who are males (YCTC, 2024).

3.5 Sampling Design

This section concentrates on the sampling process which comprises sampling technique, and sampling size determination.

3.5.1 Sampling Techniques

The study adopted purposive sampling to select Kamiti Prison's YCTC as its focus. Kamiti Prison's YCTC was chosen because it was the only Youths Correctional Centers for male juvenile under prison services in Kenya. By selecting Kamiti Prison's YCTC, the study gathered valuable insights in relation to the research objectives. This study used convenience sampling technique to identify participants. Padgett (2017) describes convenience sampling as an intentional selection of participants because they possess essential information that is most relevant to the research objectives, ensuring that the data collected is highly informative and valuable. In this case, the study was interested in understanding the social support and resilience of juvenile delinquents.

3.5.2. Sample Size Determination

This study used census method. Census involves taking the entire population to constitute a sample (Nanjundeswaraswamy & Divakar, 2021). Based on the relatively small size of the population, having 100 juvenile delinquents, the study adopted a census approach, which considered the entire population. This was appropriate for this study because it allowed for a comprehensive representation of the entire population. Bell et al. (2023) backed this technique and held that employing a census approach eliminates sampling error and enhances the accuracy and reliability of the study results. Kamiti Prison's YCTC has 100 juvenile

delinquents (Documentation office, 2023). Therefore, all the 100 juvenile delinquents formed the sample size of this study and were invited to participate in this study.

3.6 Research Instruments

Flick (2017) defines a research instrument as a device that a researcher employs to obtain information for the purpose of responding to research questions. In this stance, questionnaires with measuring scales were used in this research to get information from the participants. A questionnaire was used to obtain data on both independent variables and dependent variables. The questionnaire had three main sections. The first section gathered demographic characteristics of the participants, the second section focused on social support and third section collected data on resilience. The researcher developed a demographic questionnaire which will require the participants to reveal their ages, religion, number of offenses, and gender of participants. On the other hand, the study used both the Multidimensional Scale of Perceived Social Support (MSPSS) and the Brief Resilience Scale (BRS) to gather data.

3.6.1 Multidimensional Scale of Perceived Social Support (MSPSS)

The Multidimensional Scale of Perceived Social Support was formulated by Zimet et al (1988). Its purpose is to measure perceived social support. It has 12 items, of a 7-point Likert scale used to measure perceived social support. Social support scales are measured on 5-point Likert scale then scored, where 1 = Very Strongly Disagree, 2 = Disagree, 3 = Mildly Disagree, 4 = Neutral, and 5 = Mildly Agree, 6 = Strongly Agree, and 7 = Very Strongly Agree. A score ranging from the mean score of 1 to 2.99 could be considered low social support whereas 3 to 5 could be considered moderate social support and 5.1 to 7 could be considered high social support (Zimet et al., 1988).

3.6.2. Brief Resilience Scale (BRS)

The Brief Resilience Scale was developed by Wagnild and Young (1993). It is a 14-item scale that consists of 14 self-report items measured along a 5-point rating scale ranging from 1 = 'Strongly disagree' to 5 = 'Strongly agree'. Higher scores are indicative of resilience level. According to the authors scores are calculated by a summation of response values for each item, thus enabling the scores to range from 14 to 98. Scores below 65 indicate low resilience; between 65 and 81 show moderate resilience; above 81 was interpreted as high levels of resilience (Wagnild and Young, 1993; Wagnild, 2009b, 2014).

3.7 Validity and Reliability of the Instruments

This section discusses the reliability and validity of the research instruments used in this study.

3.7.1 Validity

Validity is the ability to research instruments that measure what it is supposed to measure (Pandey et al., 2021). Validity of the tools was measured through "content validity" and "face validity." "Content Validity is the extent to which the questions on the instrument and the scores from these questions represent all possible questions that could be asked about the content or skill" (Creswell, 2005). Content validity reflects whether the items on the instrument adequately cover the entire content that it should cover (Korb, 2013). To assess the validity of the instruments, the researcher made sure that the contents from the questions asked represent all possible questions that could be asked about the study. This was done by cross-checking the instrument contents with the prevailing literature.

The researcher used content and face validity of the self-structured tool for collecting data. The content of the tool was validated by supervisors and other qualified professionals. The researcher also sought the coherence and sequence of the items in the tools

of data collection, as per the objectives and variables under study, also from experts including statistics. The Multidimensional Scale of Perceived Social Support (MSPSS), and Brief Resilience Scale (BRS) validity have been confirmed in several studies by Schulz and Schwarzer (2003; 2004), and were found to be valid in studies done by Guido et al. (2012) among teenagers and youth in Spain (N= 302) as well as USA (N= 1,187). Also, validity data of the BRS was used in Poland and it was calculated; test-retest showed good stability [$r(40) = 0.88$; $p < 0.001$] (Surzykiewicz et al., 2019).

3.7.2 Reliability

Kothari and Garg (2014) stated that reliability is the measure of degree at which a research instrument gives consistent results after repeated measurements of the same person with the same instrument. This study used Split-Half to measure the internal measures how internally consistent an instrument is, (error from instrument construction). The researcher assessed reliability coefficient separately for every variable.

Furthermore, this was done by verifying the study tools by pretesting the tools on a small sample size before going to the field. The data collected was tested to ascertain its reliability using split half technique and check the tools validity based on the Cronbach Alpha. Thus, an alpha level of 0.70 or above was acceptable. The Multidimensional Scale of Perceived Social Support (MSPSS) was confirmed to be reliable, as ascertained by DiMillo et al. (2017) in their research carried out among 137 English and French- language melanoma patients in Canada. The internal consistency Cronbach's alpha was .83 and Brief Resilience Scale (BRS) was used in a study carried out by Fung (2020) in China, and the study confirmed the internal consistency and reliability of the BRS ($\alpha = 0.71$). Cronbach's alphas ranged between 0.824 and 0.871 across the three samples: Early adulthood: $\alpha = 0.871$ [ICC = 0.871; $F(1658,211554) = 7.74$; $p < 0.001$], Adolescents: $\alpha = 0.851$ [ICC = 0.851; $F(399,5187) = 6.71$; $p < 0.001$] (Surzykiewicz et al., 2019).

3.8 Pre-testing of Instruments

Ikart (2018) holds that pretest is used to ensure quality by subjecting the questionnaire to several types of evaluations to assess its ability to collect the needed data. Through pretesting, researchers may be able to confirm whether the scale uses clear and appropriate language. The pretest of the research instruments was carried out in Kabete Correctional Centre among 10 juveniles which is 10% of the sample size. The percentage (10%) of the sample size was arrived at from a total of 100 participants. Therefore, 10% of 100 = 10. Mugenda and Mugenda (2003) backed this process and recommended that 1-10% of pre-test sample was enough. The rationale for pre-testing the tools was to ascertain whether the participants would understand the questions to ensure that the responses provided would meet the study objectives. After the study the reliability and validity of the tools used in this study was computed. The findings shown that the tools were reliable and valid with a Cronbach's alpha (α) value of ≥ 0.7 .

3.9 Data Collection Procedures

Mugenda and Mugenda (2013) argue that the data collection method is a technique employed for collecting information in a systematic manner from several sources for a specific purpose, while data collecting tool is defined as the apparatus used to gather data. Hence, before proceeding to the field for data collection, certain requirements were observed. The researcher sought permission from different bodies so as to pave way for data collection. Foremost, permission was obtained from Tangaza University Institutional Scientific Ethics Review Committee (TU-ISERC). The researcher further sought an authorization from the National Commission for Science, Technology, and Innovation (NACOSTI). Also, clearance was sought from Kamiti Prison authorities, before proceeding to administer the instruments. The researcher also sought the consent of the participants before attempting to distribute the questionnaires. Upon agreement with the researcher and the deputy in-charge of the YCTC,

on the appropriate date and time, the questionnaires were administered to the juvenile delinquents in Kamiti Prison at YCTC. The researcher with the researcher assistant met in the hall of the Juvenile Correctional Centre. The researcher further briefed the participants on the reason for the research, and they were allocated 30 minutes to respond to the questionnaires.

3.10 Data Analysis

According to Mvumbi & Ngumbi, (2015), analyzing data involves logical examination and giving of meaning to already gathered information. The present quantitative study employed the descriptive as well as the inferential statistics techniques to obtain meaning for its findings. Table 2 further demonstrates a detailed data analysis.

Table 1

Statistical Data Analysis

Data analysis of:	Variable Type	Purpose of the Test	Type of the Test
Demographic Characteristics	Categorical	Gather information about demographics Characteristics	Frequencies, Percent
Objective One	One scale	To measure the levels of social support.	Descriptive statistical scores, frequencies and percentages
Objective Two	One scale	To measure the levels of resilience.	Descriptive statistical scores, frequencies and percentages
Objective Three	Two Scales	Test relationship between two scale variables	Pearson's Correlation

The IBM statistics 25 version of the SPSS was used to conduct statistical analysis of the data. To understand demographic profiles, descriptive statistics such as percentages and frequencies were performed.

The levels of social support and resilience will be analysed measuring descriptive statistical score including percentages and frequencies. Inferential statistics such as the Pearson's Coefficient Correlation analysis was used to analyse the relationship between social

support and resilience. The level of significance of less than or equals to 0.05 was used in the study. Finally, the analysed data were presented in the form of tables.

3.11 Data Management

The term "data management" describes the process of arranging, and preserving research-related data (Ahlfeldt, 2015). In order to prevent any potential breaches in the security of the data being collected, the researcher set up a mechanism for protecting the data both during the data collecting as well as analysis processes. Passwords and secure backup devices were part of the security measures. To preserve the uniqueness of the participant data without making any changes, the researcher was keen in disclosing the results. The soft copy of final report collected was kept at Tangaza University repository in order to be accessed by academicians, instructors, and students. Furthermore, the physical copies of the data gathered on paper were stored in a secure area in a locked cupboard within after final thesis defense.

3.12 Ethical Considerations

Based on ethical consideration, Heyvaert et al. (2016) submitted that there are principles that help guide research designs based on the best practices of conducting empirical social studies. Given that this research involves vulnerable participants such as prisoners who are children, the researcher adhered to strict ethical principles. This includes obtaining approval from relevant ethics authorities. Thus, permission was obtained from Tangaza University Institutional Scientific Ethics Review Committee (TU-ISERC), and a research permit from NACOSTI before embarking on data collection. The researcher sought letter of authorization from Kamiti Prison, Youth Correctional Training Centre (YCTC) authorities, before embarking on administering the instruments. The researcher also sought the informed consent of the participants of this research including the Institutional permission

of the children. The researcher sought assent from children and data obtained from them was secured.

To ensure data privacy and confidentiality during the reporting stage, the researcher implemented a robust coding and anonymization process. This involved assigning unique identifiers to each participant and removing all personally identifiable information. A separate, secure key was created to link these identifiers to the original participant data. To further protect participants' identities, the researcher used broad categories for demographic information, preventing identification. Voluntary participation in the study and informed consent was important ethical considerations. The researcher clearly communicates the aims of the study to the respondents and obtained signed consent from all participants. Should respondents withdraw their consent for any reason; the researcher was ready to honour their decision.

The study respondents were assured that their responses remain anonymous and their personal details were not documented in the final thesis. The researcher understood the ethical obligation and responsibility of conducting the study from data collection to data analysis and reporting in a methodologically robust and ethical manner. The researcher recruited 2 research assistants who held a Bachelor Degree in Counselling Psychology. The research assistants were trained for one day to assist in the data collection and ethics. The respondents (assembled in the hall) were allocated 30 minutes to respond to the questionnaires, then debriefing was carried out by a professional counsellor.

Further, it is important to acknowledge that empirical studies carry some level of risk for participants. In this case, potential risks include psychological distress from discussing sensitive topics, breach of confidentiality, social or institutional repercussions if participation becomes known, and time burden or inconvenience. In order to mitigate these risks, the

researcher provided counselling services or referrals for participants experiencing distress and as well implement robust data security measures.

Also, due to the nature of the participants of this study, the researcher developed separate consent forms for the Commissioner General of Prison, the office in charge at of Youth Correctional Training Centre (YCTC), as well as assent forms for juveniles who participated in this study. These forms clearly explained the study's purpose, procedures, and duration, described potential risks and benefits, state the voluntary nature of participation and right to withdraw, outline confidentiality measures and include space for signatures and dates.

Community consideration was crucial for this study. The researcher engaged the prison community leaders or representatives, such as prison authorities, in the study planning process. Efforts were made to ensure that the study benefits the community in some ways, and findings be shared with the prison community in an accessible format. Through the study process, the researcher addressed any community concerns that arise.

In order to accommodate participants who may not be able to read English, the researcher translated all study materials, including consent forms, questionnaires, into Kiswahili. Professional translators familiar with research terminology was employed for this task. The Kiswahili materials was piloted with a 10% of the sample size, to ensure clarity, accuracy, validity as well as reliability. Participants was offered the choice of using either English or Kiswahili materials, based on their preference.

3.13 Envisaged Impact of the Study

The researcher may be able to benefit by gaining insight and understanding on the relationship between social support and resilience among juvenile delinquents. This may help her to support juvenile prison authority to formulate ideal policies to promote social support for juvenile delinquents. In addition, many counsellors and psychologists will gain substantive knowledge to advocate and influence policy makers in Kenya and beyond to

rethink strategies and institute policies that address the need for building resilient communities in order to eliminate criminality in the society.

3.14 Chapter Summary

This chapter discussed the research design and methodology which will guide the study. It described the location of the study, target population, sampling procedure and sample size, instruments of measure, validity and reliability of the instrument, data collection procedure, data analysis procedures and ethical considerations.

CHAPTER FOUR

FINDINGS

4.1 Introduction

This chapter gives the findings of the study; beginning with the response rates. It further articulates the demographic characteristics of participants, and ends with results of the study in connection to the objectives of the study respectively, and chapter ends with a summary.

4.2 Response Rates

In this section, the response rate of the questionnaires distributed to the participants of this study is presented in table 2.

Table 2

Response Rate

Sample Size	Distributed Questionnaires	Returned Questionnaires	Spoiled Questionnaires	Properly filled Questionnaires
100	100	100	2	98

As seen in Table 2, the sample size of this study was 100. Out of the 100 questionnaires that were distributed to the participants of this study, 100 questionnaires were returned to the researcher, and 2 of the questionnaires were not properly filled and hence discarded. The remaining 98 questionnaires were properly filled and were used for data analysis. Thus, this study had a 98% response rate. Sataloff and Vontela (2021) argue that a questionnaire response rate of 70% and above is sufficient for drawing a relevant inference on the area of the study.

4.3 Demographic Characteristics of Participants

This section presents the demographic characteristics of the participants of this study. This includes; age, level of education, and number of offenses, and they are presented in Table 3.

Table 3

Demographic Characteristics of Respondents

Age	Frequency	Percentage
under 13 years	1	1.0
14-15years	8	8.2
16-17years	89	90.8
Level of Education		
Primary school	50	51.0
Secondary school	33	33.7
College level	10	10.2
University level	5	5.1
Number of offenses		
1-2 offenses	83	84.7
3-4 offenses	6	6.1
5 and above offenses	9	9.2
Total	98	100%

It can be observed in Table 3 that, a majority 90.8% (n= 89) of the participants were between the ages of 16 and 17years. In contrast, the age range of under 13years were at 1.0% (n= 1). Regarding level of education, most 51.0% (n= 50) of the participants had attained primary education, while 5.1% (n= 5) attended University education. Further, it was found that a majority 84.7% (n= 83) of the juvenile delinquents had committed 1-2 offenses. Participants that committed 3-4 offenses represented 6.1% of the sample (n= 6) representing the least predominant of the ranges.

4.4 Levels of Social Support Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya

The first objective of this study was to assess the levels of social support among juvenile delinquents at Kamiti Maximum Security Prison in Kiambu County. Descriptive statistical scoring was conducted to realise this objective. The perceived social support scale was used to measure perceived social support among juvenile delinquents. The outcome of the analysis is presented in Table 4.

Table 4

Levels of Social Support Among Juvenile Delinquents

Levels/Range	Frequency	Percentage
Low (1-2.99)	26	26.3%
Moderate (3-5)	39	40.3%
High (5.1-7)	33	33.4%
Total	98	100%

Findings in table 4, demonstrated that 40.3% (n = 39) of the juvenile delinquents at Kamiti Maximum Security Prison in Kiambu County Kenya were at moderate level of social support, while 33.4% (n=33) reported high levels of social support. 26.3% (n= 26) of the juvenile delinquents scored low level of social support. The findings of this study seem to reveal that lack of social support is common among juvenile delinquents

4.5 Levels of Resilience Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya

The second objective of this study aimed at examining the levels of resilience among juvenile delinquents at Kamiti Maximum Security Prison, in Kiambu County, Kenya.

Descriptive statistical including frequency and percentages were calculated. The findings are shown in Table 5.

Table 5

Levels of Resilience Among Juvenile Delinquents

Levels/Range	Frequency	Percentage
Low (65 and below)	30	34.4%
Moderate (65-81)	26	24.3%
High (above 81)	42	41.3%
Total	98	100%

As shown in Table 5, findings indicated that 41.3% (n = 42) of the juvenile delinquents scored high level of resilience, while 24.3% (n= 26) of the juvenile delinquents at Kamiti Maximum Security Prison, in Kiambu County Kenya, were at moderate level of resilience. Those with low levels of resilience were 34.4% (n=30). These findings reveal that a significant number of participants are not resilience and when faced with challenges they may experience challenges in making adjustments.

4.6 Relationship Between Social Support and Resilience Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya.

The Pearson correlational analysis was conducted to determine the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. The results are presented in Table 6.

Table 6*Relationship between Social Support and Resilience among Juvenile Delinquents*

		Social Support	Resilience
Social Support	Pearson Correlation	1	.353
	Sig. (2-tailed)		.004
	N	98	98
Resilience	Pearson Correlation	.353	1
	Sig. (2-tailed)	.004	
	N	98	98

As seen in Table 6, findings revealed that there was a significant positive relationship ($r = .353$, $p = .004$) between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. This is implicit of direct relationship. These findings imply a direct relationship; whereby, the higher the social support, the higher the resilience. It is worthwhile noting that these results imply that social support plays a significant role in strengthening the ability to bounce back after experiencing adversities in life. The findings seem underscore the need for programming for the welfare of juvenile delinquents with a focus on social support needs.

4.7 Relationship between Demographics and Resilience Among Juvenile Delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya

The Pearson correlational analysis was conducted to determine the relationship between demographic characteristics and resilience. The outcomes of the results are presented in table 7.

Table 7*Relationship Between Demographics and Resilience Among Juvenile Delinquents*

		Age	Resilience
Age	Pearson Correlation	1	.141
	Sig. (2-tailed)		.051
	N	98	98
Resilience	Pearson Correlation	.141	1
	Sig. (2-tailed)	.051	
	N	98	98

Findings in table 7, reveal that there was a positive relationship ($r = .141$, $p = .051 \leq 0.05$) between age and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. This suggests that the higher one advances in age, the higher the possibility of an individual building resilience. Table 8 shows the Pearson correlation analysis of the relationship between number of offenses and resilience among juvenile delinquents.

Table 8*Relationship between Number of Offenses and Resilience Among Juvenile Delinquents*

		Number of offenses	Resilience
Number of offenses	Pearson Correlation	1	-.208*
	Sig. (2-tailed)		.041
	N	98	98
Resilience	Pearson Correlation	-.208*	1
	Sig. (2-tailed)	.041	
	N	98	98

*. Correlation is significant at the 0.05 level (2-tailed).

As seen in Table 8, the outcome of this analysis revealed that there was a negative relationship ($r = -.208$, $p = .041$) between number of offenses and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. This outcome demonstrates an inverse relationship; whereby, an increase in one variable leads to a decrease

in another variable. Thus, the more the number of offenses committed by a juvenile, the lesser the likelihood of resilience.

Table 9

Relationship between Level of Education and Resilience

Chi-Square Tests on Level of Education and Resilience

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	115.679 ^a	108	.289
Likelihood Ratio	101.945	108	.646
Linear-by-Linear Association	2.872	1	.090
N of Valid Cases	97		

a. 147 cells (99.3%) have expected count less than 5. The minimum expected count is .05.

In Table 9, the Pearson Chi-square analysis showed that there was no significant relationship (Chi-Square value = 115.679, df = 108, $p = .646 \geq 0.05$) between level of education and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. This possibly suggests that education plays insignificant role in promoting resilience among juveniles.

4.8 The Summary of the Chapter

The findings of the results of the current were presented in chapter four. Chapter five will focus on the discussion of the results in relation to other studies.

CHAPTER FIVE

DISCUSSION

5.1 Introduction

This chapter discusses the outcomes from the data analyzed. The discussions are conducted in line with the objectives of the study, which focused on the levels of social support among juvenile delinquents, to measure the levels of resilience among juvenile delinquents, and to establish the relationship between social support and resilience among juvenile delinquents at Kamiti Prison, Kiambu County.

5.2 The Levels of Social Support Among Juvenile Delinquents

The first objective of this study was to assess the levels of social support among juvenile delinquents at Kamiti Maximum Security Prison in Kiambu County, Kenya. The findings revealed that 40.3% (n = 39) of the juvenile delinquents at Kamiti Maximum Security Prison in Kiambu County Kenya, were at moderate level of social support, while 26.3% (n= 26) of the juvenile delinquents scored low level of social support.

The findings of this study are similar to the findings by Zwecker et al. (2018) in the USA, whose study focuses on social support networks among delinquent youth. The key significant findings revealed that 50% of the delinquent youth felt they were at high level of social support. However, additional percentages (50%) of the delinquent youths were at lowest level of social support. The findings of this current study also confirm the study by Spohr et al. (2016) in the USA, indicating high social supports; that social support from significant people such as one's parents, siblings, spouses and friends helped in minimizing delinquent behaviors. Their research findings revealed that support from parents (28%); sibling (40%) and support from friends to be at 19%. The findings of this current study validated the study by Ofodile (2017) in Nigeria. Ofodile revealed that 56% of juvenile

offenders were on the perception of high social support, while 46% of juvenile offenders fell under low level of social support. Furthermore, this study's findings seem to agree with the study by Dadi et al. (2019) in Ethiopia. Dadi et al. reported that 64.7% of the prisoners had good social support and this promoted their wellbeing as well as resilience.

The implication of the outcomes of the current study is that the juveniles' moderate and high score on social support possibly revealed that they may be experiencing social support from family members and friends. This study appears to point out the likelihood of the magnitude of a social network the juvenile delinquents may be receiving. A network of social support plays a central role in helping individuals to improve their capacity to manage stressful situations. This may include alleviating emotional distress and promoting lifelong mental health that is capable of transcending one's challenges amidst difficult life situations (Adams et al., 2017).

According to Bello (2015), Social support helps humans to improve quality of life as individuals are encouraged to face their challenges instead of absconding them. Social support can be done through emotional appraisal, and material provisions by people close to those undergoing stressful moments related to different situational life experience. Evidence by Poland et al. (2020) shows that different individuals have been positively impacted by social support, Kimingiri (2015) amplifies this by asserting that social support empowers juvenile delinquents to be better persons, confident, face challenges amidst fears, be stable in life, reform, reintegrate in communities, and minimize anti-social behaviors in their human environment.

5.3 Levels of Resilience Among Juvenile Delinquents

The second objective of this study was aimed at examining the levels of resilience among juvenile delinquents at Kamiti Maximum Security Prison, in Kiambu County, Kenya. Findings showed that 41.3% (n = 42) of the juvenile delinquents scored high level of resilience, 34.4% (n = 30) of the juvenile delinquents had low level of resilience, while 24.3% (n= 26) of the juvenile delinquents at Kamiti Maximum Security Prison, in Kiambu County Kenya, were at moderate level of resilience.

The present study findings are similar with the findings by Ruslan et al. (2020) in Malaysia. Although it indicated high (40.3%, n = 42) level of resilience among the juveniles' delinquents, the study by Ruslan et al. (2020) showed a fewer number of the participants with high (n = 1 0.8%) level of resilience, and it was further reported that 10 (11.8%) of the respondents were resilient, 106 (80.9%) of the respondents were almost resilient and 15 (7.8%) of the respondents had low level of resilience.

The findings of the current study confirm the findings by Breda (2015) in South Africa, whose study was on comparison of youth resilience across seven South African sites. It was found that the two sites had the high mean score of 65.2% of resilience while the other 5 sites had the second highest level score of 13.6% and the lowest level score of 9.4%. The site with the highest resilience score of 65.2% (site 2) was a residential children's facility.

The outcomes of this present study corroborated the findings by Sambu and Mhongo (2019) in Kenya, although, their study focused on age and gender in relation to resilience after the experience of trauma among internally displaced persons (IDPS). Reports of the study showed that the mean resilience scores for the male respondents aged 20-35 were 59.35 which revealed high resilience, while the females mean score was 58. The age group of 36 to 55 had mean resilience score of 63.40 and 60.20 males and females respectively. The older

age group of 56 – 75 had higher mean resilience scores of 65.67 and 61.50 males and females respectively.

Low level of resilience as found in this current study possibly revealed some deficiency of needs as well as personality struggle among some of the juvenile delinquents. Bowen et al (2014) affirmed this by linking low levels of resilience to lack or inadequate social support. Also, the score of high level of resilience among the juvenile could be revealing a positive adaptation to life experiences and to maintain wellbeing in the face of hardship among the juvenile delinquents. It is possible that different factors may be playing a critical role in enhancing resilience among the juveniles. In addition, Wald et al. (2006) hold that some factors that facilitate resilience among juvenile delinquents may include personal determination as well as choice, biological-genetic factor, environmental factor, family factor, socio-economic factor, cultural-spiritual factor, and then the psychosocial support. Resilience permits positive outcomes under extreme hardship among people. It captures how people not only survive a variety of challenging circumstances, but thrive in the face of such adversity and temptations (Southwick, 2014).

Further, low level of resilience among juvenile offenders can often be attributed to a combination of individual, familial, and systemic factors. Many juvenile offenders may have experienced significant trauma or adverse experiences, such as abuse, neglect, or exposure to violence. These experiences can undermine their ability to cope with stress and adversity, making them more vulnerable to engaging in delinquent behaviour (McLaughlin et al., 2023).

Bolland et al. (2024) argue that a lack of supportive and stable family relationships can contribute to low resilience. Factors such as parental substance abuse, domestic violence, and inconsistent parenting can impede a child's development of coping skills and emotional. Thus, it is likely that juveniles who lack positive adult role models or mentors may struggle to develop effective coping strategies and problem-solving skills. Without guidance and support, they might be more prone to negative behaviours.

5.4 Relationship between Social Support and Resilience Among Juvenile Delinquents

The third objective of this study was to establish the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya. It was found that there was a positive relationship ($r = .353$, $p = .004$) between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya.

The findings of this study confirmed the finding of Roberts et al. (2015) in China. The outcome of the study demonstrated that resiliency partially mediates the relationship between perceived social support and PWB ($\beta = .041^{**}$, $t = 2.339$, $p < 0.001$). It was reported that perceived social support has a significant impact on PWB ($\beta = 0.374$, $t = 6.509$, $p = .000$). Also, the finding of this current study is similar with the findings of Sabouripour et al. (2017) in Iran. The study found significant positive relationship between resilience and the dimensions of social supports. Specifically: significant others ($r = 0.355$, $p < 0.01$), family support ($r = 0.311$, $p < 0.01$), and friend support ($r = 0.211$, $p < 0.01$). There was a significant and large relationship between resilience and self-efficacy with ($r = 0.715$, $p < 0.01$).

Social supports may be looked at as a necessity in juvenile correction centres. This could enhance resiliency during and after reintegration of a juvenile into one's family and the society at large. Based on the finding of the current study, is indicative of a direct relationship

between the two variables of this study, implying that the higher the social support, the higher the resilience; such that when the juvenile delinquents experience social support, their resilience is possibly increased as well to greater degree.

Social support may include knowledge and skill support, appraisal support, emotional support, instrumental support and informational support (Moeini et al., 2018), and all these are crucial ingredients that conceivably enhance resilience among juvenile delinquents. Effective social support allows juvenile offenders to access emotional, appraisal, information, and instrumental support, thereby enabling them to meet their needs and deepening their resilience (Hershberger et al., 2016).

Also, the relationship between social support and resilience among offenders is a key area of research, highlighting how social networks and supportive relationships can impact the ability to cope with stress and reduce recidivism. According to MacKenzie and Gover (2023), social support, including from family, friends, and community resources, has been shown to enhance resilience among offenders by providing emotional, informational, and instrumental support. They hold that strong social support networks can improve coping strategies, increase feelings of self-efficacy, and reduce the likelihood of reoffending. Lee and Chung (2023) further maintain that social support acts as a buffer against the stressors that offenders face, which can otherwise exacerbate mental health issues and lead to reoffending. Research demonstrates that supportive relationships can reduce the negative impact of stress and promote better psychological well-being.

Hence social support plays a pivotal role in enhancing resilience among offenders. By buffering the effects of stress, improving mental health, and providing crucial resources and relationships, social support contributes to more effective rehabilitation and reintegration.

5.5. Revisiting of the Conceptual Framework

The findings of this study seemed to indicate that social support leads to resilience and not as earlier theorized that social support and resilience may influence each other. This study revealed that older age seemed to be associated with greater resilience and lack of support appeared to be linked to the number of offences.

5.6 Summary of the Chapter

Chapter for has presented the discussion of the results in relation to other studies across the globe, within Africa, and locally in Kenya. The levels of social support and resilience were discussed in comparison to other studies globally, regionally and locally. Also, this chapter presented a discussion of the relationship between social support and resilience as revealed by this study in relation to other studies across the world. The next chapter will present a summary of the findings, conclusions and recommendations for considerations by project planners and policy makers as well as recommendations for scholars who wish to further investigate topics related to this study.

CHAPTER SIX

SUMMARY, CONCLUSION AND RECOMMENDATIONS

6.1 Introduction

This chapter gives the summary of the findings and the conclusions. It further presents policy recommendations and future research areas.

6.2 Summary of Findings

This study focused on the relationship between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County, Kenya. The study had a 98.00% response rate. It was found that majority (90.8%, n= 89) of the participants were between the ages of 16 and 17years old. In contrast, the age range of under 13years were at 1.0% (n= 1). Regarding level of education, most (51.0%, n= 50) of the participants had attained primary education, while 5.1% (n= 5) had University education. It was found that, majority (84.7% n= 83) of the juvenile delinquents had committed 1-2 offenses. Participants that committed 3-4 offenses represented 6.1% of the sample (n= 6) representing the least predominant of the ranges.

Findings from the first objective revealed that 40.3% (n = 39) of the juvenile delinquents at Kamiti Maximum Security Prison in Kiambu County Kenya, were at moderate level of social support, while 26.3% (n= 26) of the juvenile delinquents scored low level of social support. Those with high level of social support recorded a 33.4% (n=33).

The outcomes of the second objective of this study indicated that 41.3% (n = 42) of the juvenile delinquents scored high level of resilience, 34.4% (n = 30) of the juvenile delinquents had low level of resilience, while 24.3% (n= 26) of the juvenile delinquents at Kamiti Maximum Security Prison, in Kiambu County Kenya, were at moderate level of resilience. Juveniles with high levels of resilience were at 34.4% (n=30). The third objective

showed that there was a positive relationship ($r = .353$, $p = .004$) between social support and resilience among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya.

6.3 Conclusion

This study concluded that the juvenile delinquents at Kamiti Maximum Security Prison, in Kiambu County Kenya reported low levels of social support and low resilience levels which are important in mental health. Studies have reported that there low social support and low resilience levels are critical risk factors to developing mental health illnesses and associated problematic personalities including criminal behaviors. Moreover, this study concluded that there was a positive relationship between social support and resilience among the juvenile delinquents at Kamiti Maximum Security Prison, in Kiambu County, Kenya. As evident in this study, it is hardly refutable that social support plays a fundamental role in enhancing the building of resilience. Since humans are social beings, capable of needing help in life, social support may motivate good behaviors and as such discourage delinquent acts.

6.4 Recommendations to Stakeholders

Foremost, the welfare administration of juvenile delinquent department for Kamiti Maximum Security Prison should institute a policy that subjects all juvenile delinquents to screening for social support and resilience levels. Those with low levels of social support and resilience should be provided with relevant interventions such as education, life-skills training, and, promotion of safe, protective and stimulative learning environments in order to boost their resilience and social support levels. Additionally, the welfare administration should engage professional psychologists to conduct assessment and to provide relevant support to promote their resilience and wellbeing.

Also, the Kamiti Maximum Security Prison authority may work in collaboration with counseling psychology practitioners to render effective counselling services to the juvenile delinquents. They may consider organizing seminars on psychological topics targeting the juveniles in order to broaden their understanding on mental health issues emanating from delinquent behaviors.

Additionally, this study has highlighted the relationship between social support and resilience among the juvenile delinquents. Based on this, counselling practitioners may use the findings of this study to educate the prison staff, the family member and communities of the juveniles on the importance of social support from families and friends, and the necessity of paying greater attention in working with the juveniles in building strong resilience.

The prison authority in collaboration with stakeholders such as non-governmental organizations and faith-based organizations may consider educating the families of juvenile delinquents on the importance of holistic presence in the life of their children. The families also need to be reminded about the need to offer their children support in their growths as well as pay keen attention to accompany their children to move on without engaging in criminal acts. The Church and the community leader as well as NGOs may work in collaboration with families to mitigate negative influences from bad company.

Finally, the church and civil societies should educate families on how to promote resilience among the juvenile delinquents. Non-governmental and community-based organizations should put in place programs to educate families on how to promote resilience among juvenile delinquents. The church can partner with local community-based organizations to put programs in place to educate families of children who have transitioned back to the community about the importance of social support as a way of building resilience.

6.5 Recommendations for Future Research

This study recommends the following areas for future research: A qualitative study to be conducted exploring factors contributing to delinquent behaviors among juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. The qualitative study may allow the respondents to express their feelings and experiences regarding delinquent acts. This may enable them to respond to the open-ended questions so that in-depth information is collected. Second, a comparative study may be conducted on the relationship between social support and resilience among the male and female juvenile delinquents at Kamiti Maximum Security Prison, Kiambu County Kenya. This may reveal the differences of social support and resilience that possibly exist among the two genders of males and females, and interventions can be tailored in recognition of gender differences.

A large-scale quantitative study should be conducted on the two variables that were of interests in this study. The larger scale study can cover all juvenile delinquents in various prisons in Kenya, and across East African countries and then comparisons can be made. It is possible that better insights will be gained on the magnitude of the issues and factors contributing to the issues can be identified and effective ways to arrest the situation can also be investigated. Finally, a life skill study in Kenya should be conducted on the same variables to identify other children who are prone or who are at risk of presenting with diligent behavior. This would be important as it would inform early interventions to prevent criminal behaviours.

6.6. Summary of the Chapter

This chapter covered the summary of the findings, recommendations on how to address the challenges facing juvenile delinquents, and the conclusion for the findings.. Finally, the proposed areas for future research have been presented in this chapter.

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APPENDICES

APPENDIX A: Introduction Letter

June 7th, 2024

Dear participant,

I am Sr. Gertrudes Vitorino conducting a study investigating the relationship between social support and resilience among juvenile delinquents in Kamiti Maximum Security Prison, Kiambu County Kenya. This study is undertaken in partial fulfilment of a Master Arts Degree in Counselling Psychology.

I am humbly requesting you to part take in this research by responding to a series of questions. This exercise will take approximately 25 minutes. Kindly read for understanding the questions before responding to each of them. Participation in this research is voluntary and there are no monetary rewards. All information provided will be strictly confidential. Your identity will not be disclosed. Withdrawal from participation at any time is permitted without any repercussion.

Thank you for your time.

Yours sincerely,

Gertrudes Vitorino.

APPENDIX B: Informed Assent for the Participants

Dear Respondent,

My name is Sr. Gertrudes Vitorino and I am a counselling psychology student at Tangaza University College in Langata, Nairobi. The university has given me permission to do research on the relationship between social support and resilience among juvenile delinquents in Kamiti Maximum Security Prison, Kiambu County. The goal of this study is to satisfy a prerequisite for the master's degree course.

This letter's goal is to ask you to take part in the study by responding to a set of questions that will be sent. You will need roughly 30 minutes to do this. I advise you to read the questions carefully before replying. The study is optional and there are no financial rewards for taking part. Your provided information will only be used for academic reasons. There are no consequences if you withdraw from the study. All provided information will be kept private, and participant's identities won't be made public because names will be replaced by codes. Participation has no negative effects.

I.....affirm that the researcher has provided a comprehensive explanation of the study's objectives and the range of duties that would be required of me. I hereby affirm that I have been provided with sufficient opportunities to seek information pertaining to this project. The author acknowledges that our involvement in the project is completely voluntary and that we retain the right to withdraw from the project at any point without providing any justification. I hereby consent to partake in this particular study.

Signature Date

Researcher..... Date.....

APPENDIX B (Kiswahili): Informed Assent for the Participants

Mpendwa Mhojiwa,

Jina langu ni Dada Gertrudes Vitorino na mimi ni mwanafunzi wa saikolojia ya ushauri nasaha katika Chuo cha Tangaza kilichoko Langata, Nairobi. Chuo kimetoa ruhusa kwangu kufanya utafiti kuhusu uhusiano kati ya msaada wa kijamii na ustahimilivu miongoni mwa wahalifu vijana katika Gereza Kuu la Usalama la Kamiti, Kaunti ya Kiambu. Lengo la utafiti huu ni kutimiza sharti la awali la shahada ya uzamili.

Lengo la barua hii ni kukuomba ushiriki katika utafiti huu kwa kujibu seti ya maswali ambayo yatatumwa. Utahitaji takriban dakika 30 kufanya hivi. Nakushauri usome maswali kwa makini kabla ya kujibu. Utafiti huu ni wa hiari na hakuna malipo ya kifedha kwa kushiriki. Taarifa utakazotoa zitatumika kwa madhumuni ya kitaaluma pekee. Hakuna madhara yoyote ukijitoa kwenye utafiti. Taarifa zote zitakazotolewa zitahifadhiwa kwa siri, na utambulisho wa washiriki hautawekwa wazi kwani majina yatabadilishwa na nambari za siri. Kushiriki hakuna madhara yoyote.

Mimi nathibitisha kuwa mtafiti ameeleza kwa kina malengo ya utafiti na aina ya majukumu ambayo yangehitajika kwangu. Hapa nathibitisha kuwa nimepewa nafasi za kutosha kutafuta taarifa kuhusu mradi huu. Mwandishi anakiri kuwa ushiriki wetu katika mradi huu ni wa hiari kabisa na kwamba tunabaki na haki ya kujitoka kutoka kwenye mradi wakati wowote bila kutoa sababu yoyote. Hapa nakubali kushiriki katika utafiti huu mahususi.

Sahihi Tarehe

Mtafiti TareheAPPENDIX C:

Appendix C: Demographic Features of Participants

Instructions:

All the information you share will be kept strictly confidential. Kindly answer all questions provided in the various sections.

Please respond to the following statements by placing a tick (√) in the box.

1. Select your age category

Under 13 years []

14-15 years []

16-17 years []

2. Number of offenses

Indicate the number of your offences 1-2 [] 3-4 [] 5 and above []

3. Level of Education

Primary [] Secondary School [] College [] University []

4. Religion

Christian [] Muslim [] Hindu [] Other []

Appendix D: Multidimensional Scale of Perceived Social Support (MSPSS),

Instructions:

Below is a list of statements dealing with your perception of social support. Please indicate your degree of agreement with the following statements by rating them on a scale ranging from 1-7, where 1= Very Strongly Disagree, 2= Strongly Disagree, 3= Mildly Disagree 4= Neutral, 5= Mildly Agree, 6= Strongly Agree, and 7= Very Strongly Agree

	Very Strongly Disagree	Strongly Disagree	Mildly Disagree	Neutral	Mildly Agree	Strongly Agree	Very strongly Agree
1. There is a special person who is around when I am in need.	1	2	3	4	5	6	7
2. There is a special person with whom I can share joys and sorrows.	1	2	3	4	5	6	7
3. My family really tries to help me.	1	2	3	4	5	6	7
4. I get the emotional help & support I need from my family.	1	2	3	4	5	6	7
5. I have a special person who is a real source of comfort to me.	1	2	3	4	5	6	7
6. My friends really try to help me.	1	2	3	4	5	6	7
7. I can count on my friends when things go wrong.	1	2	3	4	5	6	7
8. I can talk about my problems with my family.	1	2	3	4	5	6	7
9. I have friends with whom I can share my joys and sorrows.	1	2	3	4	5	6	7
10. There is a special person in my life who cares about my feelings.	1	2	3	4	5	6	7
11. My family is willing to help me make decisions.	1	2	3	4	5	6	7
12. I can talk about my problems with my friends.	1	2	3	4	5	6	7

Appendix D: Multidimensional Scale of Perceived Social Support (MSPSS) in Kiswahili

Instructions:

Hapa chini kuna orodha ya taarifa zinazoshughulikia mtazamo wako wa msaada wa kijamii. Tafadhali onyesha kiwango chako cha kukubaliana na taarifa zifuatazo kwa kuzipa alama kwenye kipimo cha 1-7, ambapo 1= Sikubaliani Kabisa Kabisa, 2= Sikubaliani Kabisa, 3= Sikubaliani Kiasi, 4= Katikati, 5= Nakubaliana Kiasi, 6= Nakubaliana Kabisa, na 7= Nakubaliana Kabisa Kabisa

	Sikubaliani Kabisa Kabisa	Sikubaliani Kabisa	Sikubaliani Kiasi	Katikati	Nakubaliana Kiasi	Nakubaliana Kabisa	Nakubaliana Kabisa Kabisa
1. Kuna mtu maalum ambaye yupo karibu ninapohitaji.	1	2	3	4	5	6	7
2. Kuna mtu maalum ambaye naweza kushiriki naye furaha na huzuni.	1	2	3	4	5	6	7
3. Familia yangu hujaribu kwa kweli kunisaidia.	1	2	3	4	5	6	7
4. Napata msaada wa kihisia ninaohitaji kutoka kwa familia yangu.	1	2	3	4	5	6	7
5. Nina mtu maalum ambaye ni chanzo halisi cha faraja kwangu.	1	2	3	4	5	6	7
6. Marafiki zangu hujaribu kwa kweli kunisaidia.	1	2	3	4	5	6	7
7. Naweza kuwategemea marafiki zangu wakati mambo yanaenda vibaya.	1	2	3	4	5	6	7
8. Naweza kuzungumza kuhusu matatizo yangu na familia yangu.	1	2	3	4	5	6	7

9. Nina marafiki ambao naweza kushiriki nao furaha na huzuni zangu.	1	2	3	4	5	6	7
10. Kuna mtu maalum katika maisha yangu anayejali hisia zangu.	1	2	3	4	5	6	7
11. Familia yangu iko tayari kunisaidia kufanya maamuzi.	1	2	3	4	5	6	7
12. Naweza kuzungumza kuhusu matatizo yangu na marafiki zangu.	1	2	3	4	5	6	7

APPENDIX E: Resilience Scale.

Instructions:

Please read each statement and circle the number to the right of each statement that best indicates your feelings about the statement. Respond to all statements. 5=indicates Strongly Agree, 4=Agree, =3Uncertain,2=Disagree and 1=Strongly Disagree.

Circle the number in the appropriate column	Strongly Agree	Agree	Uncertain	Disagree	Strongly Disagree
1. I usually manage one way or another.	5	4	3	2	1
2. I feel proud that I have accomplished things in my life.	5	2	3	4	5
3. I usually take things in stride.	5	2	3	4	5
4. I am friends with myself.	5	2	3	4	5
5. I feel that I can handle many things at a	5	2	3	4	5
6. I am determined.	5	2	3	4	5
7. I can get through difficult times because I've	5	2	3	4	5
8. I have self-discipline.	5	2	3	4	5
9. I keep interested in things.	5	2	3	4	5
10. I can usually find something to laugh	5	2	3	4	5
11. My belief in myself gets me through hard times.	5	2	3	4	5
12. In an emergency, I'm someone people can generally, rely on.	5	2	3	4	5
13. My life has meaning.	5	2	3	4	5
14. When I'm in a difficult situation, I can usually find my way out of it.	5	2	3	4	5

APPENDIX E: Resilience Scale, in Kiswahili

Instructions:

Tafadhali soma kila taarifa na uzungushie namba upande wa kulia wa kila taarifa inayoonyesha vizuri zaidi hisia zako kuhusu taarifa hiyo. Jibu taarifa zote. 5=inaonyesha Nakubaliana Kabisa, 4=Nakubaliana, 3=Sina Uhakika, 2=Sikubaliani na 1=Sikubaliani Kabisa.

Zungushia namba katika safu inayofaa	Nakubaliana Kabisa	Nakubaliana	Sina Uhakika	Sikubaliani	Sikubaliani Kabisa
1. Kwa kawaida humudu kwa njia moja au nyingine.	5	4	3	2	1
2. Najisikia fahari kwamba nimetimiza mambo katika maisha yangu.	5	2	3	4	5
3. Kwa kawaida huchukua mambo kwa utulivu.	5	2	3	4	5
4. Mimi ni rafiki na nafsi yangu.	5	2	3	4	5
5. Najisikia kwamba naweza kushughulikia mambo mengi kwa wakati mmoja.	5	2	3	4	5
6. Nina azimio.	5	2	3	4	5
7. Naweza kupita nyakati ngumu kwa sababu nimepitia ugumu hapo awali.	5	2	3	4	5
8. Nina nidhamu binafsi.	5	2	3	4	5
9. Huendelea kuwa na nia na mambo.	5	2	3	4	5
10. Kwa kawaida naweza kupata kitu cha kuchekesha.	5	2	3	4	5
11. Imani yangu katika nafsi yangu hunisaidia kupita nyakati ngumu.	5	2	3	4	5
12. Katika dharura, mimi ni mtu ambaye watu kwa ujumla wanaweza kumtegemea.	5	2	3	4	5
13. Maisha yangu yana maana.	5	2	3	4	5
14. Ninapokuwa katika hali ngumu, kwa kawaida naweza kupata njia ya kutoka.	5	2	3	4	5

APPENDIX F: Ethics Clearance by Tangaza University



TANGAZA UNIVERSITY

Teaching Minds / Touching Hearts / Transforming Lives

DIRECTORATE OF RESEARCH, INNOVATION & EXTENSION

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

OUR Ref: DRIE/ISERC2024/01/0025

Date: 31st July 2024

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

Dear Sir/Madam,

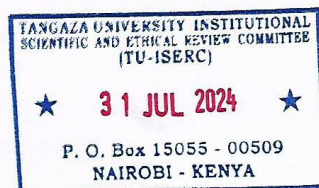
Re: Recommendation for Research Permit – Gertrudes Vitorino

This is to confirm that Gertrudes Vitorino is a PI in a researcher protocol which was submitted to TU-ISERC for review. The protocol was reviewed and approved for research permit.

Gertrudes wishes to carry out research under the title **'Relationship between Social Support and Resilience Among Juvenile Delinquents in Kamiti Maximum Security Prison, Kiambu County, Kenya'**.

I strongly recommend Gertrudes Vitorino to the Kenya National Commission for Science, Technology and Innovation for issuance of a research permit. The permit will enable her to proceed to data collection for her study. Thanking you in advance for your cooperation.

Yours sincerely,



Dr. Daniel M. Kitonga (Ph.D., MBA)
Director, Research, Innovation & Extension
Chairperson, TU-ISERC

APPENDIX G: Letter of Introduction-Tangaza University



TANGAZA UNIVERSITY

Teaching Minds / Touching Hearts / Transforming Lives

DIRECTORATE OF RESEARCH, INNOVATION & EXTENSION

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

OUR Ref: DRIE/ISERC2024/01/0025

Date: 31st July 2024

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

Dear Sir/Madam,

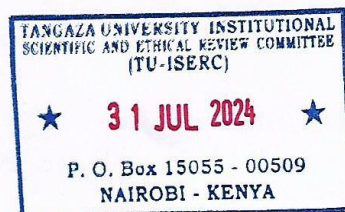
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I strongly recommend Gertrudes Vitorino to the Kenya National Commission for Science, Technology and Innovation for issuance of a research permit. The permit will enable her to proceed to data collection for her study. Thanking you in advance for your cooperation.

Yours sincerely,



Dr. Daniel M. Kitonga (Ph.D., MBA)
Director, Research, Innovation & Extension
Chairperson, TU-ISERC

APPENDIX H: NACOSTI Research License

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 679814	Date of Issue: 16/August/2024
RESEARCH LICENSE	
	
<p>This is to Certify that Sr.. GERTRUDES VITORINO of Tangaza University College, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Kiambu on the topic: RELATIONSHIP BETWEEN SOCIAL SUPPORT AND RESILIENCE AMONG JUVENILE DELINQUENTS IN KAMITI MAXIMUM SECURITY PRISON, KIAMBU COUNTY, KENYA for the period ending : 16/August/2025.</p>	
License No: NACOSTI/P/24/38786	
679814 Applicant Identification Number	 Director General NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
	Verification QR Code 
<p>NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.</p>	
See overleaf for conditions	

APPENDIX I: NACOSTI Research License-Back Page

THE SCIENCE, TECHNOLOGY AND INNOVATION ACT, 2013 (Rev. 2014)
Legal Notice No. 108: The Science, Technology and Innovation (Research Licensing) Regulations, 2014

The National Commission for Science, Technology and Innovation, hereafter referred to as the Commission, was established under the Science, Technology and Innovation Act 2013 (Revised 2014) hereinafter referred to as the Act. The objective of the Commission shall be to regulate and assure quality in the science, technology and innovation sector and advise the Government in matters related thereto.

CONDITIONS OF THE RESEARCH LICENSE

1. The License is granted subject to provisions of the Constitution of Kenya, the Science, Technology and Innovation Act, and other relevant laws, policies and regulations. Accordingly, the licensee shall adhere to such procedures, standards, code of ethics and guidelines as may be prescribed by regulations made under the Act, or prescribed by provisions of International treaties of which Kenya is a signatory to
2. The research and its related activities as well as outcomes shall be beneficial to the country and shall not in any way;
 - i. Endanger national security
 - ii. Adversely affect the lives of Kenyans
 - iii. Be in contravention of Kenya's international obligations including Biological Weapons Convention (BWC), Comprehensive Nuclear-Test-Ban Treaty Organization (CTBTO), Chemical, Biological, Radiological and Nuclear (CBRN).
 - iv. Result in exploitation of intellectual property rights of communities in Kenya
 - v. Adversely affect the environment
 - vi. Adversely affect the rights of communities
 - vii. Endanger public safety and national cohesion
 - viii. Plagiarize someone else's work
3. The License is valid for the proposed research, location and specified period.
4. The license any rights thereunder are non-transferable
5. The Commission reserves the right to cancel the research at any time during the research period if in the opinion of the Commission the research is not implemented in conformity with the provisions of the Act or any other written law.
6. The Licensee shall inform the relevant County Director of Education, County Commissioner and County Governor before commencement of the research.
7. Excavation, filming, movement, and collection of specimens are subject to further necessary clearance from relevant Government Agencies.
8. The License does not give authority to transfer research materials.
9. The Commission may monitor and evaluate the licensed research project for the purpose of assessing and evaluating compliance with the conditions of the License.
10. The Licensee shall submit one hard copy, and upload a soft copy of their final report (thesis) onto a platform designated by the Commission within one year of completion of the research.
11. The Commission reserves the right to modify the conditions of the License including cancellation without prior notice.
12. Research, findings and information regarding research systems shall be stored or disseminated, utilized or applied in such a manner as may be prescribed by the Commission from time to time.
13. The Licensee shall disclose to the Commission, the relevant Institutional Scientific and Ethical Review Committee, and the relevant national agencies any inventions and discoveries that are of National strategic importance.
14. The Commission shall have powers to acquire from any person the right in, or to, any scientific innovation, invention or patent of strategic importance to the country.
15. Relevant Institutional Scientific and Ethical Review Committee shall monitor and evaluate the research periodically, and make a report of its findings to the Commission for necessary action.

National Commission for Science, Technology and
Innovation(NACOSTI),
Off Waiyaki Way, Upper Kabete,
P. O. Box 30623 - 00100 Nairobi, KENYA
Telephone: 020 4007000, 0713788787, 0735404245
E-mail: dg@nacosti.go.ke
Website: www.nacosti.go.ke

**APPENDIX J: Request for Permission to Undertake Research at the Youth
Correctional Training Centre (YCTC): Officer-in-charge of Kamiti Prison-YCTC**

To the officer in-charge of Kamiti Prison at YCTC

My name is Sr. Gertrudes Vitorino and I am a counselling psychology student at Tangaza University College in Langata, Nairobi. The university has given me permission to do research on the relationship between social support and resilience among juvenile delinquents in Kamiti Prison, Kiambu County. The study goal is to satisfy a prerequisite for the master's degree course. This letter is a humble request to undertake a research questionnaire to the juvenile at your Institution. Your consideration will be helpful for the study.

Waiting to hearing from you.

Your sincerely

Gertrudes Vitorino

APPENDIX K: Request for Permission to Undertake Research at the Youth Correctional Training Centre (YCTC): Commissioner of General Prisons

The Commissioner General of Prisons

Prisons Headquarters

My name is Sr. Gertrudes Vitorino and I am a counselling psychology student at Tangaza University in Langata, Nairobi. The university has given me permission to do research on the relationship between social support and resilience among juvenile delinquents in Kamiti Prison, Kiambu County. The study goal is to satisfy a prerequisite for the master's degree course. This letter is a humble request to undertake a research questionnaire to the juvenile at your Institution. Your consideration will be helpful for the study.

Waiting to hearing from you.


Your sincerely

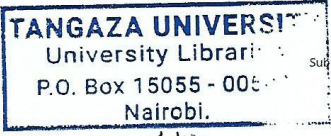
Gertrudes Vitorino

APPENDIX L: Map of Kiambu County, Kenya



APPENDIX M: Plagiarism Report

Page 2 of 42 - Integrity OverviewSubmission ID trnoid:::1:3002667874



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A Flag is not necessarily an indicator of a problem. However, we'd recommend you focus your attention there for further review.

APPENDIX N: Approval of Informed Consent and Data Collection – Kamiti Maximum Prison, YCTC

Sr, Gertrudes Vitorino
P.O BOX 65501
NAIROBI

23rd August, 2024

OFFICER IN CHARGE
KAMITI YCTC
P. O BOX 65501-00607
NAIROBI

Dear sir,

RE: REQUEST FOR INFORMED CONSENT TO UNDERTAKE A RESEARCH QUESTIONNAIRE AT KAMITI YOUTH CORRECTIVE TRAINING CENTRE

I am a counselling psychology student at Tangaza University College Nairobi. The university to do research on the relationship between social support and resilience among juvenile delinquents in Kamiti prison, Nairobi county. The study goal is to satisfy a prerequisite for the masters degree course.

I humbly request to undertake a research questionnaire at your juvenile institution. Your consideration will be helpful for the study.

Thanks in advance.

Yours sincerely,

Gertrudes Vitorino

Gertrudes Vitorino

Approved
OFFICER IN CHARGE
RECEIVED
17 SEP 2024
P. O. BOX 65501
NAIROBI
18/9/24

Sr SNO
Kindly facilitate
her study.
18/9/24

Appendix O: Permission to Use the MSPSS

Dear author,

I am a Master's degree student at Tangaza University. Tangaza University is located in Nairobi County, Kenya. Currently, I am writing my research aiming at investigating the relationship between social support and resilience among juvenile delinquents in Kamiti Maximum Security Prison, Kiambu County, Kenya. I have come across your publication and have noticed your Multidimensional Scale of Perceived Social Support (MSPSS) which will contribute meaningfully to my impending study. In this regard, I humbly wish to seek your permission to use your MSPSS in my study. I affirmed your contribution in the field of Psychology

Sincerely,

Gertrudes Vitorino

YS79/00002/2021

Appendix P: Permission to Use the BRS

Dear author,

I am a Master's degree student at Tangaza University. Which is located in Nairobi County, Kenya. Currently, I am writing my research aiming at investigating the relationship between social support and resilience among juvenile delinquents in Kamiti Maximum Security Prison, Kiambu County, Kenya. I have come across your publication and have noticed that your Brief Resilience Scale (BRS) will contribute meaningfully to my impending study. In this regard, I humbly wish to seek your permission to use your (BRS) in my study. I affirmed your contribution in the field of Psychology in developing this scale.

Sincerely,

Gertrudes Vitorino

YS79/00002/2021