



# **Headteachers Management Practices and its Influence on Teenage Pregnancies in Schools in Tana River Sub County, Tana River County, Kenya**

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**Author's contribution**

*The sole author designed, analysed, interpreted and prepared the manuscript.*

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## **ABSTRACT**

The goal of the research was to evaluate the Head Teacher's Management practices and its influence on Teenage pregnancy in schools in Tana River Sub- County, Tana River County. The study employed Rational Emotive Behavior Theory, Theory of Joharis Window of Personality and Communication Privacy Management Theory. The study employed descriptive research design. The study was carried out on 100 people from Galole North Zone in Tana River Sub County, Tana River County, Kenya. Stratified random sampling was encompassed to institute a sample size of 80. The investigator used primary data collection instruments. Expert opinion was used to ensure data validity and reliability. The data was analyzed descriptively by means and the standard deviation, while multiple regression analysis was used to establish the influence between the variables. The study revealed that the correlation coefficient between head teachers supervision practices and teen pregnancies in Tana River County is -0.088. The P-value of 0.544 also shows that there exist no significant association between head teachers supervision practices and teen pregnancies since the P-value is above the 0.05 test of significance. Support practices was found to be strongly

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positive correlated to teen pregnancies with a coefficient of 0.886 with a P-value of 0.000 which is below the threshold of 0.05 thereby indicating a statistically significant association between support practices and teen pregnancies. Communication practices was found have a weak positive correlation to teen pregnancies in Tana River County with a coefficient value of 0.427. The study found that parental communication on peer group pressure could reduce chances of teenage pregnancy in Tana River Sub- County. The study conclude that parental communication on peer group pressure could reduce chances of teenage pregnancy in Tana River Sub- County. The study recommends that efforts on educating people regarding teenage pregnancy should be focused on areas that are poor. Parents should also take the initiative of talking to their children about sex. The government should also ensure that they, the parents are well educated on the how and when to talk about sex with their children.

*Keywords: Supervision practices; support practices; communication practices; peer counseling.*

## 1. INTRODUCTION

Teenage pregnancy is defined as the occurrence of gravidity in lassies aged 13 – 19 years, [1]. Teenage pregnancies are a universal hitches happening in great – mid – as well as squat income nations around the globe, however, teenage gravidities are more probable to happen in ostracized people, usually motivated by paucity as well as deficiency of edification and employment. Every year, a projected 21 million lassies aged 15 – 19 years in emerging areas are impregnated and about 12 million of them gave birth. As a minimum of 770,000 deliveries happen to teenage lassies less than 15 years old in emerging nations. Teenage sexual comportment is an enormous concern for the people and nations as a whole. The period of adolescence is that of quick corporeal as well as reasoning growth making them to instigate sensual assessment as well as investigation of sensual caprices as well as certainties, (Santrock, 2013).

Pre-married sex is a peril aspect to youngsters as it disclosures them to sexually spread contagions as well as unsolicited gravidities which complex the hitches in rapports of augmented proportions of abortion, augmented dependence, as well as dis-enablement of lassies, (Dube, 2013). Educators are regarded via scholars as reliable as well as esteemed bases of gen, plus are usually loomed by scholars with well-being-linked and/or subtle matters, (Ollis & Meldrum, 2014). Educator engrossment in complex matters lead to new operative edification than when youngsters are well-versed on matters by parentages only, (Cohen, & Randall, 2012). Perhaps, it is acknowledged that conservatory-centered sexuality agendas are treasured through parentages as well as making the conversation

of sensual matters at home a calmer procedure. Parental-child deliberations of subtle subjects are similarly enthused via school-founded teen fortification agendas, (Hawkins & Briggs, 2015).

According to Kenya data and healthy survey (2014) shows that in each 5 lassies amid 15 – 19 years is either expectant or already a mother. As of 2022 latest statistics from the universal childhood, Kenya has the third uppermost birth. Rendering to the United Nations populace report, Kenya has documented 378,397 adolescent gravidities between January and May 2022. On currently over 13,000 adolescent lassies leave school yearly because of gravidity (Kenya data and healthy survey, 2014). Recent media reports demonstrate that 499 lassies are not sitting for their final examinations whereas others inscribe extermination in maternity wards.

Given the significance of this issue, the African institute of development policy (AFIOGP) sought to authenticate and relate the number of adolescents presenting with presenting with gravidity from the Kenya health information system (KHIS) in 2020 to 2019. The data show that the number of lassies aged 10 – 19 years gravidity in January – May in 2019 as well as 2020 are not that different and learning more towards a decline in 2020. The actuality is that adolescent pregnancies is high in regions across the nation and has remained 50 for more time now regardless of the episodic uproar when numbers on adolescent gravidity are released. This consequently calls for an intensifying of exertions as well as changing intact in what way to deal this threat that is holding back our lassies from exploiting their full latent.

Amongst the counties with the uppermost burden of adolescent gravidity as well as motherhood comprise Narok at 40%, Homabay 33% West

Pokot 29% as well as Tana River at 28% Counties with reasonable rates of adolescent gravidity and motherhood, Muranga leads, Nyeri 7 percent, Eigeyo Marakwet 9 percent, Lamu, Mandera and Garisa tie at 10 percent. According to statistics from Tana-River Chewani ward (Galole North) tops the list of the number of teenage pregnancies per ward in Tana River County. Chewani ward (Galole North) alone accounts for 23% of the total numbers of pregnancies in the whole County.

According to a research released on 17<sup>th</sup> June 2020, Tana River County has a total of 2,258 teenage pregnancies. This is not just a number secured in command is Madogo ward with 40 cases. Garsen South ward closed the list of wards with over 200 cases. Wayu, Bura, Mikinduni, Garsen west and Garsen North wards have at least 100 cases each. Sala ward is the least affected with only 2 cases. Garsen central, Kipini west, Chewele, Kipini East and Bangale have a considerable number of cases which needs to be looked at. Tana River County had a total of 5,467 teenage pregnancy cases in 2019.

### **1.1 Statement of the Problem**

Communication amid educator's therapist as well as scholars is critical in dealing with adolescent gravidities, (Kirby, 2017). Rendering to Kenya Demographic as well as Health Survey (2014), adolescent gravidities and particularly between high school students have been increasing at a frightening ratio in the universe and Kenya in specific, (MoE, 2016). The Countrywide adolescent gravidity pervasiveness ratio is 18%. Above 370,000 teenage lassies (10-19) offered with gravidity in well-being amenities through 47 regions amid July 2016-June 2017, (NCPD, 2017). School-based agendas are ready to assist young individuals evade perils of insecure intercourse. The role of the educator has extended not merely to comprise growth of perceptive abilities but similarly the youngster's communal as well as ethical wellbeing.

Research shows that Tana River County Kenya Galole North Zone has an increasing sexual activity among teenage girls. Girls are becoming sexual active at the age 13 - 19 of which it is becoming high every time, girls are getting pregnancy at a very low age even out of the bracket age. Furthermore the county is among the counties with squat transition rate in the country, despite efforts by the government. Edification is a responsibility of the Kenya

government to its citizens. Sustainable development goals (SDG) indicate that all children must have equal access to education irrespective of their sex. Vision 2030 posited that to attain universal literacy at all level in the nation by 2030. Therefore the Head teachers are to help the girls attain their education despite the fact that they are at their teenage stage. Practices that will give more effort to the importance of education should be put into place. Counselling session to girls, re - entry polices, opening up on family background and many others should be put into places so that girls attain their education.

In spite of the apparent status of teachers by parentages as well as scholars as proficient and knowledgeable in issues correlated to complex matters, a large section of educators express uneasiness in enlightening scholars in these parts. For instance, numerous teachers pointed out that fairly low echelons of acquaintance as well as mastery in the expanse of sensual well-being edification (Cohen, et.al, 2014), with the many feeling inadequately equipped to enlighten scholars in this expanse. This deficiency of preparation might impact the method in which educators enhance their scholars' edification, comprising the subjects done, (Cohen, et al., 2014) as well as schooling approaches engaged, (Kirby, 2012). Educators similarly designate approaches of insufficient readiness as well as sustenance in ascertaining as well as managing scholar's matters of gravidities, in addition to partial acquaintance as well as sureness in their aptitude to edify scholars in this part, (Walter, et.al., 2016). This has fashioned the glitches of adolescent gravidities, abortions, sexually conveyed illnesses as well as sensual misuse of lads as well as lassies.

Actually, in this period of HIV as well as AIDS, inclinations signpost that the nuisance is growing most swiftly amid young persons in their utmost generative years, (Melissa, 2012). This is since they are infested at their adolescent ages via insecure intercourse. Dunton et al (2013) suggested that teenagers were probable to exhibit orientations to sensual conduct if an aristocrat exhibited comparable orientations. The other issue on the effect of interactive broadcasting to adolescent gravidity is sexting that encompasses conveyance, receipt, or furthering sexually overt posts or images through a mobile or via online thru email or social networks. Various researches have been carried out on sexuality like for example Kiragu et al

(2016) did an investigation on ethnic aspects, message as well as teenage sexuality in secondary schools in Kenya. Researches were dealt with the social aspects, sex as well as social media as issues underwriting to sexuality. Nevertheless, very few researches if any that have dealt with or looked into and explore head teacher's management practices in preclusion of adolescent gravidities. The researcher consequently pursued the head-teachers management practices as well as its effect on the prevention of teenage pregnancies in schools in Tana River Sub- County, Tana River County, Kenya to bridge the research gap.

## **1.2 Objectives of the study**

- i. To determine the extent to which head teachers supervision practices influence the prevention of teen pregnancies in Tana River County.
- ii. To establish the type of support practices offered by head teachers and its influence on prevention of teen pregnancies in Tana River County.
- iii. To establish the effect of communication practices by head teachers in schools and its influence on the prevention of teenage pregnancies in Tana River County.
- iv. To find out the effectiveness of peer counseling in schools and its influence on the prevention of teenage pregnancies in Tana River County.

## **2. LITERATURE REVIEW**

### **2.1 Theoretical Literature**

#### **2.1.1 Rational emotive behavior theory**

It is centered on the assumption that people are capable of acting either in an irrational or rational way. When rational action leads to unhappiness and inefficiency, it is considered illogical. Many sorts of emotional issues, according to Ellis (2018), are caused by unreasonable patterns of erroneous thinking. When it comes to relationships, young females frequently make irrational decisions or choices. For example, they may choose to have sex with their boyfriends, but when they become pregnant, they begin to regret their decision and blame it on bad luck. The author goes on to say that young teens make poor choices and are bothered by their perceptions of them.

The central claim of Rational Emotive Therapy is that how individuals think has a significant impact on how they feel. The consequences of their

behaviors necessitate therapy interferences founded on reasoning rearrangement, which might help adolescents, particularly young lassies, make better judgments that prevent them from engaging in practices that lead to early gravidities. According to the Rational Emotive Behavior Theory, social cognitive elements are linked to health and being used in safe sex practices, thus it is up to the individual to avoid dangers or modify behaviors in order to make the best decision about whether to have safe sex or not. The Rational Emotive Behavior Theory is useful in this study because it describes how head teachers might spot illogical beliefs and negative thought patterns in pupils that might lead to emotional or behavioral problems. Social skills are used as strategies in the theory to help pupils deal with their problems.

#### **2.1.2 Theory of Johari's window of personality**

Discovery Freire established the theory in (1973). The goal according to the notion, is to reduce the blind area by providing compassionate feedback and promoting openness. To eliminate fear and encourage learners to seek input in areas where they require assistance, the counselor must foster a climate of nonjudgmental feedback, [2]. In this instance, the counselor must create an environment that allows relevant, hidden information to flow freely in order to open the ground via the course of self-revelation as well as acquaintance. When a lassie chooses to confide in a therapist, it is the therapist's responsibility to take advantage of the circumstance and persuade the lassie to give as ample gen as conceivable in order to establish a foundation for counseling.

According to the notion, re-entered girls should receive individual, person, and social therapy so as to recognize and harness their abilities, [3]. To find unknown elements of an individual, counselors must provide a milieu that stimulates self-discovery, positive reflection, as well as response. The explanation for this could be that there are many things we don't know about ourselves as humans that can only be learned through education. Reading, heeding to other people's life proficiencies, and attending edifying presentations are all ways to get education. People can gain a lot more useful knowledge from various media, which can help them develop self-awareness. This kind of gen is referred to as edification for perilous cognizance or conscientization by Freire [4]. People in this sort of schooling learn a great deal on their own from various bases as well as debates.

According to Hope and Sally (2020), a person can convey many valuable knowledge and matters through discourse. The theory was relevant because it displays how therapy set a favorable milieu so as to inspire the flow of gen with less meddling. Via this procedure perilous consciousness is established and a person apprehends their dormant self. It can be claimed therefore, that the chief role of the leadership as well as therapy educators is to upsurge or enlarge the open field of the returned lassies via distribution of gen as well as capabilities. The guidance and counseling educators must elucidate to the lassies more on sex cognizance.

Diverse replicas have been used concerning team sensual behavioural as well as gravity, nevertheless, when equated to others theories, the Theory was the solitary theory that accounted for a momentous expanse of discrepancy in insecure sex in teen mother (Koniak – Griffin et al 2019) plus it was a superior clairvoyant of teen lassies age at mere intercourse as well as steadiness of condom usage. The Theory which dons the utmost analyst of behaviors is interactive purpose, is guided by two key models. Attitudes are the dogmas as well as feelings about certain comportments and the standards involved to the consequence of that behavioral, (Fishbien et al 2018). Interventions researches that exploit the Theory of Reasoned Action have revealed that varying approaches as well as personal customs habitually leads to ensuing alteration in a diversity of well-being between young people comprising usage of contraception. This theory will gave guidance on effectiveness of peer counseling in schools to avoid teenage pregnancies. This will increase or enhance performance in their academics.

## **2.2 Empirical Literature Review**

### **2.2.1 Head teacher's supervision practices**

According to the United Nation Population fund (UNFPA) (2016), teenagers around the country are at a greater peril of becoming expectant than those in towns because countryside adolescent lassies only have primary-level edification. A past from the lassies doesn't know how to evade getting pregnancy, whereas others felt shy or mortified to access contraceptives. Now considering that the head teacher is the one who manage the school together with his staff and other stake holders, he should therefore initiate pregnancy prevention programs in the school. The following are some of the supervision

practices that can be established in the school in order to prevent teenage pregnancies which will intern increase the academic recital in the school. The head teacher must impose agendas that encompass support, teaching, edification as well as regeneration as these programs can aid reduction of high-risk comportment amongst adolescences and avoid teen's gravidity.

The study revealed that schools must attempt to execute agendas that indorse optimistic youth growth. These agendas must be able to support pliability in kids and offer more gen about the ensuing topics connectedness that is feeling safe, founding direct affiliations with persons and aids and feeling as if you are part of a diverse group, buoyancy that is having excessive confidence as well as knowing one have rheostat over his/her life, charisma that is feeling capable about what preferences are out there as well as what is reasonable making better careers picks, leading a better life as well as having a significant relationship with your family, friends as well as fellow colleagues. These findings put a caution to good management of schools hence the researcher focused on schools located in Tana River Sub- County, Tana River County, Kenya.

Melissa, (2012) indicated that scholars, for their fragment, need to comprehend the proficient gravities and time restraints confronted by their guides and not view them as simply a way-or impairment-to their objective. For numerous aptitude, mentoring is not their main accountability; actually, a period expended by scholars may be a period taken from their private investigation. Scholars are grateful to distinguish the numerous strains on a guide's period. Aiding young people generate as well as uphold strong acquaintances with grownups. Both investigation as well as everyday knowledge impart us that all teenagers require at least one robust commanding, and reliable grownup in his or her life, (Patra, 2019). This research was conducted in India while the current study will focus on head teachers' supervision practices in schools in Tana River Sub- County, Tana River County, Kenya.

For many young persons, parents have inordinate work in connecting with their kids, not just about sex, but about various matters. School employees, for example educators, therapists, trainers, school harbors, and other sustenance team, can play a momentous part in assisting to seal this opening, supervisory youngsters as well

as assisting them in making accountable choices over their potentials, (Santrock, 2013). Cognizant that susceptible scholars in precise benefit from a connotation with a grownup, numerous schools try to connect every scholar to a school staff colleague, case administrator, or helper.

### **2.2.2 Support practices by head teachers**

Kirby (2018) in his study indicated that adolescences do well in school when parentages support their academic exertions. Attending school is a great way to know your teenager's tutors as well as their anticipations. School managers might discuss school-wide agendas as well as dogmas that parents and guardians needs to discern about it. Attending parents – tutor meetings is a method to stay cognizant as work habitually set these up merely when parent engrossment is required to address matters like conduct glitches, decreasing under anticipations or alternatively helping from advance class work if your adolescent has distinctive knowledge or interactive requirements, gatherings can be organized with tutors as well as other staff to consider setting up or reviewing individualized edification policies (IEPS).

Dube (2018) posited the head teacher's support staff to offer help teens when learning. Planning is crucial for assisting your teenager learn whereas juggling errands in multiply topics learning is vital for achievement, chiefly when your teenager's time is taken up with additional undertakings. When there is a great deal to learn, teachers assist the teens to break down errands into lesser portions and stick to learning calendar timetable. Remind teens to write notes in class. Teens can also be helped to read materials as well as learning with numerous methods like simple inquisitorial asking to offer the omitted word creating practice exams. The more process the mind uses to grip gen for instance writing, reading, communication as well as heeding the more probable the gen is reserved, (Dube, 2018). Even if your teenager is just revising notes, offer to test him or her concentration on any actualities or concepts that are proving difficult. Inspire them to do rehearse programs in Maths or Science. If the materials is above their aptitudes, commend looking for assistance from peer or the educator.

Dube (2018) said that the head teacher must implement disciplinary policies effectively. All schools have rubrics as well as concerns for pupils behavior schools habitually cite punitive

dogmas occasionally called the scholar code of demeanor. The rubrics habitually cover anticipations as well as concerns for not meeting the prospects of pupils' behavior, dress codes and acceptable languages. The study revealed that it is important for teens to understand what is anticipated at school and that sustenance of the school's concerns when anticipations aren't met. It's easier for pupils when school anticipations match the ones at home, so they understand both milieus as innocuous and compassionate dwellings that work as a team.

Lastly but not least, Dube (2018) indicated that head teachers should train teens to take appearance earnestly. Hard assignment low marks, social glitches or issues with classmates or educators. Talk to the teens and then maybe with the manager or school counsellor to find more on what is instigating any apprehension. This might reduce the tendencies of children getting early pregnancies and thus doing well in their exam. This research examined the type of support practices offered by head teachers and its influence on prevention of teen pregnancies in Tana River County.

### **2.3 Communication Practices**

Communication comes from a Latin "communism" that means common, (Knezerich, 2019). It facilitate sameness in the attitude and purpose among the parties involved. The concept of communication is abroad term and it is has been defined, analyzed and used differently by different scholars. Those scholars have looked at communication as it relates to lives of humans beings. Others have analyzed it as it appears within social organizations while others have looked at it as exists within social organization. Communication is one of the key practices that improves performance in a school, parents of teen children may want constant response from educators about how this youngster is going on both education as well as their behaviors and attitudes. Steady response is very helpful for educators who can converse both the accomplishments of a teen plus any parts of disquiet. This consists communications and similarly shows the teens that their edification is portion of a bigger that takes place at school as well as at home.

Knezerich, (2019) posited out that communication is consequently imperative in averting adolescent gravidities amongst pupils. Pupils who receives training as well as guidance

on how to converse with their educators about sexual matters become more proficient at it as well as conveying more intent to do so therefore showing a superior impact on thwarting adolescent gravidities. The current research will be conducted in Tana River Sub- County, Tana River County and will check the link between communication practices by head teachers and the prevention of teenage pregnancies n Tana River Sub- County, Tana River County.

According to Blake et.al (2018), pupils in primary schools need to be exposed to the information even at indefinite periods concerning matters like the phases of human progress, acquaintance, affiliations amid others. Blake et.al (2018) indicate that the people expect the school to play perfect part to permit the accurate as well as truthful acquaintance to the young people. Researches have revealed that the eminence educator – pupil affiliation, parenting panache as well as communications about sex are strong factors affecting teenage gravidity. Head teachers are in an exceptional place to assist in socializing adolescents by offering precise gen on sex as well as fostering accountable sexual choice – making abilities, (Hoppe et.al 2020) communication between the educator as well as the pupils on sex matters creates the anticipated effects, upholds effects and increases effects, (Dallard, 2019). The head teacher can address this issue via enhancing communication in schools and this will enhance prevention of teenage pregnancies in Tana River County.

According to Hoppe et.al (2020), communications provide an understanding of sex and can support positive echelons of self-confidence as well as the expansion of expressive resources fullness in teenagers. Being able to connect, heed, convey with others, enquire for and ascertain sources of assistance as well as counsel are valuable life abilities which can be applied to sensual relationship. In the case of teenage gravidity, a counselor might assist as an ideal, or epitomize the kind of individual that the teenager would love to imitate; counsellors can inspire greater edification and work-related accomplishment, and offer expressive sustenance to indorse self-confidence, accountability, and buoyancy in the teenager's aptitude to thrive. This individual might also strain the prominence of evading hindrances to goal accomplishment, for example teen pregnancy. Educator mentoring agendas must be amalgamated in multi-faceted methods, addressing manifold peril comportments amid

youth comprising drug usage, school dropout, as well as crime, and teenager gravidity. Though some agendas have been assessed, regrettably the appraisals are not enough to evaluate the influence of the mentoring section on teenage sexual conduct.

## **2.4 Peer Counseling**

The global anxieties connected to Peer Counseling amenities in schools has led to researches being done internationally concerning the importance of Career Peer Counseling Services (CPCS). In Malaysia, [5] in his research indicated that Aristocrat Psychotherapy amenities enable learners in overcoming educational, cultural, psychological and social problems arising from constant cultural and economic changes. Harden, [6] posited out that while Peer Counseling is easy to access service in most countries that are developed, the exploitation of its importance has not been adequately done in third world and developing countries. CGCS services provision in some countries is regarded a luxury which must only be largely availed to subjects' choice, (Grunbaum, 2020). This research was conducted in Tana River Sub- County, Tana River County Kenya and considered the nature of relationship that exists between peer counseling in schools and the prevention of teenage pregnancies in Tana River County.

Peer counselling are people who stutter (PWS) help one another by giving support, exploring options, share common experiences and listening, (Bhatia, 2020). The basis of peer counseling is on understanding, empathy and communication. Peer counseling can be provided by PWS in a various setting which include: in a self-help group or one to one. A peer counseling may also be termed as a helping process involving interaction between group members or one-on-one interaction with persons with many characteristics in common. In a school setting, it normally describes learners assisting fellow learners. It is a way of helping, responding and relating with people which aims at exploring concerns, issues, feelings and thoughts hoping to reach a right understanding and make decisions that are informed, [7]. Peer counseling is a special program that focus on peers assisting peers. A peer counselor's duty is mediating problems between individuals through guiding them in finding their solutions, [8].

### **3. RESEARCH METHODOLOGY**

#### **3.1 Research Design**

Creswell (2013) defines a research design as a master plan developed by a researcher to guide their data collection and analysis process with the aim of achieving study objectives. Descriptive research design was embraced in the investigation. This design allows the participant to respond to questions concerning the contemporary position and amassing quantifiable data from the sample general population in reply to the research under deliberation. Mugenda (2015), posited that descriptive analysis is habitually used at the ensuing phase in probing research, which attempts to expound and explore a notion, event or indisposed unspecified marvels, or to advance offers for more research. Through this design the study was able to establish the link between study variables and study problem.

#### **3.2 Study Location**

Place of the research was in Galole North Zone in Tana River county Kenya. The location was preferred because it is the zone that has the highest cases of teen pregnancies in comparison with other zones and wards.

#### **3.3 Target Population**

According to the ministry of Education (MOE) in Tana River County, Galole North zone has a total of 14 public primary schools and a total of 4003 scholars and 127 teachers. The researcher targeted 127 teachers and 4003 pupils from the most affected wards in the Tana River County.

#### **3.4 Sampling Procedures and Techniques**

Sampling technique is the process of gathering facts from the general public, [9]. It is receiving a sub set by expressive physiognomies of the public. Mugenda & Mugenda (2015) posited that facts are designated owing to practicability in general assembly in addition to plummeting expenditures. The investigation applied stratified sampling owing to the affluence of obtainability plus management of the target population. Stratified sampling was preferred because the respondents were grouped into clusters.

#### **3.5 Data Collection**

The process of collecting responses from the respondents is called data collection, (Polit and Hungler, 1999). Different methods have been

applied by researchers to collect data including: observations, experiments, questionnaires, interview guides among others. Two types of data exist: secondary and primary. Secondary data was collected from annual reports of the non-financial companies listed at NSE, NSE handbooks and published books of accounts for the years 2016 to 2019. The data that was collected was on the four variables of cost of equity, cost of debt financing, and cost of preference share capital and investment decision. The interview schedule contain a set of organized queries that have been organized to act as a guide for assessors. The researcher ask questions to the respondents and corresponding answers are given. The questions are open – ended with prompts provided by the interviewers if necessary. The objects of the interviewers is to know whether the interviewer has the relevant information concerning the topic that is being researched. So that correct information is obtained for the study. The interview schedule was applied to the pupils.

#### **3.6 Validity and Reliability**

The researcher used the utmost collective internal dependability rasion accredited as KMO-Bartlett's test. It was quantified that the significance varies from 0 to 1 nevertheless, sensibly value is thought to be above 0.6 for the device to be reliable. The commended connotation of 0.7 is the edge of legitimacy. Consequently, in this research KMO-Bartlett's test was applied to test dynamism of the apparatuses. In this investigation, dependability is swayed by the inaccuracy gradation, (Mugenda, 2018). To assess this research's outcomes dependability, the Cronbach's Alpha test was used. Rendering to Cooper & Schindler, (2017), the consistency coefficient of  $\alpha \geq 0.7$  is sufficient.

#### **3.7 Data Analysis Technique and Procedure**

Data analysis is a process synthesizing the responses collected from the field so as to make meaning from the collected data, (Robson, 2011). In this research, data was analyzed using quantitative methods. The data was analysed quantitatively using both descriptive and inferential statistics. Descriptively, the research was analysed using the mean and the standard deviation, while inferentially, correlation and regression analyses was used. The quantitative



data was analyzed with the help of the SPSS version 25.

The influence of the Head Teacher's Management practices on Teenage pregnancy in schools was analysed based on the following model:

$$Y = \alpha + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \beta_4 X_4 + \varepsilon$$

Where:-

Y = Teenage pregnancy  
X<sub>1</sub> = Supervision practices  
X<sub>2</sub> = Support practices  
X<sub>3</sub> = Communication practices  
X<sub>4</sub> = Peer counseling  
e = Error term

$\beta_1 \beta_2 \beta_3 \beta_4$  = Are the regression coefficient

## 4. RESEARCH FINDINGS, ANALYSIS AND PRESENTATIONS

### 4.1 Response Rate

The research targeted 159 respondents of which 100 of the questionnaires were attended to, with accurate level of 63%. Mugenda and Mugenda (2008) indicated that a response rate of 50% is acceptable, 60% is good and above 70% is tremendous. Consequently, the response rate of 63% was considered good to analyse the Head Teacher's Management practices and its influence on Teenage pregnancy in schools in Tana River Sub- County, Tana River County, Kenya.

#### 4.1.1 Influence of head teachers' supervision practices on the prevention of teen pregnancies

The researcher enquired from the respondents about the influence of head teachers' supervision practices on the prevention of teen pregnancies in Tana River County. From the result, majority of the respondents indicated that head teachers are more involved in their pupils' edification and advise them regularly with a mean of (m=3.4, SD=1.31). Other respondents indicated that pupils who originate from deprived family have stumpy living ideals as well as lesser self- regard and therefore head teachers observe them closely with a mean of (m=3.2, SD=1.27). The respondents also indicated that through head teachers supervision, teenagers are able to appreciate their weakness and strength which

help in preventing teenage pregnancy with a mean of (m=2.9, SD=.987) and some of the respondents indicated that head teachers really assist the vulnerable children with a mean of (m=3.12, SD=1.31). The result shows that indeed head teachers' supervision practices is important for prevention of teen pregnancies. The findings concur with those of Patra, (2019) who indicated that all teenagers require at least one robust commanding, and reliable grownup in his or her life.

#### 4.1.2 Influence of the type of support practices offered by head teachers on prevention of teen pregnancies

The second variable in this study is about the influence of type of support practices offered by head teachers and its influence on prevention of teen pregnancies in Tana River County. Based on the mean and SD, the participants agreed that support practices offered are capable of setting favorable erudition atmosphere at school with a mean of (m=3.37, SD=1.299), others indicated that the support practices offered create an environment that enhances performance of the children with a mean of (m=4.22, SD=.822). Some respondents agreed that the support/advice enhances the pupil's esteem with a mean of (M=3.29, SD=1.167) while others indicated that majority of teenagers are unable to abstain which has proven to be a challenge in preventing teenage pregnancy (M=3.66, SD=1.175). The findings concur with those of Dube (2018) who indicated that head teachers should train teens to take appearance earnestly. Dube (2018) indicated that head teachers should talk to the teens and then maybe with the manager or school counsellor to find more on what is instigating any apprehension. This might reduce the tendencies of children getting early pregnancies and thus doing well in their exam.

#### 4.1.3 Effect of communication practices by head teachers in schools on the prevention of teenage pregnancies

The effect of communication practices by head teachers in schools on the prevention of teenage pregnancies formed the third independent variable in this research. The study revealed that, educators can easily chat about sex to the pupils regardless of their cultural backgrounds with a mean of (M=3.29, SD=1.309), other respondents agreed that the Educators' control of students' admittance to online places, the internet lessens likelihoods of erotic interactions as well as

adolescent gravidity with a mean of (M=3.05, SD=1.071), others indicated that teachers' limited technological savvy hinders their ability to control students' access to explicit content on social media with a mean of (M=3.59, SD=1.072) while other respondents indicated that failing to talk about sex by head teachers does not impact adolescent gravidity with a mean of (M=3.73, SD=1.184). The result suggests that indeed communication practices is vital in prevention of teenage pregnancies. The findings concur with those of Blake et.al (2018) who indicated that

people expect the school to play perfect part to permit the accurate as well as truthful acquaintance to the young people. Researches have revealed that the eminence educator pupil affiliation, parenting panache as well as communications about sex are strong factors affecting teenage gravidity. Head teachers are in an exceptional place to assist in socializing adolescents by offering precise gen on sex as well as fostering accountable sexual choice making abilities.

**Table 1. Influence of head teachers' supervision practices**

| Head teachers' supervision practices   | N   | Mean | SD    |
|--|-----|------|-------|
| Head teachers are more involved in their pupils' edification and advise them regularly.  | 100 | 3.4  | 1.310 |
| Pupils who originate from deprived family have stumpy living ideals as well as lesser self-regard and therefore head teachers observe them closely | 100 | 3.2  | 1.270 |
| Through head teachers supervision, teenagers are able to appreciate their weakness and strength which help in preventing teenage pregnancy         | 100 | 2.9  | .987  |
| Head teachers really assist the vulnerable children  | 100 | 3.12 | 1.310 |

*Research Data (2023)*

**Table 2. Influence of the type of support practices offered by head teachers on prevention of teen pregnancies**

| Types of support practices   | N   | Mean | SD    |
|--|-----|------|-------|
| Support practices offered are capable of setting favorable erudition atmosphere at school                      | 100 | 3.37 | 1.299 |
| Support practices offered create an environment that enhances performance of the children                      | 100 | 4.22 | .822  |
| The support/advice enhances the pupil's esteem   | 100 | 3.29 | 1.167 |
| Majority of teenagers are unable to abstain which has proven to be a challenge in preventing teenage pregnancy | 100 | 3.66 | 1.175 |

*Research Data (2023)*

**Table 3. Effect of communication practices by head teachers**

| Communication practices   | N   | Mean | SD    |
|---|-----|------|-------|
| Educators can easily chat about sex to the pupils regardless of their cultural backgrounds  | 100 | 3.29 | 1.309 |
| Educators' control of students' admittance to online places, the internet lessens likelihoods of erotic interactions as well as adolescent gravidity. | 100 | 3.05 | 1.071 |
| Teachers' limited technological savvy hinders their ability to control students' access to explicit content on social media.                          | 100 | 3.59 | 1.072 |
| Failing to talk about sex by head teachers does not impact adolescent gravidity   | 100 | 3.73 | 1.184 |

*Research Data (2023)*

**4.1.4 Effectiveness of peer counseling in schools and its influence on the prevention of teenage pregnancies**

The effect of peer counseling in schools and its influence on the prevention of teenage pregnancies formed the fourth independent variable in this study. Based on the responses, the respondents strongly agreed that through peer counseling teenagers are able to learn from each other through sharing experiences which help in preventing teenage pregnancy with a mean of 3.00 and a Standard Deviation of 1.360, other respondents agreed that through peer counseling teenagers are able to mentor each other through positive behavior which help in preventing teenage pregnancy with a mean of 3.41, SD=1.161). The respondents also agreed with the statements that peer cluster gravity as a constituent of sex education does decrease probabilities of adolescent pregnancy in Galole North Zone in Tana River Sub – County with a mean of (Mean=3.22, SD=1.107) while some respondents agreed that the aristocrat force is a reason of adolescent pregnancy is not well communicated in schools with a mean of (Mean=3.29, SD=1.078). The findings concur with those of Vitaro, Mara, & Brigitte, [10] who indicated that peer counselling play a great role in the adolescents’ development. Much time is

spent by adolescents with the peers compared to parents because this is the period when they are in school and the school curriculum takes up most of this time. They tend to group themselves based on similarities and common traits.

**4.2 Regression Analysis**

**4.2.1 Model summary**

The model summary result indicate that R=.588, this implied that the four predictor variables, moderately correlate with teenage pregnancies in Tana River County. The coefficient of determination; R square is .345, this indicate that the four predictors collectively accounted for 34% of teenage pregnancies in Tana River County. The other remaining percentage is accounted for variables other than the ones in the model.

Analysis of variance (ANOVA) results in Table 6 indicate that the regression model linking head teachers supervision practices, type of support practices, communication practices and peer counseling as independent variables with teenage pregnancies is fit for prediction (F=34.158, p=.000). This implies that knowledge of the level of the predictor variables can lead to the prediction of the dependent variable.

**Table 4. Effectiveness of peer counseling in schools**

| Peer counseling in schools   | N   | Mean | SD    |
|--|-----|------|-------|
| Through peer counseling teenagers are able to learn from each other through sharing experiences which help in preventing teenage pregnancy                 | 100 | 3.00 | 1.360 |
| Through peer counseling teenagers are able to mentor each other through positive behavior which help in preventing teenage pregnancy                       | 100 | 3.41 | 1.161 |
| Peer cluster gravity as a constituent of sex education does decrease probabilities of adolescent pregnancy in Galole North Zone in Tana River Sub – County | 100 | 3.22 | 1.107 |
| Aristocrat force is a reason of adolescent pregnancy is not well communicated in schools   | 100 | 3.29 | 1.078 |

Research Data (2023)

**Table 5. Model Summary**

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|-------------------|----------|-------------------|----------------------------|
| 1     | .588 <sup>a</sup> | .345     | .335              | .656                       |

a. Predictors: (Constant), Supervision practices. Support practices, Communication practices, Peer counseling. Research Data (2023)

**Table 6. ANOVA**

| Model |            | Sum of Squares | df | Mean Square | F      | Sig.              |
|-------|------------|----------------|----|-------------|--------|-------------------|
| 1     | Regression | 58.760         | 4  | 14.690      | 34.158 | .000 <sup>b</sup> |
|       | Residual   | 111.387        | 95 | .430        |        |                   |
|       | Total      | 170.148        | 99 |             |        |                   |

a. Dependent Variable: Teenage pregnancies, b. Predictors: (Constant), Supervision practices. Support practices, Communication practices, Peer counseling

#### **4.2.2 Multiple regressions**

Regression analysis was used to define relationships among the variables, the overall model fit and how well the dependent variables predict the independent variable, (Makau, 2017). In order to undertake the above, test for the appropriateness of the regression model was done by undertaking the tests as elaborated below. Multiple Regressions was used to determine how independent variables predicted the dependent variable.

#### **4.2.3 Discussion of findings**

The descriptive results indicate a modest level of head teachers' supervision practices, type of support practices, communication practices and effectiveness of peer counseling. The study found a positive correlation between Head Teacher's Management practices and Teenage pregnancy in schools. In the first objective, the respondents indicated that majority of the respondents indicated that head teachers are more involved in their pupils' edification and advise them regularly with a mean of 3.4 and SD of 1.31. Some respondents indicated that pupils who originate from deprived family have stumpy living ideals as well as lesser self-regard and therefore head teachers observe them closely with a mean of 3.2 and SD of 1.27.

The participants agreed that support practices offered are capable of setting favorable erudition atmosphere at school with a mean of 3.37 and SD of 1.299), other respondents indicated that that the support practices offered create an environment that enhances performance of the children with a mean of 4.22 and a Standard Deviation of 0.822). Some respondents agreed that the support/advice enhances the pupil's esteem with a mean of (M=3.29, SD=1.167) while others indicated that majority of teenagers are unable to abstain which has proven to be a challenge in preventing teenage pregnancy (M=3.66, SD=1.175).

the participants indicated that educators can easily chat about sex to the pupils regardless of their cultural backgrounds with a mean of (M=3.29, SD=1.309), other respondents agreed that the Educators' control of students' admittance to online places, the internet lessens likelihoods of erotic interactions as well as adolescent pregnancy with a mean of (M=3.05, SD=1.071).

The respondents strongly agreed that through peer counseling teenagers are able to learn from each other through sharing experiences which help in preventing teenage pregnancy with a mean of 3.00 and a Standard Deviation of 1.360, other respondents agreed that through peer counseling teenagers are able to mentor each other through positive behavior which help in preventing teenage pregnancy with a mean of 3.41 and a Standard Deviation of 1.161. The findings revealed that there exists a weak negative correlation between the head teachers' supervision practices and the teen pregnancies in Tana River County. The correlation coefficient between head teachers supervision practices and teen pregnancies in Tana River County is - 0.088. The P-value of 0.544 also shows that there exist no significant association between head teachers supervision practices and teen pregnancies since the P-value is above the 0.05 test of significance.

#### **5. CONCLUSION**

From the findings, the study concludes that Head Teacher's Management practices are imperative on prevention of teen pregnancies in Tana River Sub- County. The study found that parental communication about sex reduces chances of the girls becoming pregnant. The study further deduced that early marriage leads to teenage pregnancy among their peers and that girls be held solely responsible in the event of pregnancy. The study further concludes that economic factors influence teenage pregnancy in Tana River Sub- County. Further, the study concludes that the level of education of parents, kinds of job parents do influences teenage pregnancy. Moreover, the study deduced that girls from poor families are at higher risk of becoming pregnant than girls from rich families.

The study finally concludes that peer groups influence teenage pregnancy in Tana River Sub-County. It was clear that the students are pressurized to have sex by their friends which lead to teenage pregnancy. Further, the study deduced that peer pressure as a cause of teenage pregnancy is not well taught in schools in Tana River Sub- County. Additionally, the study found that parental communication on peer group pressure could reduce chances of teenage pregnancy in Tana River Sub- County. However, peer group pressure as a component of sex education does not reduce chances of teenage pregnancy.

## 6. RECOMMENDATIONS

As a management practice, the study recommends that head teachers should involve female teachers in facets of school management with regard to their role as motivators and role models to girls and bearing in mind that they fully understand first-hand the challenges which girls face on their daily activities and which may hinder their desire to pursue education. On policy, the study recommends that the Ministry of Education should recruit and work with female teachers are greatly needed to inform future policy development. It would seem, however, that all may contribute to increased recruitment of women teachers, but they do not work alone. They have to be developed and implemented within a gender equality framework which is also attentive, for example, to gender-responsive teacher training for men and women, to ensuring that schools are women-teacher friendly and to challenging family and community attitudes about women's roles and activities. Such processes have to be mirrored at the highest levels of policy-making in order to ensure that teachers male and female are accorded status and that adequate resources are allocated to provide decent salaries, as well as appropriate training and professional opportunities.

The study established that parents taking their children to the school did not talk to them about sex and that parents do not support the return to school of teenage pregnant girls. This study therefore recommends that parents should take the initiative of talking to their children about sex. The government should also ensure that they, the parents are well educated on the how and when to talk about sex with their children. The study also found out that girls from poor families are at higher risk of becoming pregnant than girls from rich families. Therefore, this study recommends that efforts on educating people regarding teenage pregnancy should be focused on areas that are poor. Such are the areas that most resources should be focused on. This will ensure that the problem is well tackled straight from their source or rather where they are in high concentration.

The study established that parental communication on peer group pressure could reduce chances of teenage pregnancy. Therefore, the study recommends that parents be encouraged to communicate with their children on peer pressure and its negative

consequences. Communication should start right at home. This should be well communicated and campaigned for the parents to be fully aware. Only then will the whole process of educating parents and ensuring that they play their role, bear significant fruits.

## CONSENT

As per international standards or university standards, respondents' written consent has been collected and preserved by the author(s).

## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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