

An evaluation of the effectiveness of guidance and counselling services in public universities in Kenya

Abstract

Concerns have been raised over the increase of problems like drug abuse, alcoholism premarital sex, cheating in examinations and teenage pregnancies in Kenyan Public Universities. The study sought to evaluate the effectiveness of guidance and counselling services at Masinde Muliro University of Science and Technology. The study is anchored on The Goal Setting Theory by Locke and Latham .The purpose of the study is to establish the effectiveness of the guidance and counseling services in higher institutions of learning with a view of improving on service delivery. The Study adopted a descriptive survey design. The sample size comprised of 204 university students. It was found out that guidance and counselling services at Masinde Muliro University of Science and Technology were effective among students who sought the services. The study, however recommended that the guidance and counselling department should focus more on social, health and financial issues affecting students in the campus as well as exploring the influence of university enrolment and home oriented factors that may affect students and the stakeholders were encouraged to be involved in the process of guiding and counselling students.

Authors:

**Grace Muango
and
Joel J.P. Ogutu**