

# Nexus between Academic Motivation and Self-actualization among Students of Public Universities in Western Kenya.

The study investigated on the influence of academic motivation on self-actualization among university students in Western region of Kenya. The study employed a correlation research design with the sample size of 153 university students selected through stratified and simple random sampling. The study used a questionnaire to collect data from the field. Data was analyzed using mean, standard deviation and hierarchical multiple regression. The study established that academic motivation existed among university students under investigation. The university students showed proof of existing elements of self-actualization. Extrinsic and amotivation influenced self-actualization among the university students. The study recommended that universities in Western Kenya should regularly sensitize and promote academic motivation among students. While it is recommended that universities should assist students fulfill their ambitions for self-actualization, some ways to assist includes expanding higher education space by creating Open University learning platforms.

## Authors

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