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RESEARCH ARTICLE

INFLUENCE OF GUIDANCE AND COUNSELLING SERVICES ON PSYCHOLOGICAL NEEDS OF ORPHANS AND VULNERABLE CHILDREN IN KENYA: A CASE STUDY OF NOTRE DAME CHILDREN HOME

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ABSTRACT

The growth and development of a child is influenced by primary and secondary factors. Primary factors include heredity, the condition of the mother during pregnancy, nutrition, illness and physical environment. Secondary factors include social and psychological factors, social factors are socio-economic class, parental level of education, family size, position of children in the family (birth order) and spacing of children. The psychological ones include; love, tenderness, joy, zest, elation, pleasure, humor, laughter, anxiety, fear, anger, tolerance, empathy, sympathy and many others. It is generally accepted that primary factors are precursors of secondary factors. All these factors affect physical growth and development of children. For instance children brought up in harsh homes or homes with little love and in institutions and orphanages where affection is wanting may suffer retarded growth and development. Participant observation revealed that orphaned children from deplorable environment, dilapidated dwellings improved dramatically in Notre Dame Children's Home (NDCH) in which guidance and counseling services were provided besides good environment. This was also noticed in some children, that is, graduates of Notre Dame Children's Home who returned to their various homes from boarding schools, where they have not been properly taken care off after a period of being in orphanage. It is against this backdrop that this study sought to establish the influence of guidance and counselling services on psychogenic needs of orphans and vulnerable children of Notre Dame Outreach. The study established that Guidance and Counselling (G&C) services impacted positively and significantly on Orphans and Vulnerable Children's psychological needs. Thus, most Orphans and Vulnerable Children (OVCs) did not find it hard to adjust after receiving guidance and counseling services. Normally, children aged between six and ten years often suffer from restlessness, sleep disturbance, lack of appetite and loss of weight in the first three months of school life because of tension of adjusting to the transition from home to school. For the children who have proceeded to secondary schools, middle level colleges and universities, the expectations are that they should have adjusted accordingly though some factors may have long lasting effect on them. For instance, if a child lives with security, he learns to have faith in himself; if a child lives with hostility, he learns to fight; if a child lives with acceptance, he learns to love; if a child lives with fear, he learns to be apprehensive; if a child lives with approval, he learns to be like himself and if a child lives with recognition, he learns to have a goal. In effect the OVCs who have graduated from Notre Dame Children Home were found to have developed strong personalities acquiring the desired skills, knowledge and attitudes which they benefited from the guidance and counselling services and thus were found to be striving to excel, being creative, innovative, economical and independent in their undertakings.

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INTRODUCTION

School Sisters of Notre Dame (SSND) is an international congregation of more than 2,000 religious women. It was founded in 1833 by Blessed Theresa of Jesus Gerhardinger in Bavaria Germany.

School Sisters of Notre Dame now live and minister in 30 countries spanning five continents and continue to share in Christ's mission to proclaim the good news of God's reign. With the Generelate in Rome, Italy, School Sisters of Notre Dame are organized through 10 provinces. This site supports three provinces: the province of Africa, the Atlantic –Midwest province and the Central Pacific province.

The SSND, Notre Dame Children Outreach (NDCO) project was started in August 2009 by three school sisters of Notre Dame at Nyalienga Parish in Homa-Bay Diocese Kenya. The objective of founding the program was to support vulnerable and orphaned children, giving priority to the child headed families, focusing on education, holistic development, food security and health care. Geographically, the project operates within Homa Bay Diocese, Kenya with its head office situated at NDCO Nyalienga Parish. However, the beneficiaries come from within but it is extended to other parts of Kenya. The early stages of its development involved identifying vulnerable children in collaboration with organized church groups and community point persons. The children were recruited annually into the program through different scholarship programs but under one umbrella of NDCO. In total, 34 families having 114 children pioneered the program. To date, a total of 587 children have been supported through education and 461 have benefited from the agriculture and food security programs. Currently there are 187 children in academic programs and 152 families benefiting from in agriculture for food sustainability program. The project has since its foundation collaborated with other development agencies like Joining Hearts and Hands, Education for Life and many others who have supported the program materially and financially. The project is open to partner and collaborate with other organizations of similar objectives and goals to help support the vulnerable families within the area of its operation for holistic development of the general community.

Programmatically, the services offered by the project include counselling and guidance to children and their caregivers, building the capacities of care givers in food security, conducting behavior change program to the general community involving the youth and parents. Consequently, a number of children have graduated from the project since 2011 at various levels of their educational standards and based on the donors' level of support. However, a total of 402 children have graduated in 2019 as follows at psychological level; at form four level 2019, vocational training level 36, middle college level 93, university level 21 and drop out due to gross misconduct were 33. To date 187 are still continuing with their educational through support from the project at various levels. The project has endeared to have 12 staff with relevant skills and experience that offers various services as per the project goals and objectives. Some of these staff include one Social Worker who does social work and counselling services, agriculture and food security Officer who manages agriculture and food security programs; a trained primary teacher in charge of education; and a professional Counselor who is the current director of the project.

Research Objective: The research objective was to establish the influence of guidance and counseling services on psychological needs of Orphans and Vulnerable Children.

SYNTHESIS OF LITERATURE ON INFLUENCE OF GUIDANCE AND COUNSELLING SERVICES ON PSYCHOLOGICAL (PSYCHOGENIC) NEEDS OF ORPHANS AND VULNERABLE CHILDREN: Guidance and Counselling is considered as an important aspect in shaping the lives of persons particularly the orphans who face myriad of problems. There have been challenges experienced by orphans like decline in child's enrollment and education attainment (Bicego, et al., 2003). The Orphans and Vulnerable Children enrollment in school programs in all Sub-Saharan countries lower compared to the enrollment of non- orphaned children in the same countries (UNICEF, 2003).

According to the United Nations Agency for International Development (2008), the global estimate of Orphaned children ranges between 143-163 million. This is about 90% of the population that is classified as orphans who have one parent alive and about 18.3% of the orphans who have lost both parents. Spiegel (2014) further opine that the highest number of orphans is in countries that have high reported rate of HIV and AIDs prevalence. It is estimated that the number of children orphaned by the HIV and AIDs in sub-Saharan Africa is about 15.7 million (UNICEF, 2010) where Kenya is rated the 9th highest in HIV and AIDs prevalence globally according to the United Nations Agency for International Development (2004) report. Kenya is reported to have an estimated number 2.5 million orphans with nearly half of it are Orphaned due to HIV and AIDs (KAIS, 2012). Orphaned children are generally deprived of the education, live in dilapidated dwellings that have no food security and that are attributed to high risk of sufferings from depressions and anxiety (Ritcher, 2004). Due to unending life sufferings, the orphans are coerced to relocate to different households and as a result they lose the social networks and the community they rely upon (UNICEF, 2008).

Considering the challenges that vulnerable children face, and in recognition of the role that guidance and counselling plays in the child's development, the Kenyan Government has made various contributions to better the plight of children. Notably, formal guidance and counselling in Kenyan schools were publicly put into recognition as early as in the year 1970 (Wambu & Fisher, 2015). The Program of Guidance and Counselling was introduced by the Ministry of Education with a designated duty of dealing with educational guidance and psychological counselling in various learning institutions in Kenya (Ministry of Education, Science and Technology, 2005). The program was strengthened with a recommendation that guidance and counselling to be part and parcel of subjects such as religious education and social education that is taught in schools to foster development of self-discipline among students in various learning institutions (Kidger, et al, 2010). In fact, it is impossible for one to have efficacy in life without intervention through guidance and counselling services. The sole goal of guidance and counselling is to reduce psychological hurdles. These programs have been formulated and effected accordingly to handle psychological and emotional inefficiencies. These services should be availed to each and every student with the purpose of meeting their required needs. The students should also be made to understand the stages of bereavement and loss of parents together with how they can take care of themselves in times of bereavement. As a result of increase in the number of problems faced by the orphans, that is, both physical and mental health, there is an alarming rate of Crime and drug abuse that is of a full concern to the society stakeholders. Guidance and counselling programs assist learners to effectively comprehend self-potentials and capabilities, interests and continuously guide on how to make right decisions surrounding career choices. Guidance and counselling is labeled as an integral part of students' development that make them able to develop various strategies to cope up with stress and other life's challenges that may come across in their lives. Report on manpower training and development concern, highlights that guidance and counselling should be made available to all the students in all the learning institution beginning with primary school level that the students' abilities cum skills can be molded appropriately at the early stages of life (Ministry of Education, 1970 as cited by Wambu & Fisher, 2015).

Orphanage homes enhance inhibited both mental and physical development of orphans. Needs are vital in human life. They are often described as antecedent conditions for activities. Needs arise out of deprivation. For instance a successful child needs to prevent failure; A child who has no friend needs to befriend. A hungry child needs to eat. A thirsty child needs water. A child who is popular needs to avoid being unpopular. This means that needs control human behaviour and therefore if you want to manage human behaviour, then you must take care of human needs. There are two categories of needs, physiological or viscerogenic and psychological or psychogenic. What controls human behaviour are majorly psychogenic needs. Psychogenic needs are complex and difficult to understand and manage. Psychogenic needs are therefore a major concern for most psychologists and counsellors (Murray, 1947). These needs help to shape personalities of individuals. Thus their satisfaction impacts positively on one's personality. For one to live the life of a conscious human being, the psychogenic needs must be addressed either way. The achievement of these needs govern the positive operations of a person, deprivation of which also governs the personality of a person but negatively. This therefore underscores the fact that they should be inculcated in young persons who are growing up. What the counselor needs to know and does is to instill these needs in young persons so that they grow up into stronger personalities. The list of these needs is long, however a few of them will suffice for a study of this magnitude. The needs related to or associated with things, majorly tangible materials, include need to gain property, the need to preserve things, the need to organize objects or be orderly, the need to be economical and the need to be constructive. Thus, when dealing with OVCs the intent is to help them develop the ability to live a happy life. Definitely, one cannot live a happy life without having a focus on development of the ability to live happily with whatever qualities and assets they have. These needs help Orphans and Vulnerable Children to develop abilities, talents and assets in their lives. This is alongside the fact that they equally are aided to recognize liabilities, corrected and kept at minimum. In essence, realization of these needs makes young person's growing up to develop the ability to live a full life focusing on realities of the world. When these needs are embraced in counseling a child develops the ability to enjoy himself in social situations without indulging in deviant social behaviour such as promiscuity, drug addiction, alcoholism, sexual harassment, bullying, extortion and theft. Thus counseling helps OVCs on how to control emotions without stifling and repressing them. The other needs that counselors instill in Orphans and Vulnerable Children are needs of expressing ambition, willpower, desire for achievement and prestige. These needs specifically are the needs to excel, achieve; the need to command respect or recognition, the need for exhibitionism, to excite or thrill others, the need for self-respect, the need to avoid failure, the need to defend oneself and the need to overcome defeat by retaliation, the need to dominate, the need to be unique, contraries, the need to comply, the need to avoid blame, the need to affiliate, the need to protect, nurturance and the need to seek aid, dependence. These needs help the OVCs in schools and colleges to face realities of life. For instance the need for affiliation enables them to form study-groups, which enhances group work guards against being sad, lonely, anxious and depressed. Since the OVCs are vulnerable, the vulnerability is thus eradicated by guidance and counseling services offered at an appropriate time.

Essentially everyone wants to be appreciated and loved, either way whether young or adult/old. Initially young persons need affection of parents, siblings and close relatives, and later their teachers, peers, colleagues and classmates at school or workplaces. Of course on exiting school life affection takes form of affiliation that culminates in courtship, marriage and raising of a family. This in itself explains the crucial role NDCO is playing in restoring families of otherwise lost or destroyed families. This is because OVCs initially feel hopeless because of the feeling they have of self-rejection, lack of affection and unloved. Counselling in effect removes them from the state of being sad, lonely and anxious. The counsellors at Notre Dame Children Home of course have difficulty of showing love and affection to all OVCs in equal measures but they try and it makes the whole difference in Orphans and Vulnerable Children lives. The smile on the OVCs at the home is an indication of the efficacy of counseling that is going on otherwise carrying would be the order of the day. At Notre Dame Children Home, children are guided and counselled on the need to belong. This is based on the premise that if a young person feels accepted he automatically becomes an acceptable member of existing group. This need is strong in the youth such that he or she will do everything possible to associate with the group and vice versa. The opposite is that if the need to belong is weak, the young person will do everything possible to associate with another group unfortunately he/she may join a gang that could be destructive. Notre Dame Children Outreach endeavours to enhance this need, because the outreach is live to the fact that the need to belong and the need for affection are two tenets of emotional security. Emotional security guarantees optimal participation in class, family and society undertakings. The need for achievement is crucial in all facets of life. At all times persons will feel good and be at peace when they feel they are achieving something. The need to achieve is closely related to other needs, such as recognition, uniqueness, esteem, prestige, independence and so on. In other words this need awakens other needs. Counsellors need to instill this need in the youth. NDCO impart this need among the youth with a view of churning out youth who will be able to live lives of achievers. In fact this is one of their main virtues.

The need for independence is yet another need that is cherished by Notre Dame Children Home. This is because as a home, the main intent is to help OVCs grow up to become independent and resourceful persons. A close observation of an infant reveals that this need is innate. For instance when a child is being fed, he cries and wants to free himself from his mother's hold, later he wants to grasp the bottle from the mother and while at school wants to demonstrate that he has done the tasks by himself. In fact as time goes, they detest close teacher supervision. To this end one can note that what teachers' call stubbornness and insubordination is often no more than a show of independence. Sometimes teachers misconstrue this to mean challenging authority. This need should be nurtured adequately as has been noted elsewhere that adolescents, resent being told what to do all the time. The assertion of this need is vital to Orphans and Vulnerable Children. Social recognition is one of the needs that is fostered by Notre Dame Children Home. This is because for better wellbeing of humanity every individual needs to be appreciated by others. Notre Dame home trains OVCs to appreciate social recognition by praising them when they have done well. Every OVC is given an opportunity to be praised.

STATEMENT OF THE PROBLEM: Most orphaned children live in deplorable state. Often, they are deprived of the education, live in dilapidated dwellings, have no food security and are subjected to all kinds of sufferings, depressions and anxiety (Ritcher, 2004). Due to unending life sufferings, the orphans are coerced to relocate to different households and as a result they lose the social networks and the community they depend on (UNICEF, 2008), hence the emergence of children's home. Such a home is Notre Dame Children Home. The sole mandate of institutions like Notre Dame Children Outreach is to assist the disadvantaged orphans and vulnerable children restore their normal lives. This is achieved through guidance and counseling services on behaviour change, emotional stability and emotional intelligence. Guidance and counseling in Kenya was officially recognized in 1970, when the Ministry of Education established Guidance and Counseling unit under its inspectorate division. The unit was charged with the responsibility of dealing with educational and vocational guidance, and psychological counseling in schools (Wambu & Fisher, 2015). Notre Dame Children Outreach is carrying out these services and a number of children have gone through it. Thus they have proceeded to other institutions, such as primary schools, secondary schools, middle level colleges and universities, and they are presumed to be well empowered psychologically. It was therefore necessary to find out the efficacy of the guidance and counseling services in this institution, that is, Notre Dame Children Home.

CONCEPTUAL FRAMEWORK: The researcher modelled a conceptual frame work that displays the interaction between the independent and dependent variables.

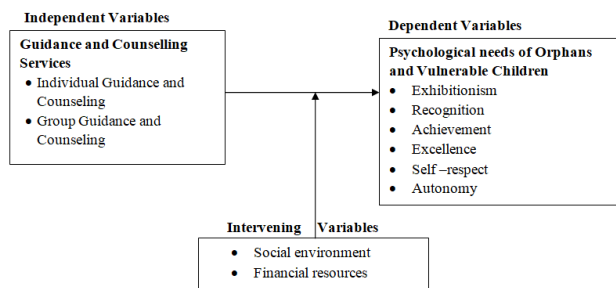


Figure 1.1. Conceptual Framework showing Influence of Guidance and Counseling Services on Psychological Needs of Orphans and Vulnerable Children

The conceptual framework postulates that guidance and counseling services influence satisfaction of psychological needs of OVCs. For instance guidance and counseling services enhances psychological needs such as the need for recognition, achievement, self respect, autonomy among others. The satisfaction of these needs among the OVCs enables them in adaptation and restoration to their normal life in the society. This is achieved when the OVCs go through other systems of education formally and informally. This influence is moderated by intervening variables such as social environment and financial resources

RESEARCH METHODOLOGY

The research design adopted for this study was descriptive survey research design. The respondents of the study were drawn from graduates of Notre Dame Orphans and Vulnerable Children Outreach centre for the orphaned children as follows;

105 from secondary school category, 36 from Technical Vocational Education and Training Institute, 93 from middle level colleges, 21 from university, 2 from Kenya Medical Training College, 3 from Teacher Training Colleges, 2 were counsellors and 1 primary school teacher. To obtain the desirable sample, the researcher purposively selected the respondents who had good knowledge on guidance and counseling services offered to OVCs. The total number was 52. The specification was as follows; University graduates 10, middle level colleges 9, Vocational 8, secondary school 18, Kenya Medical Training Colleges 2, teacher training colleges 3 and counselors 2. Two respondents were used in the pilot study.

RESULTS

The return rate of the questionnaire was as shown in Table 1. All the respondents, that is, Orphans and Vulnerable Children formerly of Notre Dame Children Home returned the questionnaire. The 100% return rate was good for the analysis of data as it could provide the desired output (Mugenda & Mugenda, 2003).

Research Objective: Objective of the study was to establish the influence of Guidance and Counseling services on the psychological (psychogenic) needs of orphans and vulnerable children of Notre Dame Children Outreach. In order to establish the influence of Guidance and Counseling services on the psychological (psychogenic) needs of Orphans and Vulnerable children of Notre Dame Children Outreach, the OVCs who were the beneficiaries of the Guidance and Counseling services were asked to rate the influence of Guidance and Counseling services they had received on their psychogenic needs. The results were as shown in Table 2. From Table 2, it can be noted that Guidance and Counseling services provided to OVCs has made them to develop the need to gain property. The influence was rated as high with a mean rating of 3.94. This need was expressed important in the lives of OVC's, most of whom were at the university, polytechnic, technical training institutes and Kenya Medical Training Centre. This need had helped them to remain focused in their studies. Thus training and education was considered as a reason to own property in life that would enable them have a meaningful life in society by assisting themselves and other members of the society. Actually all of them recalled how guidance and counseling had helped them. The psychogenic needs of preserving things, being orderly, economical and excellent were rated highly at 3.9, 4.6, 4.6 and 4.58 respectively. The abilities and virtues that are developed on these premises indeed help individuals to grow up as persons who are assets to themselves and the society Notre Dame children outreach project in Kenya embraces these aspects in its counseling programmes and this being one of the tracer studies provides vital information on the impact the institution is having on the OVCs. The OVCs counselors were found to have benefited immensely. The Notre Dame Children Home alumni indicated that after going through counseling services by the Notre-Dame counselors, they had acquired abilities, skills, knowledge and attitudes that were vital in preservation of tangible and non-tangible materials in terms of books, knowledge, material equipment and other technological assets for future use. The need to be orderly, economical and excellent was found to have helped many Notre Dame graduates succeed in their ventures, thus those at the

Table 1. Return Rate of Questionnaires

Category of Respondents	Number of Questionnaires issued	Number of Questionnaires returned	Percentage (%)
Orphans and Vulnerable Children	50	50	100

Table 2. Orphans and Vulnerable Children Self Rating of the influence of Guidance and Counseling services on Psychological (Psychogenic needs) (n =50)

Psychogenic Needs	RES	RATING					TTL	MR
		1	2	3	4	5		
Need to gain property	F		1	5	30	14	50	3.94
	S		2	15	120	60	197	
	%		2	10	60	28	100	
Need to preserve things	F			20	15	15	50	3.90
	S			60	60	75	195	
	%			40	30	30	100	
Need to be orderly in activities	F				20	30	50	4.60
	S				80	150	230	
	%				40	60	100	
Need to be economical	F				20	30	50	4.60
	S				80	150	230	
	%				40	60	100	
Need to be excellent	F			1	19	30	50	4.42
	S			3	76	150	221	
	%			2	38	60	100	
Need to achieve	F				20	30	50	4.60
	S				80	100	230	
	%				40	60	100	
Need for recognition	F			2	18	30	50	4.56
	S			6	72	150	228	
	%			4	36	60	100	
Need for exhibition	F			10	20	20	50	4.20
	S			30	80	100	210	
	%			20	40	40	100	
Need for self respect	F				20	30	50	4.60
	S				80	150	230	
	%				40	60	100	
Need to avoid inferiority complex	F			10	10	30	50	4.40
	S			30	40	150	220	
	%			20	20	60	100	
Need to defend self	F			15	5	30	50	4.30
	S			45	20	150	215	
	%			30	10	60	100	
Need to counteract	F				30	20	50	4.4
	S				120	100	220	
	%				60	40	100	
Need for autonomy	F			8	20	20	50	4.16
	S			24	80	100	208	
	%			16	40	40	100	
Need for contrariness	F			20	5	25	50	4.10
	S			60	20	125	205	
	%			40	10	50	100	
Need to assault	F	50					50	1.00
	S	50					50	
	%	100					100	
Need for abasement	F				20	30	50	4.60
	S				80	150	230	
	%				40	60	100	
Need to avoid blame	F				40	60	50	4.50
	S				25	25	225	
	%				100	125	100	
Need for affiliation	F			19	10	20	50	3.98
	S			57	40	100	199	
	%			38	20	40	100	
Need for rejection	F	50					50	1.00
	S	50					50	
	%	100					100	
Need for nurturance	F				20	30	50	4.60
	S				80	150	230	
	%				40	60	100	
Need for dependence	F			10	10	30	50	4.40
	S			30	40	150	220	
	%			20	20	60	100	
Need for cognizance	F				30	20	50	4.40
	S				120	100	220	
	%				60	40	100	
Need for exposition	F				25	25	50	4.50
	S				100	125	225	
	%				50	50	100	

KEY: RES- Respondents, F- Frequency, S- Scores, TTL – Total, MR- Mean Rating % - Percentage ; Interpretation of Mean Ratings 1.00 -1.44; No Influence 1.45 -2.44Low Influence 2.45 -3.44; Moderate Influence 3.45 -4.44; High Influence 4.45 -5.00; Very High Influence

university, in colleges and school. In fact they had acquired strong personalities such that one would not realize that these were OVCs in whatever programmes they were, they excelled and were rated highly as persons of high and preferred potential in their current positions. The need for achievement coupled with recognition exhibitionism, respect, self defence and avoidance of inferiority complex are very important. These needs were found to be fostered in Notre Dame graduates highly as indicated by ratings of 4.6, 4.56, 4.2, 4.6, 4.4 and 4.3 respectively. The ratings also imply that these needs were not fully fostered and that was not expected, but the degree of enhancement is important. For instance a child can never have all the social recognition or achievement he would like to at any given time, and for all time. All these needs are related and satisfying of one enhances the satisfaction of another. These needs are very important in the lives of children and much more so in OVCs and if not fostered through guidance and counseling, the hopelessness in OVCs can be irreversible as they grow up in society.

DISCUSSION

Guidance and Counselling services is the main intervention measure when dealing with OVCs. When Guidance and Counselling services are effectively used, the OVCs benefit more as they help them to adjust and adapt new life styles that are beneficial to them. This is because the services offered have been proven to be effective in most of organizations dealing with myriad issues and challenges that organizations meet. It is for this reason that orphanage homes have adopted the approach. During interviews one of the OVCs categorically stated: From the time I was guided and counseled as an OVC by the Notre Dame counselors my life started changing. I started having dreams of owning property and managing them properly such that I have seen the light at the end of the tunnel. Observations made confirmed that, it is realistic and observable that indeed Notre Dame counselors are impacting positively on the lives of Orphans and Vulnerable Children in the Notre Dame Children Home. The questionnaire findings were supported by interview findings whereby interviewees indicated that their preservation abilities, orderliness, being economical and excelling were some of the benefits out of the Notre Dame counseling services. This was echoed by one of the graduates of Notre Dame Orphans and Vulnerable Children who asserted; "I am highly indebted to Notre Dame institution for what I am known for being disciplined, orderly and industrious in my undertakings at my current institution and so to my colleagues with whom we received counseling and guidance services while at our orphanage home under the care of Notre Dame Sisters. Being orderly, economical and desire to succeed in our undertakings were virtues we developed while at Notre Dame orphanage home how we are really different and do our things differently. Our colleagues from other backgrounds are generally, though not all uneconomical, disorderly and extravagant. I trust without the guidance and counseling we received we couldn't be different."

In the current world with high demands, and limited supply of much needed resources, OVCs cannot cope. This is because of their level of deprivation. Indeed observation revealed that guidance and counseling had assisted the Notre Dame graduates to fit in institutions in which they were and the desire to excel was the main driving force. Their survival was premised on the tenets of preservation, orderliness and being

economical. All these were enshrined in their guidance and counseling philosophy of optimum rehabilitation. What was found satisfying was that dropouts were not an aspect of Notre Dame Graduates lately. There is much to learn and apply from this outreach, the Notre Dame Outreach project. The need to achieve, recognition, exhibition, avoidance of inferiority complex, self defense were found to have been highly enhanced by guidance and counseling services offered by Notre Dame counselors. The Notre Dame graduates in various cadres of learning and training expressed the benefits of having these needs fostered in them and they were enabling them to excel in the programmes at their respective levels, right from school level to university level. Essentially in any facet of life fostering of these psychogenic needs is very necessary.

In this regard a number of interviewees said; "Achievement is the cornerstone of most professions. Thus, one must achieve to be recognized, exercise exhibitionism, demonstrate self respect discard inferiority complex and defend self. The Notre Dame counselors, really foster these virtues in this clientele and we are the products. We could not be where we are and what we are without the guidance and counseling. Imagine the life of an OVC, one that is deprived of everything, what would motivate such a creature, we have become human by virtue of being guided and counseled to resourceful in an orphanage home, the Notre Dame." These expressions and assertions in this excerpt really describe the impact of guidance and counseling by Notre Dame Counselors. It reflects a well focused and purposeful undertaking that is achieving the set objectives. In view of the fact that OVCs are increasing in number, Notre Dame is an asset that should be maintained and expanded to have its achievement felt internationally to the transformation of humanity. In its absence definitely the number of street children will increase and this is not good for humanity, in other words, Notre Dame Outreach project is helping to solve one of the major social problems in present time, in which challenges are seen in all opportunities, rather seeing opportunities in all the challenges. That is, the opportunities to transform humanity from being a liability to an asset.

CONCLUSION

Guidance and counselling services in orphanage homes is very important and must be embraced effectively at all times. These services were found to be very useful to Orphans and Vulnerable Children. The children and families that had lost hope immensely benefited from Notre Dame Children Outreach for providing these services. The counsellors are aware and knowledgeable in the realm of psychological needs of Orphans and Vulnerable Children. By adequately catering for the desired needs, orphans were found to mature faster and maturation continued while the then orphans transited from one level of education to another and from one level of training to another. Counselling and guidance in the orphanage homes is a daunting task that requires devotion, commitment, skills, knowledge, perseverance, positive attitude and patience. The orphans are indeed vulnerable and hence the need for dedication on the part of the counsellors in orphanage homes. The alumni of orphanage homes and particularly Notre Dame Children Home as an asset and permanently are proud of being associated with it. The home is contributing to the society's socio-economic improved status. The study has demonstrated that fulfillment of the psychogenic needs of orphans and vulnerable children transforms personalities into being assets to the society rather than liabilities.

RECOMMENDATION

- Since psychogenic needs fulfillment are dependent on primary needs, counsellors should strive to ensure that a balance is struck between these needs.
- Understanding of Orphans and Vulnerable Children physical growth and development is of great importance to the counsellors. The recognition of the challenges of late developers or early maturers can make fulfillment of psychogenic needs easier for the 2. Thus the counsellors will take care of individual differences and counsel them differently in different sessions or simply focus on individual counselling.
- Some Orphans and Vulnerable Children manifest deviant behaviour consistently; in this regard the counsellors should be aware of the fact that, ridicule, excessive competition and lack of encouragement lead excessive self-consciousness and failure to be focused and relapse to hopelessness. This must be guarded against.
- To minimize dropout rate from orphanage homes, counsellor's first duty should remain to be observation. It is important to watch Orphans and Vulnerable Children day by day rather than waiting for reports. It is important not to be over-cautious either. Counsellors should not wait for various indicators of unfulfilled needs to appear before taking actions. These indicators should be detected when Orphans and Vulnerable Children are performing activities in the home and outside the home.
- Girls should no longer be expected to compete as wives and mothers. The girls should be given equal treatment as their counterparts, boys. This is because with the advent technology girls and boys are more or less equal. Counsellors should therefore ensure equality in fulfilling the psychological needs among the Orphans and Vulnerable Children.
- Formal education plays an important role in mastery of every complex behavioural pattern that the OVCs must learn for survival. To benefit from this learning, the Orphans and Vulnerable Children must be ready to face the challenges as they progress.
- Counselling services are early stimulation that gives OVCs a good start and empower them to counteract adverse future situations that could negate progress being made. This means that counseling services should more or less serve as training for readiness to move on from stage to stage in life.
- Orphans and Vulnerable Children should be released early enough to enroll in learning institutions. This is because early learning accelerates maturation and capacity for further learning and fulfillment of psychogenic needs.

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