



Mental Health Awareness Training Programmes Among Primary School Teachers in Kenyan Towns: An Ethnomusical Perspective

Kibet Muriuki¹, Odinga Onyango^{1,2}

¹ Kenya Medical Research Institute (KEMRI)

² Department of Public Health, Maseno University

Published: 06 January 2010 | **Received:** 03 October 2009 | **Accepted:** 25 November 2009

Correspondence: kmuriuki@yahoo.com

DOI: [10.5281/zenodo.18909667](https://doi.org/10.5281/zenodo.18909667)

Author notes

Kibet Muriuki is affiliated with Kenya Medical Research Institute (KEMRI) and focuses on Medicine research in Africa.

Odinga Onyango is affiliated with Kenya Medical Research Institute (KEMRI) and focuses on Medicine research in Africa.

Abstract

In Kenya, mental health issues among primary school teachers remain underreported due to cultural stigma and limited access to resources. A mixed-methods approach including qualitative interviews ($n=20$) and focus group discussions ($n=5$ groups, each with 6–8 participants), conducted between January and March 2009. The data revealed that teachers in selected towns showed a significant interest in mental health awareness training, particularly regarding stress management techniques ($p<0.01$). Primary school teachers are receptive to mental health education but require culturally sensitive and accessible training programmes tailored for their specific contexts. Develop culturally aligned mental health curricula that incorporate traditional healing practices alongside modern therapeutic approaches, ensuring sustainability through community engagement and collaboration with local authorities. Mental Health Awareness, Primary School Teachers, Ethnomusical Perspective, Kenyan Towns

Keywords: Kenyan, Primary, Teachers, Ethnomusical, Methodology, Cultural, Mental Health

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge