

Parenting Styles and the Big Five Personality Traits among Youth in Mukuru Settlement, Nairobi County, Kenya

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ABSTRACT

Background: The youth in the current era make their own decisions and demand full freedom in life. They do not want their parents to interfere with the decisions that they make.

Objective: To establish the Big Five personality traits derived from prevalent parenting styles.

Methodology: The research methodology involved descriptive survey design. The target population was 308,632 residents in Mukuru Settlement, Nairobi County. Yaro Yamane sampling formulae, simple random sampling and purposive sampling methods were used. The sample size was 144, while the response rate was 75%. The data collection instrument was structured questionnaire involving, the Parental Authority Prototype (PAQ) inventory and Big Five Trait inventory (BFI)]. Descriptive and inferential data were processed using SPSS version 25. Exploratory Factor Analysis included correlation matrix, the KMO and Barlett's tests.

Key Findings: The study reveals that, agreeableness ($r=0.320$), conscientiousness ($r=0.423$) and emotional stability ($r=0.325$) are moderately correlated to authoritative parenting. The study shows that the Big Five personality traits of agreeableness, conscientiousness and emotional stability are derived from authoritative parenting among youth aged 15-34 years living in Mukuru settlement, Nairobi County.

Conclusion: Emotionally stable youth are conscientious, agreeable and extraverted. When authoritative parenting style is prevalent, the youths' parents exhibit warmth, support, control and supervision when nurturing their children. Consequently, the youth are nurtured to become helpful, forgiving, kind, trusting, cooperative and reliable citizens. They perform their jobs thoroughly, are efficient and do follow-ups. They become relaxed, persevere and calm.

Keywords: Parenting, Big Five personality traits, Youth

INTRODUCTION

Parenting styles such as permissive, authoritative and authoritarian, are psychological constructs that represents standard methods that parents use in fostering their children (Asad et al., 2023). Five scopes of human personality, involve emotional stability or neuroticism, extraversion, openness to experience or intellect conscientiousness, and agreeableness, are included the structure of the Big Five personality traits (Gharrashi et al., 2023). In the recent past, Indonesia, Morocco, Nepal, Peru, Paraguay, Serbia, Nigeria, Nepal, Madagascar, Uganda and Kenya experienced rage by youth including the generation zoomers (Gen Z), who were seeking an audience. The Gen Z are youth who were born between 1997 and 2012, and are therefore aged between 14 and 29 years old as of 2026.

Globally, parental demandingness and responsiveness are the categories of parenting styles which creates typology of authoritative, authoritarian, indulgent-permissive and uninvolved parenting (Sharma et al., 2011). Responsiveness involves warmth, love, support and care, while demandingness involves control and supervision during child rearing (Ratner, 2014). Ji & Esqueda (2022) posit that an individual's developmental factors envisage their Big Five personality traits, precisely over factors such as the quality of their association

with family associates and the quantity of time that they have to move during childhood. The continents of Latin America, Europe and Asia have observed the youth collective action during the year 2025. In Latin America (Greene, 2025), Peru (Puig, 2025) and Paragual were affected by the youth collective action. They had accusations of corruptions, economic insecurity and crime. They demanded for a life without fear, denounced nepotism, poor public services, corruption and lack of jobs for the youth. In Europe, Serbia (Civil Rights Defenders, 2025) youth were collectively acting against corruption and the cost of living that were affecting them. In Asia (Shivji, 2025), Nepal, Phillipines and Indonesia also experienced the similar collective action. Sharma et al. (2011) examined parenting styles and depression among 100 adolescents in india, using Pearson's product-moment of correlation and t-test. Ratner (2014) assesed parenting and attachment among 264 high school students in Central Florida, using Multivariate Analysis of Variance (MANOVA). Ji & Esqueda (2022) conducted research on developmental factors and the Big Five personality traits of American education system high school students in Hong Kong, using correlations.

In the African context, Asad et al. (2023) posit that, there is high authoritative parenting, permissive parenting and moderate inspiration of authoritarian parenting and very low impact of neglectful parenting on the students' life worth in the Eastern Uganda. Personality traits of agreeableness, extraversion, conscientiousness, openness to experience and neuroticism are high. In Ghana, Oniyide et al. (2025) established that authoritative parenting style reduced bullying, while authoritarian and permissive parenting style increase bullying behavior among students. In Tanzania, permissive and authoritative parenting styles have optimistic influence to students' presentation, while uninvolved and authoritarian parenting styles have negative contribution (Mwakapusya & Gwajekera, 2024). In Madagascar (Chibelushi et al., 2025), Morocco (HESPRESS English, 2025) and Nigeria the youth claimed that they had copied the Kenyans collective action (Mohammed, 2024). In Uganda, the youth collectively claimed that they were copying their counterparts in Kenya, though their collective action was not successful (Chothia, 2024). Asad et al. (2023) established parenting styles and the Big Five personality traits among 368 public university students in Eastern Uganda, using correlation research design. Oniyide et al. (2025) conducted parenting styles and personality traits among school adolescence in Osun State, Nigeria, using explanatory sequential mixed method analysis. Mwakapusya & Gwajekera (2024) ascertained parenting styles and the academic performance of primary school students in Dodoma, Tanzania, using thematic analysis and descriptive statistical analysis.

In Kenya, parents are very important character in nurturing their children as they impact self-esteem, self-efficacy and individuality growth related with personality extents of students (Kilonzo, 2017). Frequent exposure to traumatic situations, such as loss of a caregiver may hinder the growth of the youth due to breakdown of support system (Dalberg, 2019). Authoritative parenting reduces antisocial behavior among the youth, while authoritarian and permissive styles parenting enhances antisocial behavior (Ruguru, 2019). In Kenya (Amnesty International, 2025), 65 people died, 85 forcibly disappeared and thousands arbitrary arrested during the youth collective action. Kilonzo (2017) examined parenting styles and personality traits of 320 secondary students in Mombasa County, using descriptive statistics. Ruguru (2019) conducted on parenting and antisocial behavior among secondary school students in Embakasi East, Nairobi County.

Authoritative parenting has positive moves and lower destructive beliefs in the youth. Authoritarian parenting has above average positive distresses and hostile beliefs, while permissive parenting leds to high disturbance in Spain (Salavera et al., 2024). Social identity and reflective communication allow some religious groups to achieve collective action that bridge communal division amid the people involved. While others regularly a language and goals, although the ordinary religion prevent collective action in the United States (Williams, 2006). Collective actions are directly influenced by openness to experience, agreeableness, neuroticism and reciprocity orientation of extraversion in Leipzig, East Germany (Brandstatter & Opp, 2014). Research has been conducted on the youth parenting and religious groups in the global and African regions. However, there is contextual gap on the same in the African region, especially in Kenya.

According to the International Federation for Family Development (2015), the era of instant gratification has led to a reduction in frustration tolerance, a way in which one learns how to grip distressing circumstances. Frustration tolerance allows for uncertainty and absorbs to circumnavigate the usual life situations. Those who

lack may lead to moderate desolation which may lead to suicide in the self-comforting challenges. Hoskins (2014) posits that the influence of parenting during adolescence continues to affect behavior into adulthood.

A huge labor force and casual economy reside in Mukuru settlement. This labor force is conducive to the adjacent industrial area as well as in the economic activity inside the settlement including Nairobi's central business district. The outcry of the youth living in Mukuru settlement is varied. Despite the deliverance of massive economic input in the city, these residents experience job insecurity and low wages regularly in their informal jobs. As a result, the given workers endure without any modification of living setting or financial savings. Roughly 30% of Mukuru settlement dwellers are unemployed. 25% of women are more likely to be unemployed as compare to men, since there is gender inequality. Casual labor is very communal and over 12% of employment is in local industries. The regular household reports a typical monthly income of Ksh.12,000. Paying for education, health care and food were testified as the three highest precedent financial needs for Mukuru settlement residents (Corburn et al., 2022). The youth in Uganda and Nigeria affirm that they were copying their counterparts in Kenya and these collective actions have been experienced across the globe lately.

Globally, the continents of Latin America, Europe and Asia have observed the youth collective action during the year 2025. In Latin America, Peru and Paragual were affected by the youth's collective action. They had accusations of corruptions, economic insecurity and crime. They demanded for a life without fear, denounced nepotism, poor public services, corruption and lack of jobs for the youth. In Europe, Serbia, the youth were collectively acting against corruption and the cost of living that were affecting them. In Asia, Nepal, Phillipines and Indonesia also experienced similar collective action. In the African region, Madagascar and Morocco and in Nigeria, the youth claimed that they had copied the Kenyans collective action (Mohammed, 2024). In Uganda, the youth collectively claimed that they were copying their counterparts in Kenya, though their collective action was not successful (Chothia, 2024). In Kenya (Amnesty International, 2025), 65 people died, 85 forcibly disappeared and thousands arbitrary arrested during the youth's collective action.

The social and economic issues experienced by the youth living in Mukuru settlement may result to social justice. This era of instant gratification has decreased frustration tolerance that may led to the youth's moderate sadness resulting to maladaptive behavior. Parenting offers a secure environment that enables the youth to feel loved and understood. It also imparts cultural values and teaches appropriate values. Maladaptive behavior result from reverse personality traits involving antagonism, impulsiveness, neuroticism and closedness to experience. Intervention is key especially where maladaptive behavior is a concern to the society.

The conceptual gap in the aforementioned empirical studies is the examination of parenting styles and the Big Five personality traits. The methodological gap is analysing data using Exploratory Factor Analysis. While the contextual gap is Mukuru settlement in Nairobi County. This study examines parenting styles and the Big Five personality traits, with the focus on Mukuru settlement in Nairobi County, using Exploratory Factor Analysis. Based on these aforementioned empirical studies, there is a need to study the parenting styles and the Big Five personality Traits of the youth living in Mukuru Settlements, Nairobi County, Kenya in Africa.

The justification of this study is that it may add value to Baumrind's theory in regard to the effect of parenting styles and the Big Five personality traits of the youth who are 15 - 34 years of age. This study would be a data bank in reference to evidence on parenting styles and personality traits or any other associated research that would need this material. Policy values may help policy makers including the youth and gender department; and the Nairobi County government. The policy makers may accept policies regarding parenting styles and the Big Five personality traits of the urban youth age 15 to 34 years. The outcomes of the study will be a contribution to various institutions guidelines on different types of personality traits and their appropriate specialty applications when recruiting staff. The managers of the local and international organizations will be able to highlight given personalities for varied levels of operation. This would enable organizations to be more modest in their specific industry. This evidence would similarly help enhance efficiency in processing human resource business plans. Practice values of this study may benefit the mental health practitioners. The mental health practitioners include the counselors, psychologists, and psychiatrists. The practitioners may be able to comprehend parenting styles and the Big Five personality traits of the youth aged 15 to 34 years, especially

those living in urban, Kenya. The consultants may also adapt the discoveries of this learning with respect to the relevant subjects.

The objective of the study was to establish personality traits derived from the parenting styles among the youth aged 15-34 years living in Mukuru settlement, Nairobi County. Which personality traits are derived from parenting styles among youth aged 15-34 years living in Mukuru settlement, Nairobi County?

The foundation theories of this study involve Baumrind (1971) typology and Goldberg (1993) theory. Baumrind theory guides the concept of parenting styles. Goldberg theory anchors the Big Five personality traits. Goldberg theory is consequential of Baumrind theory. The scope of the study is the Mukuru settlement population including the locations of Kware, Mukuru kwa Njenga and Mukuru kwa Reuben. The study is delimited to the youth aged 15 – 34 years living in Mukuru Settlement, Nairobi County. The methodology delimitation descriptive survey design and application of quantitative research for the survey to evaluate the groups of youth. This study covers both male and female respondents aged 15 – 34 years living in Mukuru settlement. The parenting styles are expected to influence the Big Five personality traits of the youth. The youth ages 15 – 34 are defined by Kenya National Bureau of Statistics, (April, 2022) for international comparison. The youth ages 15 - 28 years are in the bracket age of the Gen Z in 2026, and those aged 29-34 are millennials. The youth living in Mukuru Settlement are vulnerable to participate in the protest, since their residence is adjacent to the centra business district of Nairobi, the Capital city of Kenya.

LITERATURE REVIEW

The foundation theories of this study involve Baumrind's (1971) typology and Goldberg's (1993) theory. Baumrind's theory anchors the concept of parenting styles. Goldberg theory anchors the Big Five personality traits. Baumrind's theory and Goldberg's theory were used in this study. Goldberg theory is consequential of Baumrind theory. Baumrind's theory addresses different dimensions of parenting styles. Fadiilllah & Fauziah (2022) assessed that the parenting styles of Diana Baumrind that have an impact on children's cognitive development, namely permissive, authoritarian and. authoritative. Parents choose and determine the parenting style conferring to the needs and phases of the child's development. Candelanza et al. (2021) suggest that authoritative parents are not the only factors that can affect the children's academic performance. Baumrind theory anchored the concepts of parenting in this study. Goldenberg theory involve the Big Five factor of Opennnness to Experience, Conscientiousness, Extraversion, Agreeableness and Neuroticism.

Diana Baumrind in 1971 developed Baumrind theory with the objective of replicating or modifying parenting relations initiated in previous studies and also to distinguish more among designs of parental authority, and to measure their effects on preschool children and their families. Authoritative parental conduct was evidently associated with self-governing goal-directed conduct for girls but only related with such conduct for boys when the parents were different. Authoritative parental conduct control was clearly related with all guides of social responsibility in boys compared to authoritarian and permissive parental control, and with high accomplishment in girls, but not with responsive, cooperative conduct. Contrary to potentials, parental individuality was not related with lack of social responsibility in either boys or girls (Baumrind, 1971). Baumrind theory anchors the concept of parenting styles of this study. The principles of Baumrind theory are categorized into responsiveness and demandingness. Responsiveness involves warmth, love, support and care, while demandingness includes control and supervision during child rearing (Ratner, 2014). The application of Baumrind theory to the study is to examine how authoritative parenting, authoritarian parenting and permissive parenting influence the Big Five personality traits. Authoritative parenting involves the use of reasonable boundaries or rules, ensuring that the children conform to demands. Parents and care givers communicate effectively, provide warmth and support to their children (Mujdin & Muthmainah, 2022). Authoritarian parenting involves hostile and forceful communications between parent and child. It often contains fear mongering, weak parent-child communication and extreme control. It is high in structure but low in warmth and autonomy (Peterson, 2020). Permissive parenting has the characteristics of high warmth but a low level of control. Permissive parenting has an impact to children especially leading to manipulation, bullying and aggression by strangers (Purnama et al., 2022). The strengths of the Baumrind theory relative to this study are the application of the authoritative, authoritarian and permissive parenting styles in establishing the relevant

parenting style used by the population of the study (Baumrind, 1971). This theory is also a foundational model for research on parenting. It highlights that authoritative parenting is the best parenting style since it focuses on high warmth, love and support; and high supervision and control. The weakness of the Baumrind theory relative to this study is the omission of the neglecting parenting style by Maccoby & Martin (1983), since the PAQ (Buri, 1989) psychological tool used to capture the data of the study does not include uninvolved parenting style. According to Candellanza et al. (2021), parents are not the only factors affecting the child's academic achievements. The type of parenting such as authoritarian, authoritative and permissive styles, offered by Diana Baumrind has close connection with child growth to justify this theory. The treatment and attitude of parents, by the choice of parenting style will determine the achievement and future of the child (Fadiilllah & Fauziah, 2022).

Lewis R Goldberg in 1993 developed Goldberg theory and established that the Big Five personality traits areas are located at the uppermost level that is expressive to behavior, with only overall assessment located at an advanced and more abstract level. When viewed orderly the exponents of the five-factor model have never envisioned to decrease the rich needlepoint of personality to a mere five traits. They pursue to offer a systematically compelling outline for organizing the myriad individual alterations that characterize humankind. The Big Five have domain incorporates five traits: Factor one is surgency or extraversion differences traits such as assertiveness, talkativeness and activity level with traits such as passivity, silence and reserve. Factor two is agreeableness or satisfaction, distinct traits such as trust, kindness and warmth with such traits as selfishness, hostility and distrust. Factor three is conscientiousness or reliability diverges such traits as thoroughness, organization and reliability with traits such as negligence, carelessness and unreliability. Factor four is emotional stability versus neuroticism embraces such traits as moodiness, nervousness and erratic. Factor five is intellect or openness to experience differ with such traits as curiosity, imagination and creativity with traits such as superficiality and imperceptiveness (Goldberg, 1993). Goldenberg theory anchors the concept of Big Five personality traits in this study. The principle of Goldberg theory involves the lexical hypothesis, the Big Five factors; and inventories and instruments. The main principle was the Big Five personality trait's structure entails of five superordinate extents of human personality, namely extraversion, agreeableness, conscientiousness, emotional stability or neuroticism and openness to experience or intellect (Gharrashi et al., 2023). The Big Five factors of traits with a mnemonic of OCEAN, which involve openness to experience, conscientiousness, extraversion, agreeableness and neuroticism among the youth. The application of Goldberg theory to this study is to understand behavior in reference to extraversion, agreeableness, conscientiousness, emotional stability and openness to experience personality traits among the youth based on their prevalent parenting styles. The strengths of the Goldberg theory in this study are the use of the inventory and tools in examining the Big Five personality traits of the youth. Empirical studies show that this theory is applicable across cultures due to its universal structure. The results of the model predict real world outcome; therefore, it is reliable. The weaknesses of the theory are that, topics such as well-being and happiness, person perception, evolution and personality, attachment, self-dimensions, behavioral genetics of personality, machine learning and personality, and personality psychology's border with other areas such as clinical, industrial and health psychology deserve coverage and attention (Roberts & Yoon, 2022). Other situational factors, such as standard of living and cultural aspects in the African context may limit the outcome of the model. Justification of the Goldberg theory is that, by studying the Big Five personality trait archetypal, the philosophical proposition has revealed that, in diverse countries, the inventory of glossary traits to identify adjectival clusters of these traits can reveal new traits that model could not contain. Religiosity is one of the greatest traits that has not been considered in the Big Five personality trait model. Hence it is vital to advance the model further by including a sixth trait which is religiosity (Abood, 2019). Goldberg theory is consequential of Baumrind theory.

Some scholars have established parenting styles and the Big Five personality traits. Globally, authoritative parenting tactic consequences has desirable personality traits and fewer behavioral difficulties. Permissive and authoritarian parenting approaches tend to lead to maladaptive personalities and presentation, as well as internalizing and externalizing problems. Conscientiousness and resilience can support the effects of parental control, plummeting the chance of conflict within the family and development of internal problems. The concepts, context and methodology involve parenting and personality development in Ontario, Canada via literature review (Zheng, 2023). An individual's developmental factors can be used to predict their Big Five

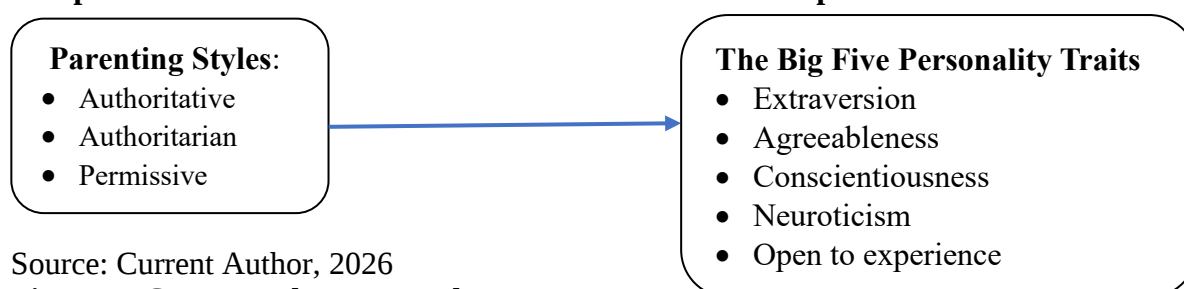
personality traits, particularly through factors such as the quality of their family relationships and the quantity of times they moved during childhood. The concepts, context and methodology involve developmental factors and Big Five personality traits in Hong Kong using experiential survey (Ji & Esqueda, 2022). Inferior mental health is related with grander differences of parental styles, higher neuroticism and lower conscientiousness, agreeableness and openness to experience. The mediating effect of agreeableness or openness to experience is reinforced by the relations between parenting styles and mental health of medical university students. The concepts, context and methodology involve parenting styles, the Big Five personality traits and mental health in China using cross sectional survey, mean, standard deviation, correlation (Yao et al., 2023).

In Africa, especially in Burundi, most parents have diverse experiences with their children's charisma, with many wanting constructive involvements. Factors linking parents included role models, children's needs, education, motivation and emotional well-being support. Parents build their children's character in empathy, interdependence, parenting models, and socialization. Good parenting nurtures healthy psychological growth, while poor parenting can lead to antisocial tendencies. The concepts, context, methodology involve religious commitment and character building in Gitegi district, Burundi using exploratory descriptive design (Niyonizeye et al., 2024). Asad et al. (2023) posit that, there is high authoritative parenting, moderate impact of authoritarian parenting and permissive parenting styles and very low impact of neglectful parenting style on the students' life worth in Eastern Uganda. Personality traits of openness to experience, conscientiousness, extraversion, agreeableness and neuroticism are high. The concepts, context and methodology involve parenting styles and personality in Eastern Uganda through correlational research design. Odiase and Ekechukwu (2015) established that, in Nigeria, the personality traits of extraversion and agreeableness depend on the parenting styles of the students, while neuroticism does not depend on it. The concepts, context and methodology involve parenting and personality traits in River State, Nigeria, using descriptive survey design (Odiase & Ekechukwu, 2015). In Kenya, parents play a highly significant part in their children's growth as they influence self-esteem, self-efficacy and identity growth which are related with personality extent of students. The concepts, context and methodology involve parenting styles and personality dimensions in Mombasa County, Kenya through frequency distribution, correlation and chi-square (Kilonzo, 2017). This study apply methodological gap of Exploratory Factor Analys to establish personality traits derived rom the parenting styles; the contextual gap is the youth aged 15-34 years living in Mukuru settlement, Nairobi County, Kenya as per the given objective.

The objective of the study was to establish personality traits derived from the prevailing parenting styles among the youth aged 15-34 living in Mukuru settlement, Nairobi County. Other scholars have established parenting styles and the Big Five personality traits in various contexts with data analysis methodology involving Ontario, Canada using literature review (Zheng, 2023), Hong Kong using experiential survey (Ji & Esqueda, 2022), China using correlation (Yao et al., 2023), Gitegi district, Burundi using exploratory descriptive design (Niyonizeye et al., 2024); Eastern Uganda through correlation (Asad et al., 2023), River State, Nigeria, using descriptive survey (Odiase & Ekechukwu, 2015) and Mombasa County, Kenya through correlation (Kilonzo, 2017). The data analysis methodological gap is correlation matrix via Exploratory Factor Analysis. The contextual gap is the youth aged 15 – 34 living in Mukuru settlement, Nairobi County.

Conceptual Framework

Figure 1 demonstrations the conceptual framework for parental styles and the Big Five personality traits.



Source: Current Author, 2026

Figure 1: Conceptual Framework

From the conceptual framework, parenting styles are expected to influence the Big Five personality traits.

METHODOLOGY

A research design entails strategy and specific procedures in search for answers to a definite research question (Khanday & Khanam, 2019). Basic case study is used when the pursuit of the researcher is to study more about a particular individual, group, event or organization (Patnaik & Pandey, 2019). This study used descriptive survey design (Creswell & Creswell, 2018), and applied quantitative research for the survey and evaluation of the youth. Survey design was used to collect data by administering the questionnaires to the respondents in Kware, Mukuru Kwa Njenga and Mukuru Kwa Reuben. Correlation design examined the degree of association between parenting styles and the Big Five personality traits. Descriptive design was used to analyze complete data of this study.

The age of 27 years is average in Mukuru settlement (University of California Berkeley, Institute for Urban and Regional Development & Centre for Global Healthy Cities, 2017). Mukuru settlement inhabitants may express great danger and cause the City more in terms of disease, disability and death if nothing is done to advance living condition and diminish poverty. The gender of the residents consists of male and female. The children and adolescence are also part of the Mukuru settlement. Mukuru settlement is located on the South East of industrial area, South West of outerring road, West of airport road and North of Imara Daima estate in Nairobi City, Kenya. The settlement is located on the South East the central business district of Nairobi and they are vulnerable to participate in the youth collective actions when demanding for social justice (Corburn et al., 2022). Justification for choosing Mukuru settlement is because a huge labor force and casual economy residents in Mukuru settlement. This labor force is conducive to the adjacent industrial area as well as in the economic activity inside the settlement including Nairobi's central business district. The outcry of the youth living in Mukuru settlement is varied.

The population enables researchers to comprehend the group under study; in distinction, the target population establishes a subset of the wider population being examined, categorized by specific qualities (Willie, 2024). This study examined the population of Mukuru settlement, Nairobi County. According to Kenya National Bureau of Statistics (2022), the target population in Mukuru settlement is 308,632 residents, comprising of 166,517 living in Kware, 76,426 living in Mukuru Kwa Njenga and 65,691 living in Mukuru kwa Reuben. The youths were grouped. Mukuru settlement is a slum in Nairobi County. The researcher engaged youth and religious organizations to mobilize the targeted youth group.

Simple random sampling was applied in this research. Simple random sampling is choosing participants who are often willingly and easily obtainable, it is inexpensive, easy and often helps to overcome many challenges of limitation associated with research (Taherdoost, 2016). The youth were grouped. The youth and religious organizations were engaged to mobilize the targeted youth group. According to Tajik et al. (2024) purposive sampling is the planned selection of precise units that enables researchers to gain deep insight into complex phenomena. It is essential to qualitative and mixed method research, for its focus on contextual and detailed understanding. Purposive sampling was used to study the youth aged 15 – 34 years living in the locations of Kware, Mukuru Kwa Njenga and Mukuru kwa Reuben locations of Mukuru settlement, in case random sampling would slip. The youth representatives sensitized the youth and their parents from the respective research locations. The researcher assembled the participants in the given locations during the introduction of the research exercise. Later, the youth and their parents were guided to form two different forums during their respective discussions and response to the given research instruments.

Yaro Yamane's Sampling formula was useful to compute the sample size.

Yaro Yamene (1967) sampling formula: $n = N / 1 + N(e)^2$

Where n is the sample size

N is the Approximate population

e is the margin of error

$$n = 308,632 / 1 + 308,632(0.05)^2 = 400 \text{ sample of the total population}$$

NB: The youth aged 15 - 34 years constitute 36% of the urban population (Kenya National Bureau of Statistics, April, 2022).

Therefore, the computed sample size = $400 \times 36\% = 144$ youth

Yaro Yamane's sampling formula was used to compute the sampling size. This formula computed the sample size from the total population of Mukuru settlement residents. The relative percentage of the urban youth was obtained from the secondary data of the Kenya National Bureau of Statistics. The proportion of the relative percentage was then computed from the results obtained from Yaro Yamane's formula resulting to a sample size of 144 youth. Table 1 shows the purposive sampling method used in the sampling matrix for Mukuru settlement.

Table 1: Sampling Matrix for Mukuru Settlement

Location	Approx. Population	Ratio based on total population	Expected Sample Size
Kware	166.517	54%	78
Mukuru kwa Njenga	76,426	25%	36
Mukuru kwa Reuben	65.691	21%	30
Total	308,634	100%	144

Source: Author, 2026

Table 1 shows the sample size computation for Kware (78), Mukuru kwa Njenga (36) and Mukuru kwa Reuben (30) youth. Each proportion of the population from Kware, Mukuru kwa Njenga and Mukuru Kwa Reuben were computed based on the total population of the Mukuru settlement residents. The given proportions were applied to the total sample size to arrive at each sample size for Kware, Mukuru kwa Njenga and Mukuru kwa Reuben.

Primary data were collected from the youth aged 15 – 34 years by means of structured questionnaire. The questionnaire was directed to the youth during community engagement events organized in partnership with the given religious and youth organizations. The first section of the questionnaire involved the background information and the other sections involved questions obtained from given instruments of parenting styles index (Buri, 1989) and the Big Five personality traits (Oliver & Srivastava ,1999). The structured data collection tools were used to collect data.

Pilot studies direct the research process. They have an impact on the course of research process and so are an integral part of any research process (Dzwigol, 2020). The research conducted a pre-test of the research instruments to check the consistency and accuracy of the questions. Pilot testing of the questionnaire was done prior to the administration of the questionnaire to the respondents. The pilot study took place at Kibera location, targeting the youth ages 15 – 34, since Kibera is also a slum settlement that has similar standard of living and culture like to Mukuru settlement.

This study measured the reliability test of the constructs of the study and also the validity of the research instrument. Internal consistency is about the reliability within the measuring instrument as it interrogates how well a set of items measure a concept that is being confirmed. The more interconnected the items, the advanced the calculated reliability. A test such as Kuder-Richardson coefficient, split-half reliability, inter-item consistency or Cronbach's alpha can be used (Shodiya & Adekunle, 2022). According to Buri (1989) Cronbach alpha of PAQ reliability scales include 0.82 for mother's authoritative parenting, 0.85 for mother's authoritarian parenting, 0.75 for mother's permissive parenting, 0.85 for father's authoritative parenting, 0.87

for father's authoritarian parenting and 0.74 for father's permissive parenting. According to Oliver & Srivastava (1999) the full scale 0.85 cronbach alpha of BFI, with openness to experience (0.83), conscientiousness (0.82), extraversion (0.86), agreeableness (0.79), and neuroticism (0.87). Cronbach reliability test was applied in this study to examine the actual respondents score of parenting styles and actual score of the Big Five personality traits on each scale within the administered questionnaire. The researcher assessed how the actual results correspond to the discoveries of the original research instruments.

Table 2 shows the reliabilty test of constructs of parenting styles and the Big Five personality traits. The interpretation involve, very highly reliable, reliable, acceptable and minimal reliable.

Table 2: Reliability Tests

Construct	Cronbach's Alpha	No. of Items	Interpretation
Fathers' Permissive Parenting	0.613	10	Minimal Reliable
Fathers' Authoritarian Parenting	0.772	10	Reliable
Fathers' Authoritative Parenting	0.815	10	Highly Reliable
Mothers' Permissive Parenting	0.626	10	Minimal Reliable
Mothers' Authoritarian Parenting	0.719	10	Reliable
Mothers' Authoritative Parenting	0.815	10	Highly Reliable
Openness to Experience	0.769	6	Reliable
Closed-mindedness	0.638	4	Minimal Reliable
Conscientiousness	0.720	5	Reliable
Impulsiveness	0.646	4	Minimal Reliable
Extraversion	0.719	5	Reliable
Agreeableness	0.803	5	Very Highly Reliable
Antagonist	0.609	4	Minimal Reliable
Neuroticism	0.607	5	Minimal Reliable
Emotional Stability	0.665	4	Minimal Reliable

Source: Research Data. 2026)

Criterion validity is the degree to which a measure is correlated to an outcome. It measures how well one measure forecasts an outcome for another measure, and predicts the behavior or another situation. The three categories of criterion validity include: concurrent validity, predictive validity and postdictive validity. Concurrent validity denotes to the degree to which the outcomes of a particular test, or measurement corresponds to those of a formerly recognized for the same construct (Taherdoost, 2016). Concurrent validity of the questionnaire test the inventory measuring tools applied on parenting styles (Buri, 1989) and the Big Five Personality traits (Oliver & Srivastava, 1999). This study measured the parenting styles and the Big Five personality traits, using the PAQ and BFI standard scales, to establish how the results correspond to the

findings of the original research instruments. The standard criterion validation scales for PAQ, 0.92 for mother's nurturance and 0.94 for father's nurturance. For BFI full scale (0.91), with openness to experience (0.91), conscientiousness (0.92), extraversion (0.92), agreeableness (0.93), and neuroticism (0.86). The study used the ratio of chi-square to its degree of freedom to measure the validity of the predictive factor structure.

Structured assent forms for the youth were also administered during the data collection event. The introduction letter was read to the youth, their parents and their caregivers prior to the data collection. This was followed by the structured questionnaire to those who accepted to participate in the data collection exercise. For the youth who were below 18 years, consent forms were provided to their parents/caregivers prior to their participation. Structured interview schedules on the youth peers and their socio-cultural environment were also given to the youth's parents and caregivers during the focus group discussion session. The respondents handed over their completed forms and questionnaires to the research assistants as soon as they were done with them.

Data analysis is the progression of cleaning, transforming and modeling data to determine suitable evidence for business decision-making. Statistical analysis includes collection, analysis, interpretation, presentation and modelling of data. The sorts of statistics analysis involve descriptive and inferential analysis (Islam, 2020). This study used the statistical analysis, whereby it applied the descriptive analysis to analyze complete data and reveal frequencies and percentages for categorical data of the demographic of the respondents. Exploratory Factor Analysis is normally used where there is no knowledge among the items of the scale and is data driven and flexible. Confirmatory Factor Analysis is usually used where there is existence of a proven structure with a new data set and is hypothesis driven (Orcan, 2018). Exploratory Factor Analysis was used in this study since the measuring scales PAQ of parenting styles (Buri, 1989) and BFI of the Big Five personality traits (Oliver & Srivastava, 1999) had no knowledge in the context of the study. Exploratory Factor Analysis including the correlation matrix, KMO and Barlett's tests were applied to analyze the complete data on the relationship between parenting styles and the Big Five personality traits. KMO measured the sampling size adequacy for the factor analysis. Barlett's tested the research interrogations that the correlation matrix is a distinct matrix. The SPSS ver. 25 software was used to analyze the data. Table 3 shows the data analysis computation.

Table 3: Summary of Data Analysis Computation

Research Objective	Question	Analysis Model	Test Statistics
To establish the Big Five personality traits derived from parenting styles among the youth aged 15-24 years living in Mukuru settlement, Nairobi County.	What are the Big Five personality traits derived from parenting styles among youth aged 15-34 living in Mukuru settlement, Nairobi County?	Exploratory Factor Analysis: $X = \mu + f + e$; Where, $\mu = E(X)$ is the general mean vector, f is a random k -vector with $E(f)=0$ and $V(f)=\Phi$, e being a random p -vector of unique factors with $E(e)=0$ and $V(e)=\Psi$ a diagonal matrix	Frequency, Percentages, Correlation matrix, Kaiser-Meyer-Olkin (KMO) test, Barlett's Test ($H_0: \sigma_i^2 \neq \sigma_j^2$).

Source: Current Author, 2026

This study used the primary data from one significant settlement, Mukuru settlement in Nairobi County. The researcher focused on three divisions of Kware, Mukuru Kwa Njenga and Mukuru Kwa Reuben to minimize reliability and validity threats. A lot of time and resources were spent collecting the primary data from the respondents living in the area of study. The researcher partnered with religious and youth organizations to reach out to the population of the study.

Ethics manages the ethical complications associated to the practice of research. The emphasis is on the responsibilities of researchers in the direction of the rights and interests of their audience, their participants,

society and their academic community. Ethics refers to the values and norms that guide results regarding the data collection and data analysis, as well as the dissemination of outcomes (Mirza et al., 2023). The researcher obtained approval form from the Catholic University of Eastern Africa. The university's psychology department issued a research request letter addressed to National Commission for Science Technology and Innovation. A research authorization letter was approved by National Commission for Science Technology and Innovation. All persons, including the researcher, operated in accordance with ethics of respect, that ensured, fair and sensitive treatment, with dignity and freedom from prejudice during the research. To ensure the importance and compliance of the research, the research maintained a formal yet hassle-free rapport with the research participants throughout the process of data collection. An informed consent letter was given to every participant explaining the main purpose and objective of the research, the ethics of research confidentiality and anonymity. Structured assent forms were administered to parents/caregivers of the youth below 18 years. Structured Focus Group Discussions forms were administered to parents/caregivers to complement the youth survey data. The data collection process was not contingent on anyone providing the service. The researcher shared the research with supervisors and interested scholars to exchange ideas and receive feedback on the study. Since the questionnaire is written in English; to avoid biasness, the researcher translated the information to the participants who did not comprehend English. The American Psychology Association principles of respect for people's rights and dignity, beneficence and non-maleficence; fidelity and responsibility, justice and integrity were used in this research.

RESULTS AND DISCUSSIONS

The results of the Big Five personality traits derived from parenting styles involve, the demographic information, correlation matrix; and parenting styles and the Big Five personality traits KMO and Bartlett's tests. The demographic includes the response rate, the age brackets, the youths' level of education, gender and the caregivers.

Table 4 presents the response rate of the study. It involves the area, number of respondents, sample size and the variance of the response to the sample size.

Table 4: Response Rate

Area	No. of respondents	Sample size	Variance
Kware	26	78	(52)
Mukuru kwa Njenga	59	36	23
Mukuru kwa Reuben	23	30	(7)
Completed response	108	144	(36)

Source: Research Data, 2026

According to Slovin's sampling the total respondents' variance of the expected sample size by 25%. Table 4 reveals that the target age group completed 108 questionnaires. Therefore, the response rate is $108/144 \times 100 = 75\%$. which is relevant for the analysis of the study.

Table 5 relays the age bracket. It includes the age brackets, number of respondents and the percentages in relation to the respondents.

Table 5: Age Brackets

Age Bracket	No. of respondents	Percentage
15 to 18 years	21	19%
18 to 24 years	67	62%
25 to 34 years	20	19%
Total	108	100%

Source: Research Data, 2026

Table 5 reveals that 19% of the respondents were in the age bracket of 15 to 18 years. 67% were between 18 to 24 years and 19% were between 25 to 34 years. Majority of the respondents were between 18 to 24 years, the age of young adults' stage and Gen Z in 2026.

Table 6 shows the level of education. It includes the academic education, number of respondents and the percentages in relation to the respondents.

Table 6: Level of Education

Academic Education	No. of respondents	Percentage
Undergraduate	40	37%
Diploma	20	18.5%
Certificate	11	10%
High School / Secondary	20	18.5%
Primary School	12	11%
Drivers' License	1	1%
School drop-out	4	4%
Total	108	100%

Source: Research Data, 2026

Table 6 reveals that 4% of the respondents age 15 – 34 years living in Mukuru settlement were school drop-out. 37% were undergraduates, while 18.5% were diploma holders. The research data reveals that other level involve 18.5% high school/secondary certificate holders, 10% artisan certificate holders, 8.7% were attending high school, 1% with driving certificates and 11% were attending primary schools. Most respondents of this study were undergraduate education level.

Table 7 displays gender of the respondents. It includes gender, number of respondents and the percentage in relation to the respondents.

Table 7: Gender of the Respondents

Gender	No. of respondents	Percentage
Male	72	67%
Female	36	33%
Total	108	100%

Source: Research Data, 2026

Table 7 reveals that 67% were male and 33% are female. The male gender was the majority to respond to this study.

Table 8 displays the caregivers. It includes the respective caregivers, the number of respondents and the percentages in relation to the respondents.

Table 8: Caregivers

Caregivers	No. of respondents	Percentage
Both Parents	65	60%
Father	9	8%
Mother	23	21%
Uncle	1	1%
Aunt	1	1%
Brother	3	3%
Self	6	6%
Total	108	100%

Source: Research Data, 2026

Table 8 reveals that 60% had both parents as caregivers, 21% mother, 8% father and 1% uncle and aunt. Others involved 6% self, 3% brother respectively. The majority of the respondents' caregivers were both parents.

Table 9 shows the parenting styles and the Big Five personality traits KMO and Bartlett's Test. The Kaiser-Meyer-Olkin (KMO) measures the sampling adequacy. The Bartlett's test of sphericity includes the approximate chi-square, degrees of freedom (df) and the level of statistical significance (p-value).

Table 9: Parenting Styles and The Big Five Personality Traits KMO and Bartlett's Test

KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		0.785
Bartlett's Test of Sphericity	Approx. Chi-Square	625.403
	df	55
	Sig.	0.000

Source: Research Data, 2026

Table 9 reveals that, KMO is 0.785. For a satisfactory factor analysis, a valid sampling adequacy should be greater than 0.5. This measure is between 0.7 – 0.8 is acceptable r ; therefore, the factor analysis advancement. The Bartlett's test the strength of the relationship among variables. The Bartlett's test is significant ($\chi^2 = 625.403$; $p < 0.05$). This explains that the correlation matrix is not an identity matrix and the Factor Analysis is fitting.

Table 10 shows the parenting styles and the Big Five personality traits correlation matrix. It reveals that authoritative parenting has strong correlation relationship with permissive parenting ($r=0.726$) and authoritarian parenting ($r=0.765$). Authoritative parenting indicators are high in warmth, support, control and supervision. Permissive parenting is high in warmth and support and low in control and supervision. Authoritative parenting is high in control and supervision, but low in warmth and support. The results show that the youth whose fathers or mothers practice either authoritative and permissive parenting experienced more of warmth and support. On the other hand, those whose fathers or mothers practice authoritative and authoritarian parenting, experienced more of control and supervision. The study also reveals that authoritarian parenting has moderate correlation relationship with permissive parenting ($r=0.685$). This shows that the youth whose fathers or mothers either practice authoritarian or permissive parenting experienced moderate warmth and support.

The study further reveals that, the Big Five personality traits of agreeableness ($r=0.320$), conscientiousness ($r=0.423$) and emotional stability ($r=0.325$) are moderately correlated with authoritative parenting style. Agreeableness is moderately correlated with extraversion ($r=0.638$). Conscientiousness is strongly correlated with agreeableness ($r=0.789$) and moderately correlated with extraversion ($r=0.632$). Emotional stability is strongly correlated with conscientiousness ($r=0.791$) and agreeableness ($r=0.734$), and moderately correlated with extraversion ($r=0.605$). The study shows that the Big Five personalities of agreeableness, conscientiousness and emotional stability are derived from authoritative parenting among youth aged 15-34 years living in Mukuru settlement, Nairobi County. The youth who are emotionally stable are conscientious, agreeable and extraverted. Authoritative parenting style is prevalent.

Table 10: Correlations between Parenting Styles and The Big Five Personality Traits

		Permissive Parenting	Authoritarian Parenting	Authoritative Parenting	Extraversion	Agreeableness	Antagonist	Conscientiousness	Impulsiveness	Neuroticism	Emotional Stability
Permissive Parenting	Pearson Correlation	1									
Authoritarian Parenting	Pearson Correlation	.685**	1								
Authoritative Parenting	Pearson Correlation	.726**	.765**	1							
Extraversion	Pearson Correlation	.063	.179	.180	1						
Agreeableness	Pearson Correlation	.154	.243*	.320**	.638**	1					
Antagonist	Pearson Correlation	.145	.015	-.092	.198*	.007	1				
Conscientiousness	Pearson Correlation	.253**	.280**	.423**	.632**	.789**	-.002	1			
Impulsiveness	Pearson Correlation	.102	.080	.031	.069	.008	.588**	-.046	1		
Neuroticism	Pearson Correlation	.182	.205*	.236*	.403**	.310**	.484**	.273**	.493**	1	
Emotional Stability	Pearson Correlation	.170	.230*	.325**	.605**	.734**	.027	.791**	.002	.262**	1

Source: Research Data, 2026

The study discloses that the parenting styles of permissive parenting, authoritarian parenting and authoritative parenting have statistically significant on Big Five personality traits among youth aged 15-34 years living in Mukuru settlement, Nairobi County. The study reveals that the Big Five personality traits of agreeableness, conscientiousness and emotional stability are derived from authoritative parenting among youth aged 15-34 years living in Mukuru settlement, Nairobi County. The youth who are emotionally stable are conscientious, agreeable and extraverted. Authoritative parenting style is prevalent. The personality traits derived from parenting styles are statistically significant. The outcome of this study is supported by Zheng (2023), Ji and Esqueda (2022), Yao et al. (2023), Niyonizeye et al. (2024), Asad et al. (2023), Odiase and Ekechukwu (2015) and Kilonzo (2017) who established the Big Five personality traits from parenting styles globally, in Africa and Kenya.

CONCLUSION AND RECOMMENDATIONS

The Big Five personality traits of agreeableness, conscientiousness and emotional stability are derived from authoritative parenting among youth aged 15-34 years living in Mukuru settlement, Nairobi County. The youth who are emotionally stable are conscientious, agreeable and extraverted. Authoritative parenting style is prevalent. The study reveals that most of the youths' parents exhibit warmth, support, control and supervision to their children. As a result, the youth are nurtured to be helpful, forgiving, kind, trusting, cooperative and reliable citizens. These youth perform their jobs thoroughly and efficiently and they also do follow-ups. They persevere, are relaxed and calm.

To academicians, the Buri (1989) and Goldberg (1993) research instruments are relevant in conducting settlement research. Theoretically, Goldberg theory is consequential of Baumrind theory. To policy makers, conscientiousness, agreeableness and emotional stability are dominant in the youth living in settlements. To counseling practitioners, most youth with conscientiousness, agreeableness and emotional stability personality traits are derived from authoritative parenting.

The researcher recommends that further studies need to consider various settlements in the urban settings using other Big Five Inventory by instruments like Gharrashi et al. (2023). Conduct comparative settlement studies from different countries, regions or continents. Future researchers can analyze data with both Exploratory and Confirmatory Factor Analyses and determine their different outcomes.

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