

Prevalence Of Blended Family Structures Among Students In Private Universities In Nairobi City County, Kenya

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Abstract

Over the years, blended families have increased mainly due to increased rates of divorce and remarriage. This study examines the prevalence of blended family structures among students from selected private universities in Nairobi City County, Kenya. The study used a convergent parallel mixed-methods design, with data being collected from a population of 380 university students aged 18–35 years from four selected Kenyan universities through multistage sampling. Both quantitative and qualitative data were collected using a semi-structured questionnaire, which included items adapted from the Family Environment Scale (FES) and the Family Assessment Device (FAD). Quantitative data were analyzed using descriptive statistics to determine the prevalence of responses. The study found that 21.3% of the students were from blended families, while 78.7% were from non-blended families. Among blended families, the results showed that the complexities of blended families were higher, as 40 % of the students reported that both parents had remarried with step-parents on both sides. In addition, 36.7 % of the students reported that there were step-siblings in the blended families from previous marriages. On the other hand, 15% reported that the students lived with a biological parent and a single step-parent. In comparison, 8.3% reported that the students lived with a biological parent and a step-sibling. The study's results illustrate the complexities of blended families among the majority of students.

Keywords: *Blended families, prevalence, family structure, step-parents, step-siblings, university students, Nairobi City Council, Kenya*

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I. Introduction

Generally, the family is considered a vital social structure that influences individual identity, socialization, and development throughout life. From a legal perspective, a family is considered a union of people who have a blood, marriage, or adoption relationship with one another (Bridgeman et al., 2016; Baker, 2023). Traditionally, the nuclear family has been considered the primary family type; however, with changing demographics, there has been a proliferation of family types, including single-parent, extended, and blended families. Among the new kinds of families that have come to define the current family structure is the blended family.

A blended family is a family unit in which both partners in a marriage or union have children from past relationships or marriages (Miller, 2023). Family structures such as this come about due to several factors, such as divorce, separation, the death of a spouse, etc. After marriage or cohabitation, children from past relationships join a new family unit, leading to a new family structure characterized by step-parent, step-sibling, and half-sibling relationships. The formation of such new family structures is a result of changing (Ganong & Coleman, 2017). The gradual growth of these family configurations not only reflects a broad but also a social demographic transformation that happens across societies.

Existing global studies have confirmed the gradual, steady increase in blended families (Sloan, 2021; Sobotka & Berghammer, 2021). This increase has been primarily attributed to the high divorce rates, remarriages, and cohabitation (Helgertz & Tegunimataka, 2024). For example, in the United States, at least a third of the population has experienced living in blended families (Lundberg et al., 2016). Further findings show that 40% of adults in the U.S have either a stepchild or step-parent, while about 16% of children hail from blended families

(Wiemers et al., 2024). Ethnically, Hispanic, white, and African American children reported a higher chance of experiencing blended families when compared to that of Asian children (Wiemers et al., 2024; Pew Research Center, 2015).

Findings from Other European countries often reflect similar demographic shifts. In Sweden, approximately 25% of children aged below 18 years come from families characterised by divorced or separated parents, with only 60% residing with both biological parents, suggesting that some single parents may remarry (Helgertz & Tegunimataka, 2024). This figure shows the normalization of diversity in family structures in the West. The trend is the same in Asia. For instance, in Korea, where divorce was historically discouraged, blended families have substantially increased, with studies showing that approximately 25% of marriages involve blended families (Kim & Okazaki, 2022; Statistics Korea, 2019). The global patterns show that blended families have, over the years, become a key component of the modern family system.

In Africa, the growth in blended families through stepfamily arrangements is also evident and is linked to changing family dynamics in remarriages and divorce rates (Ente, 2019). In Nigeria, 25% of children have at least one step-parent (Nigeria Population Commission, 2019), while in South Africa, the rate is even higher, with approximately 40% of the child population hailing from families with at least one step-parent (Statistics South Africa, 2024). These findings show that blended families are increasingly becoming part and parcel of African households.

In Kenya, available data suggest an even higher rate of blended families, according to the Kenya National Bureau of Statistics (2022). Approximately 60% of children are reported to come from families that have at least a step-parent, with the growing divorce and remarriage rates in both urban and rural areas being associated with these high figures (KNBS, 2019). Despite strong cultural beliefs in marital stability and family cohesion, social transitions and demographic changes have significantly negatively impacted the Kenyan family landscape.

Despite national data providing evidence of the prevalence of blended family structures, there is minimal empirical evidence of studies that focus explicitly on the university student population, which is not only made up of youth but also of educated individuals. Most existing studies are aggregated either at the child or household level and do not focus on emerging adults in higher education. Private universities in Nairobi often draw students from diverse demographic and socio-economic backgrounds, making them a more relevant group for examining contemporary family structures, such as blended families. However, the prevalence in this population remains undocumented, and it is either under-researched or poorly documented, both globally and in Kenya.

Establishing this prevalence among university students is important for several reasons. First, provide relevant demographic data to help understand family composition among university students. It also lays the foundation for future research examining the rotational relationship between family structures and their implications for students' academic, psychosocial, and relational outcomes. Without accurate, relevant data, student support services and policy development rely on assumptions rather than empirical evidence, thus making the findings opinions rather than facts.

Statement of the Problem

Globally, studies have indicated that there is a high prevalence of blended families, with the number of blended families increasing on a daily basis, attributed to the increase in divorce cases and remarriages (Helgertz & Tegunimataka, 2024). In the United States of America, the prevalence stands at 40%, while in South Africa, 40% of the total child population is living in step-parent families (Statistics South Africa, 2024). In Kenya, it is estimated that 60% of the total child population is living with step-parents/half-siblings (Kenya National Bureau of Statistics [KNBS], 2022).

Despite different studies confirming the prevalence of blended families, there is a lack of empirical research done on the prevalence of blended families among university students, particularly those in private universities in Nairobi City County. Previous studies have only targeted divorce trends in the general population or conducted household research targeting the children population (Sobotka & Berghammer, 2021; KNBS, 2022), ignoring the emerging adult population in higher learning institutions, particularly those between 18 and 35 years.

Without institutional-specific empirical data, educators, researchers, and policymakers will be unable to make informed decisions regarding the development of student-centered services as well as family-focused services based on assumptions rather than empirical evidence. The study thus aims to bridge this gap by investigating the nature of blended family structures among students within private universities in Nairobi City County, Kenya.

Objective of the Study

The study aims to determine the prevalence of blended family structures among students at selected private universities in Nairobi County, Kenya.

II. Literature Review

Theoretical Literature on Blended Family Structures

The transformation of family systems from traditional non-blended nuclear families to blended families over time has been viewed and explained through various theoretical approaches that support the emergence and normalization of blended families within family systems. According to Jabber et al. (2023) and Carr & Utz (2020), blended families are family units formed when couples remarry and bring children from their previous marriages into the new relationship. In the past, blended families did not form a contemporary family structure but existed in the past agrarian societies, especially through the remarriage of people who had become widowed instead of remarrying people who had divorced (Ayadi et al., 2025). This is the time when remarriage was used to provide continuity to the family and guarantee labor due to the presence of children born out of marriage (Chacha & Taabu, 2024).

Nevertheless, the gradual change in modern families can be strongly associated with the change in the social acceptance and marriage standards. The divorce rates in the 20th century have dramatically grown as a consequence of the popularization of divorce as a valid means of breaking up a marriage and, therefore, the strengthening of the remarriage and blended families (Bukhtiar et al., 2025). The 1960s and 1970s were the years of the greatest divorce rates, which were characterized by a demographic shift in which remarriages became the extents of new marriages (Russell and Rowley, 2025). According to Sassler and Lichter (2020), close to 30 percent of marriages in America today will entail at least one previously married partner, which means that remarriage has transformed into a normal aspect of the marital career. Furthermore, the family systems theory also explains the blended families as complicated networks of families which need to renegotiate the boundaries, roles and authority. The addition of step-siblings, step-parents and biological children creates a multifaceted, multidimensional kinship bond which is not confined to the conventional nuclear family concept. Coleman and Ganong (2020) believe that the dynamics of blended family establish systems that disrupt the traditional perspectives of family belonging, identity, and emotional intimacy. In the same manner, Brown and Manning (2022) list blended families as the complex family systems where children, both biological and stepchildren, are in roles at the same time. Regarding the developmental perspective, Papernow (2018) points out that stepfamily integration is a complex and gradual process, and not a cohesive transformation, which occurs instantly. The onset of these integrations is usually marked by family negotiations and lack of clarity in authority between parents. These theoretical insights emphasize the fact that blended families are not only demographic information but also relational systems that must be adapted throughout a long period of time, based on a range of moderating factors, with the willingness to integrate being the principal one, which is largely between step-children. However, before conducting an in-depth analysis of the relational dynamics, it is important not only to understand the magnitude but also the relevance of blended family structures, both locally and globally.

Prevalence of blended family structure

Global Prevalence

Evidence of findings from different studies done shows that there is a gradual rise on the number of blended families due to normalization and acceptance of their existence and value. Empirical evidence of the blended families indicates that the structure is growing and it is becoming more frequent in various regions. Existing statistics indicate that at least one out of every four people are more likely to remarry with 65 percent of the remarriages being blended families since they bring with them the children of the former marriages (Ayadi et al., 2025). In further observation, Bean et al. (2020) note that when these people undergo transition after undergoing divorce and remarriage, it is observed that the children are incorporated in new structures of families, which imparts further in structural development of blended family structures. Though the marriage rates declined at 8.2 to 6.2 per thousand population since 2000 (Bieber, 2024), the divorce rates and remarriage rates are increasing at an enormous rate with the average statistics showing that at least two marriages out of five are remarried. Pryor (2020) argues that the decline in traditional two-parent households, alongside the rising rates of divorce and cohabitation, has fundamentally reshaped family life and structure globally.

In the United States of America, blended families have evolved over the years from the traditional, uncommon arrangements of the early 1990s to an accepted, normalized form in the 21st century (Probert, 2025; Madanes, 2019). By 2024, at least 40% of American families will be made up of blended family structures (Wiemers et al., 2024). These statistics vary across the different ethnic groups including (African-Americans(60%), Hispanics(46%), and White Americans (39%) (Wiemers et al., 2024). In addition, at least 1,300 blended families are formed every day in the United States (Pew Research Center, 2015). These figures demonstrate both the scale and normalization of blended family formations in North America.

Children Commissioner for England (2022) accurately states that 10 per cent of the children belong to the blended family with longer estimates providing 33 per cent as of 2021. The data presented by the Office for National Statistics indicate that the percentage has risen between 5 in 1981 and 10 in the 1990s (ONS, 1981; ONS, 1996), thus suggesting that the prevalence is been going up.

The western and southern European statistics present a much lower but significant prevalence rate. For example, in 2014, the prevalence in Spain was 14.49 (Oliva et al., 2014), while in Germany, approximately 7% of families were from blended families, with regional statistics ranging from 5% in the west to 10% in the east (Hadfield, 2016). In Italy, the rate gradually increased from 6.5% in 1972 to 13.8% in 2018 (Italian Sociological Review, 2018). Consequently, statistics from the Danish School of Education (2022) showed that 10 % of the family population comprises blended families. Pollard reported a 10% rate in Denmark (Danish School of Education, 2022), while Poland reports 8.2% (Szczepaniak, 2016). Additionally, the prevalence of Estonia was 12% (Tarku, 2022). Meanwhile, Slovenia had 5.2% prevalence (Statistical Office of the Republic of Slovenia, 2018). The statistic indicates the popularity of blended families in the European countries, and the increase was mainly by the cultural and legal standards. In Asia, the rate is far much lower, primarily due to cultural convictions of the importance of family, which do not favor divorce. As an example, in 2016, China was found to have 3% of the number of blended families among which only 16% of the divorced family remarried. (National Bureau of Statistics of China, 2017). Japan also records even a smaller percentage of between 2 and 4 percent of the population belonging to blended families (Raymo et al., 2024) but the prevalence in India is merely 1 percent. (International Institute of Population Sciences, 2011). Although it was not statistically proven to be prevalent in Iran, the divorce rate in 2016 was 2.27 per 1,000 people, thus the divorce rate is low, and this is a crucial aspect of remarriage (Tavakolian et al., 2023).

Prevalence in Africa

Despite evidence of limited African data, available statistics confirm the existence and even higher prevalence of blended families in Africa. In 2016, at least 25,326 divorces were reported in South Africa, at least with as many as 55% of these divorces involving families that have children below 18 years, which indicates a higher possibility of remarriages, and thus the emergence of blended families. In the upper north of Nigeria, a study carried out on adolescents from Cross River State found that at least 30 percent hailed from blended families, indicating the prevalence of blended families across the country, with varying percentages (Ezenwaohaetorc, 2021). A cross-country study across Sub-Saharan African countries shows that, on average, 2.5% of children are raised with step fathers, with this variation ranging from 1.1% in Burkina Faso to 6.3% in Gabon (Pearson et al., 2019).

In East Africa, the data is significantly higher, with a study by Udhs (2021) showing that 44% of children aged 0-17 years do not live with their biological parents, indicating a higher likelihood of a stepfamily arrangement. (Udhs, 2021). Specifically, data from findings by Tekeba (et al., 2024) shows that at least 15.7% of children come from blended families (Tekeba et al., 2024). Likewise, children raised by a step parent, specifically stepfather in Sub-Saharan Africa is 2.5%, though this ranges from 1.1% in Burkina Faso to 6.3% in Gabon (Pearson et al., 2019). Furthermore, countries such as Ethiopia, where divorce is not encouraged, had a rate of 17.6% of children living with non-biological parents, while Rwanda had a rate of 15% (Tekeba et al., 2024).

In Kenya, data from the Kenya Demographic and Health Survey (2022) estimates that 60% of children live in households with step-parents, half-siblings, or both. Despite this data not specifically pointing to the percentage of blended families, the findings strongly point to their existence, evident through the presence of step-parents and step-children.

Types of Blended Family Structures

Blended families often manifest themselves in multiple structural forms depending on family compaction. According to (2020), three distinct forms primarily exist, namely step-parent families, step-sibling families, and biological and step-sibling blended families. Each of these types has unique challenges and experiences that, in one way or another, influence.

Step-Parent Blended Families

Step-parent blended families come into existence when a step-parent is introduced into an existing relationship involving a biological parent and a biological child. (Zafran, 2022). This is one of the most common blended family types, with data from the United States of America showing that approximately 20% of families have at least one step-parent. (Zafran, 2022). Findings from studies done in Sub-Saharan Africa also confirm the existence of this family structure by showing that at least 2.5% of children live with a stepfather (Pearson et al., 2019). Step-parent families often involve negotiation over role legitimacy and authority (Egginton, 2023). In this type of family relationship, parenting style is very instrumental in moderating the quality of family relationships in this type may be moderated by parenting style, with neglectful or authoritative parenting styles negatively influencing this quality (Sanner et al., 2018), while supportive parenting may positively influence this relationship and overall child development (Sanner et al., 2018). However, supportive step-parent involvement can positively influence child development (Ganong et al., 2019). In such a relationship, emotional support, communication, and gradual integration are emphasized as critical factors that can enhance success. (Kariuki & Wambui, 2021;

Papernow, 2013).

Step-Sibling Blended Families

This type of blended family arises when couples from different marriages remarry and bring along their children, who co-reside without biological ties. (de Leeuw et al., 2025). This is another prominent type of blended family, with statistics from the census done in the U.S. showing that 15–20% of children in blended families are step-siblings (U.S. Census Bureau, 2021). This type of blended family is among the most complex because these children are brought together mainly through their parents' remarriage and have little say in who they will find as a stepbrother or stepsister. Because of this, integration is not always easy due to challenges such as loyalty conflicts, role distribution, and identity negotiation (Guin, 2024). To enhance cohesion, there is a need for an intentional strategy, primarily from parents, including open communication, emotional support, and a display of unbiased love from both parents. (Ganong et al., 2022). Additionally, there is a need for shared activities and family spending quality time together to allow the children to get to know each other. (Zafran, 2022).

Biological and Step-Sibling Blended Families

This type of blended family is a very complex form of family restructuring because it involves integrating both biological and step-children. Specifically, it involves children brought in by parents from previous relationships and those born to both partners within the current relationship (de Leeuw et al., 2025). Different studies have confirmed the prevalence of these blended family types with studies in England showing that in 2022, at least 547,000 families included step-children, with 51.6% of this population having both biological and step-children (ONS, 2022). Additionally, 6.8% of children in the United States are from blended family structures, with at least 66% of the population having both biological and step-children (World Metrics, 2024). Such complex family dynamics within a blended family often create a stratified family kinship system (Brown & Manning, 2022); therefore, a sensitive targeted intervention by the parents, ensuring that the non-biological children do not feel alienated within the family structure and do not suffer discrimination, becomes essential (Papernow, 2018). Even though insider–outsider distinctions may arise from this relationship (Coleman & Ganong, 2020), these parents should ensure that these feelings do not manifest in how they are treated, as this will make cohesion an uphill task.

Synthesis and Research Gap

This literature review shows that blended families are a rising global trend, driven by divorce rates, remarriage, and social change. The rates at which blended families are represented vary from one place to another: North America and Europe have higher percentages, followed by moderate percentages in Africa, while in Asia, rates are relatively lower due to cultural barriers.

In Kenya, for instance, the Kenya Demographic and Health Survey (2022) indicates that a large percentage of families are blended. However, there is a lack of empirical evidence focused on students in institutions such as universities. Thus, despite theoretical frameworks that seek to explain the complexity of blended family systems and empirical evidence of the global expansion of blended families, there remains a gap in the contextual understanding of the prevalence of blended families among university students in Nairobi city County.

III. Methodology

The research adopted a mixed research approach to ascertain the prevalence of the existence of the blended family structure within the university student population of private universities within Nairobi City County, Kenya. The target population comprised university students who fell within the age range of 18-35 years and had enrolled in private universities within the country. Stratified Random Sampling was used to obtain the sample population. Using this method, the private universities were first categorized into religious and non-religious universities, with two universities from each category being picked. The Catholic University of Eastern Africa (CUEA) and Pan Africa Christian University represented the religiously affiliated private universities, while the United States International University (USIU) and KCA University represented the non-religious private universities, with a total student population of 32,000. For this study, Cochran's formula was applied to obtain the sample size based on the data from this sample, which was 380 students, distributed proportionally among the four universities. The data collection was carried out through the administration of a structured questionnaire that included items based on the Family Environment Scale (FES), particularly those items that measured familiarity and comfort with blended families. Descriptive data analysis was carried out through the use of the statistical program SPSS version 31, wherein means, modes, frequencies, percentages, and standard deviations were computed.

IV. Results And Discussion

This study sought to determine the prevalence of blended family structures among students in selected private universities in Nairobi city County. The researcher asked respondents whether they belonged to a blended or non-blended family structure. Of the total 310 respondents, 66 students (21.3%) indicated that they came from blended families. In contrast, the remaining 244 students (78.7%) indicated that they came from non-blended family structures, as shown in the table below.

Table 1: Prevalence of Blended Family Structures

Family Type	Frequency	Percentage
Blended Family	66	21.3%
Non-Blended Family	244	78.7%
Total	310	100%

The findings from the table above show that blended family structures constitute a minority of 21.3% of the students, though this proportion is significant, thus suggesting that blended family experiences represent a significant and meaningful social reality within modern family structures. This finding correlates with those from global studies, including those from the data by the Children’s Commissioner for England (2022), which indicates that, in the United Kingdom, blended family accounts for between 10% and 33% of families, and this is largely dependent on the definition criteria of what comprises blended families. However, the findings fall short of the report in the United States, where 40% of families are blended (2015).

Compared to a related study in Kenya, which showed that blended families comprise 60% of the total family population (Kenya Demographic and Health Survey, 2022), the current findings significantly differ from these statistics. Despite both being carried out in Kenya, there are discrepancies in prevalence that may be linked to several discrepancies. First, there is a discrepancy in how blended families are defined. At the same time, KDHS's definition included extended family structures where family members live with non-parent figures, such as grandparents and other relatives, and also polygamous families where both biological parents are present. However, step-parents, such as the second wife, still exist. The current study focused specifically on students who actively identified living with step-parents or step-siblings as a result of remarriages or cohabitation. Secondly, the age range of respondents between 18 and 35 years also suggests a degree of residential independence, as most university students do not live at home, thereby reducing their exposure to a blended family environment, even if that is where they were raised. Lastly, students from private universities in Kenya are mostly from stable economic backgrounds, which could underrepresent a more complex family structure captured in the national survey, which focused on all types of children and not necessarily from a specific socioeconomic class. These findings suggest that, despite a significant percentage of students coming from blended families, the numbers are lower than the overall national prevalence, thus highlighting the relevance of demographic and contextual factors.

Types of Blended Family Structures

The study also narrowed its focus to the prevalence of different types of blended families, with aim of finding the most prevalent type. Among the 66 (21.3%) students who reported commonalities from blended families, the different types of blended arrangements were sought, as shown in the table below.

Type of Blended Family	Frequency	Percentage
Biological mother and stepfather	9	15%
Biological father and stepmother	5	8.3%
Both parents remarried (step-parents on both sides)	26	40%
Presence of step-siblings from previous marriages	24	36.7%
Total	66	100%

From the findings above, the most prevalent type of blended families included those families where both biological parents had remarried, leading to step-parents on both sides (40%). This was closely followed by families characterised by the presence of stepchildren hailing from previous marriages (36.7%). A small percentage showed a more straightforward blended arrangement: children living with a biological mother and stepfather (15%) and those living with a biological father and stepmother (8.3%).

These findings above support the worldwide phenomenon where families expand beyond the nuclear family, through a simple blended family form, to a more complex blended family form with either stepchildren or step-parents (Coleman & Ganong, 2020; de Leeuw et al., 2025). Evidence from the U.S. Census Bureau (2021) shows that most recent remarriages involved children from previous relationships, thus increasing the likelihood

of integration among step-siblings. This pattern aligns with existing evidence from a study by Cherlin (2010), who, based on the findings, argues that contemporary family systems are becoming more common and characterised by a more complex step-parent relationship. The low number of single-step parent families indicates that most family restructuring often happens on both sides of the parent, where both get divorced and bring along children from previous relationships, thus creating a multilayered relational system. This evident complexity has implications for understanding different interpersonal dynamics within blended family households, including loyalty conflicts, authority structures, sibling integration processes, and role negotiation.

Discussion

This study's findings show that blended families are becoming a significant component of family dynamics among private university students in Nairobi County. However, when compared with the prevalence of non-blended families, they still form a minority compared to non-blended families. The lower frequency compared to the national survey population further emphasizes the impact of demographic variables, including poverty level, age, educational level, and living independently, on the exposure of students to blended family environments. More importantly, the results point to heterogeneity in blended families, with complex family dynamics dominating, especially those with step-parents and step-siblings on both sides, implying that the modern blended family is more than just remarriages. Instead, this remarriage involves an intricate family relational system with multiple parental and sibling networks.

From a relational perspective, such complexity in blended family arrangements may influence how students experience emotional attachment, parental authority and guidance, communication patterns, and conflict-resolution mechanisms. Having multiple parental figures is important as it offers a broader support structure for the children, while also posing challenges of role ambiguity or expectation. The experience of having step-siblings may promote understanding and flexibility, as well as generate feelings of competition and loyalty tensions.

These findings significantly contribute to existing body knowledge by showing that the experience of blended families among university students may vary from that of the broader population. Atonally, they also inform the creation of counseling interventions and institutional support services that adopt and support context-specific approaches which acknowledge both the structural complexity and prevalence of blended families. In addition, university-level programs aimed at improving family relationships among students should also address pertinent issues related to the complexities of family structure, such as role classification, effective communication, emotional support, and the integration of siblings within complex reconstituted families.

V. Conclusion

The study was carried out with the aim of determining the prevalence of blended families among students at private universities in Nairobi County, Kenya. The findings indicated that blended families are a minority within the student population, as only 21.3% of students reported living in blended families, while the majority (78.7%) were from non-blended families. This shows that, although blended families are represented among university students, they are a minority compared to those living outside this community. Differences between this study's results and those of the Kenya Demographic and Health Survey (2022) indicate that age, independence, and socioeconomic factors all play a role in shaping students' experiences in blended families. Students aged 18 to 35 are more likely to have left home to further their education, while students from private universities are more likely to come from relatively stable families.

Further findings from the study of blended families indicated that complex blended families outnumber simple blended families. For instance, blended families where both parents had remarried, with both having a step-parent, were found to make up 40% of blended families. Also, blended families with step-siblings from previous marriages were found to make up 36.7% of blended families. In contrast, simple blended families with a stepfather and a biological mother accounted for only 15% of blended families, while those with a stepmother and a biological father accounted for only 8.3%. This is because globally, there are more complex blended families, with more blended marriages and step-siblings. The study underscores the importance of accounting for variations in national and international trends when researching the prevalence and composition of blended families among university students.

The diversity of blended families must be addressed individually when considering research, intervention, and policy approaches, especially regarding family cohesion, communication, and support. The composition and prevalence of blended families are vital when considering approaches to address the challenges teenagers face, especially in complex families.

VI. Recommendations

The Ministry of Education and private universities should develop counseling programs that address the special needs of children from blended families. Specifically, schools should introduce social learning programs where students can share their life experiences thus promoting understanding and strengthening their ability to

cope with the challenges of being in a blended family. Workshops should also be held to educate parents and step-parents on co-parenting effectively and managing the challenges of being in a blended family.

Policy makers and social work experts should take note of the unique needs of these blended families by designing specialized programs to address them, raising public awareness about them, and sponsoring research to guide the development of effective interventions to help these families. Professional counseling should also be sought if these teenagers are having problems stemming from complex family issues

Schools and community centers should introduce social learning programs to allow these students to share experiences, thereby promoting understanding and strengthening their ability to cope with the challenges of being in a blended family. Workshops should also be held to educate parents and step-parents on co-parenting effectively and managing the challenges of being in a blended family.

Policy makers and social work experts should take note of the unique needs of these blended families by designing specialized programs to address them, raising public awareness, and sponsoring research to guide the development of effective interventions to support them. Professional counseling should also be sought if these teenagers are having problems stemming from complex family relationships.

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