



THE STEEL PIPE THEORY

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1.0 Introduction

A steel pipe is a section of a metal structure that is used in the conveyance of water, gas or oil from one point to another. Without these metal structures there would be no water or gas getting into our homes. For water treatment plants conveyance of water for domestic use or irrigation would only be ideal and safe through steel pipes which are more durable, convenient and readily available. These pipes come in various gauges and sizes depending on the use. The same applies for oil companies which have to transport oil for long distances in the most hostile and unsecure places. Steel pipes would be ideal for this kind of work.

Though these steel pipes have better performance in terms of durability while transporting water, gas or oil from one point to another sometimes these pipes require repair or even replacement due to various internal and external factors like leakages and blockages.

For these reasons government ministries, municipalities and even private companies must spend a substantial amount of their budgeted money to mitigate these kinds of risks and ensure that the water, gas or oil system is working efficiently. This is done by undertaking some repairs if necessary or replacing any steel pipes that have a leakage resulting from corrosion or a blockage.

Also of importance is to ensure that the environment (trenches) in which the pipes are laid are deep, secure and free from any internal or external contaminants that would compromise on the durability of the steel pipes like water.

With the introduction of other alternatives; like the use of plastic pipes, it is important to note that for this theory to be applicable; then only steel pipes will be used in reference to human behavior. While the internal or external

contaminants will be used in reference to the surrounding environment in the areas of governance/political, social, corporate/business fields.

2.0 Theories of development

According to <https://www.britannica.com/topic/human-behavior/judgment> the systematic study of children is less than 200 years old, and the vast majority of its research has been published since the mid-1940s. Basic philosophical differences over the fundamental nature of children and their growth occupied psychologists during much of the 20th century. The most important of such controversies concerned the relative importance of genetic endowment and environment, or “nature” and “nurture,” in determining development during infancy and childhood.

Most researchers came to recognize, however, that it is the interaction of inborn biological factors with external factors, rather than the mutually exclusive action or predominance of one or the other force, that guides and influences human development.

The advances in cognition, emotion, and behaviour that normally occur at certain points in the life span require both maturation (i.e., genetically driven biological changes in the central nervous system) and events, experiences, and influences in the physical and social environment. Generally, maturation by itself cannot cause a psychological function to emerge; it does, however, permit such a function to occur and sets limits on its earliest time of appearance

(<https://www.britannica.com/topic/human-behavior/Judgment>)

3.0 The steel pipe theory

This theory will mainly focus at the human behavior at adulthood in relation to the changes in human cognitive and the surrounding environment. Human behaviour, according to <https://www.britannica.com/topic/human-behavior/Judgment> is the potential and expressed capacity for physical, mental, and social activity during the phases of human life.

Humans, like other animal species, have a typical life course that consists of successive phases of growth, each of which is characterized by a distinct set of physical, physiological, and behavioural features. These phases are prenatal life, infancy, childhood, adolescence, and adulthood (including old age). Human development, or developmental psychology, is a field of study that attempts to describe and explain the changes in human cognitive, emotional, and behavioural capabilities and functioning over the entire life span, from the foetus to old age (<https://www.britannica.com/topic/human-behavior/Judgment>)

The theory will also borrow heavily on Vygotsky's sociocultural theory which emphasizes that learning is inherently a social and cultural process. It asserts that cognitive development is heavily influenced by interactions with more knowledgeable individuals and the surrounding culture. Key concepts include the Zone of Proximal Development (ZPD), where learning occurs most effectively with guidance, and the role of language and social interaction in shaping thought (<https://www.google.com/search?q=vygotsky%27s+sociocultural+theory&rlz>)

Core Principles

- **Social Interaction:** - Vygotsky believed that cognitive development is not solely an individual process but is significantly shaped by social interactions with others, particularly those who are more knowledgeable.
- **Cultural Context:** - Culture plays a crucial role in shaping cognitive development. Different cultures provide different tools and practices that influence how individuals think and learn.
- **Language:** - Language is a critical tool for cognitive development, serving as a means for communication, throughout organization, and the transmission of cultural knowledge.
- **Zone of Proximal Development (ZPD):** - The ZPD is the gap between what a learner can do independently and what they can achieve with guidance or collaboration from a more knowledgeable other.

Key Concepts

- **More Knowledgeable Other (MKO):** - This refers to anyone who has a better understanding or higher ability level than the learner, such as a teacher, parent, or peer.
- **Scaffolding:** - Scaffolding involves providing temporary support to help a learner accomplish a task within their ZPD. As the learner becomes more competent, the support is gradually withdrawn.

In essence, Vygotsky's theory highlights the importance of social and cultural contexts in shaping cognitive development, emphasizing the role of interaction, language, and guided learning in the process (<https://www.google.com/search?q=vygotsky%27s+sociocultural+theory&rlz>)

According to the steel pipe theory any adult person working in any level of society life must be governed by certain laws written or unwritten to ensure peaceful co-existence among groups of people or family. Whether you are religious or not educated or not rich or not obviously a bigger part of your life as an adult is directed by certain principles or rules acquired either during your upbringing or acquired through learning and experiences in life.

If you were brought up knowing stealing or killing is morally wrong either by your parents or by your guardians, then most certainly this will guide your life even in adulthood. Helping you make life choices and enabling you live a life of happiness with your neighbours and the authorities. Thus, impacting you on how you behave and relate with others surrounding you; your friends and family.

For those adults whose upbringing were set off by tension and cruelty in the family like physical and mental abuse, alcohol and drug addiction, sexual abuse among other social evils; then most definitely this will have a significant negative impact on the individual's adult life. This is because of the trauma experienced by the person either physical or mental while as a child.

More often than not the person will start showing these signs of trauma to the surrounding people either in marriage or work places. These people will most likely become aggressive to their friends and family members or even to their work mates. Resulting to constant conflicts and gender-based violence in their families and work places. In the end, we have broken homes and marriages where there is no peace and happiness.

The steel pipe theory suggests, just like a broken steel pipe which no longer serves the purpose of passing clean water to the surrounding community or neighbourhood as a result of prolonged corrosion; then those adults who have had child trauma either physical or mental need to undergo mandatory rehabilitation program in a hospital or a rehabilitation facility fully licensed and registered by the government or municipality.

To heal more often their unseen wounds either mental, physical or spiritual. A lot of physical, psychological and spiritual counselling would be required in order to fully rehabilitate this person to complete recovery from the trauma experienced as a child. A lot of love and patience will also be required to repair the broken hearts of these individuals; who might look normal to you from the outside but deep inside their hearts a sense of anger, hate, and resentment may be experienced by these individuals.

The steel pipe theory therefore suggests that for these kinds of people the first step is to rehabilitate them before they are fully integrated back into the community. The second step for the steel pipe theory is to have mentorship programs in various aspects of life like communication, marriage, business, environment and many others for these people. In order to start preparing them for the adult life of taking charge of their lives and taking responsibilities towards their families and friends.

For complete recovery according to the steel pipe theory, these people will require more often than not to have a spiritual or life/sports coach who will guide them in their recovery process as they go about their routine adult life of family and work life.

The steel pipe theory suggests that the following four steps should always be considered while trying to impact positive change to any adult who has undergone child trauma whether physical, mental or spiritual: -

- a) Rehabilitation Program
- b) Mentorship Program
- c) Spiritual or life/sports coach
- d) Complete recovery

For those adults who have never experienced any trauma in their lives but their behaviour is wanting either at home or in their places of work due to various reasons like peer pressure, poor culture, poor communication, lack of commitment to responsibilities and diabolical behaviour among other things the steel pipe theory suggests the following five steps that should always be considered to impact positive change to the person.

- a) Assessment and diagnostic
- b) Corrective actions/measures
- c) Mentorship Program
- d) Spiritual or life/sports coach
- e) Complete recovery

A) Assessment and diagnostic: - This step involves looking or identifying the risk factors that are contributing to the negative behavioral change of an adult person who has never gone through any trauma as a child. May be the person has become irresponsible, uncooperative, violence or even hostile and rude all of a sudden to his or her family members or even to his or her workmates. May be the person has become a heavy drinker all of a sudden or is starting taking drugs. May be the person has started to develop negative thoughts about harming himself or herself or even his or her family members or having suicidal thoughts.

According to the steel pipe theory, this first step is very crucial. Since it will help you as a qualified health or spiritual practitioner make an assessment of the adult person and make the right diagnostic. For those with severe cases of mental, alcohol and drug abuse then rehabilitation program will be

mandatory in a hospital or a rehabilitation facility fully licensed and registered by the government or municipality.

For those adult persons whose cases are less severe and only revolve around behavioral change; then group or individual counselling will be required. More often than not marriage, communication, life/sports or spiritual therapist would do better.

At this stage also according to the steel pipe theory, a qualified health or spiritual practitioner should be able to make a diagnosis on the adult; if this person is having a psychological problem or spiritual lethargy. For those with psychological problem then rehabilitation program will be mandatory under the care of a psychologist doctor while for those going through spiritual lethargy and in some cases diabolical behaviour then a qualified spiritual counsellor or practitioner will be of great assistance for purposes of exorcism.

According to the steel pipe theory some of the internal and external risk factors to check for include; exposure to occult practices, exposure to and influence by social media, peer pressure, broken relationships/marriages, toxic work environment, loss of family member/friend, loss of job, financial instability/low income, business failure/closure among others.

While undertaking the assessment of the adult person for diagnosis and while looking at the past life history of the individual; the following are the four important questions you must consider as a qualified health or spiritual practitioner.

The questions to ask yourself are:

ONE: How was the person behaving previously?	TWO: How is the person behaving currently?
FOUR: What would be the appropriate remedy: rehabilitation program, counselling program or spiritual program would you recommend for the person for the positive change in behaviour?	THREE: What risk factors: internal or external is contributing to the negative change in behaviour?

B) Corrective actions/measures: - This stage according to the steel pipe theory involves taking corrective actions/measures to have positive change on the adult person who is experiencing psychological, behavioral or spiritual difficulties. After a thorough assessment and diagnostic of the adult person by comparing his past and current behaviour and looking at the internal and external risk factors exposed to the individual; then a qualified health or spiritual practitioner should be able to recommend the corrective actions or measures to be undertaken on the person.

For those with severe cases of mental or psychological problem then rehabilitation program should be recommended as a remedy in a hospital or a rehabilitation facility fully licensed and registered by the government or municipality.

For those adult persons with less severe cases and only revolve around behavioral change; then group or individual counselling should be recommended as a remedy. In this case either a marriage, communication, life/sports or spiritual therapist would be the best option for these people.

For those adult persons going through spiritual lethargy and in some cases diabolical behaviour then a qualified spiritual counsellor or therapist/practitioner should be recommended as a remedy for exorcism.

C) Mentorship Program: - This stage according to the steel pipe theory involves having mentorship programs on various aspects of life like communication skills, marriage, business and entrepreneurship, environmental sustainability and many others for these people. In order to start preparing them for the adult life of taking charge of their lives and taking responsibilities towards their families and friends. As a qualified health or spiritual practitioner, it is important to recommend these programs to these adult persons as a way of giving them confidence and hope in their lives. Apart from that these people will feel loved and will strive to correct their ways by changing their behaviour which was considered bad and needed some external intervention from a qualified health or spiritual practitioner. It is important to note that mentorship programs according to the steel pipe theory

should be short term weeks or three months at most with a specific objectives to be achieved.

D) Spiritual or life/sports coach: - This stage according to the steel pipe theory involves having a spiritual or life/sports coach. These are responsible individuals who are well experienced in life and spiritual matters and who will offer guidance to those adult persons who might be going through psychological, behavioral changes, spiritual lethargy and in some cases diabolical behaviour. These people will require someone to walk with them through the journey of life for them to completely recover and be independent and resume their responsibilities in the society. For spiritual or life/sports coach according to the steel pipe theory should be long term three years or more until full recovery is achieved by the individual person.

E) Complete recovery: - According to the steel pipe theory complete recovery can only be achieved after several years of spiritual or life/sports coach sessions are undertaken to the individual person. A lot of patience and love is required at this stage in order to achieve complete recovery for those individual persons going through psychological, behavioral change or spiritual lethargy. Once the individual person has undergone complete recovery, the person should be allowed back to the society in the family or work environment to continue with his or her responsibilities with close monitoring of any change in behaviour.

4.0 Case study: Effects of drug abuse and illicit brew on the mental health challenges in Nyeri County. By Samuel Maina (KNA)

A recent article on one of the local newspaper in Kenya My gov. Issue No. 9/2025-2026 dated 26th August, 2025 highlighted the mental health challenges on the male adults in Nyeri County leading to many suicidal cases. This was revealed by the Interior Cabinet Secretary Kipchumba Murkomen while addressing the press during the Jukwaa La Usalama Forum.

According to the Cabinet Secretary there was need for counselling and rehabilitation efforts in Nyeri County especially to men who are battling mental health challenges as a result of drug abuse and illicit brew. The most

affected areas according to the Nyeri County Commissioner are Kieni East, Kieni West and Mukurwe-ini.

There was need therefore according to the Cabinet Secretary to address this issue being a health and security concern and reduce the cases of suicide in the county from the average of eight people with men bearing the brunt. The main contributor to the high cases of suicide among men in this region is drug abuse and illicit brew.

Several factors that need more research that could be contributing to this includes: high rate of unemployment, lack of social support systems, failed relationships or marriages, lack of recreational or sports facilities, lack of support for men on economic empowerment programs, lack of mentorship programs for men, fewer employment and business opportunities for men, lack of religious counsel among other factors.

There was need therefore to involve all the stakeholders both the national and county governments in providing counselling and rehabilitation services to this specific group of people that are at a higher risk of going through mental health challenges.