



Mentorship Quality and Self-Efficacy Development in Youth Leadership Training Programmes: A Review of South African Townships' Initiatives

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Abstract

Youth leadership training programmes in South African townships are designed to equip young people with skills for future roles of responsibility and empowerment. A qualitative thematic analysis was conducted using existing programme evaluations from townships across South Africa. The analysis revealed a consistent theme of high-quality mentorship fostering significant improvements in participants' self-efficacy levels. Mentorship quality significantly contributes to the development of self-efficacy, which is crucial for youth leadership training success. Enhancing mentor selection criteria and providing ongoing support can further optimise these programmes' effectiveness.

Keywords: *Africanization, Developmental Psychology, Mentoring, Self-Efficacy, Youth Empowerment, Qualitative Research, Cultural Context*

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