School-Based Mental Health Support Systems in Urban Nigerian Schools: Dropout Rate Reduction and Academic Achievement Enhancement

Chidera Ugwuanyi[1,2]**, Uche Anyikwa**[3]**, Obiora Nweze**[1,4]

[1] Babcock University

[2] Department of Internal Medicine, Ahmadu Bello University, Zaria

[3] University of Benin

[4] Department of Surgery, Ahmadu Bello University, Zaria

Author notes

Chidera Ugwuanyi is affiliated with Babcock University and focuses on Medicine research in Africa.
Uche Anyikwa is affiliated with University of Benin and focuses on Medicine research in Africa.
Obiora Nweze is affiliated with Babcock University and focuses on Medicine research in Africa.

Abstract

Urban Nigerian schools face significant challenges in retaining students due to mental health issues that often go unaddressed. Dropout rates remain high, affecting both educational outcomes and long-term socio-economic development. A mixed-methods approach was employed, including pre- and post-intervention surveys assessing student mental well-being and academic performance. Qualitative interviews were conducted with teachers and parents to gather insights into the effectiveness of the interventions. An analysis of survey data revealed a statistically significant drop in dropout rates by 20% (95% CI: -18% to -32%) following the implementation of mental health support systems. Academic achievement scores also showed an average improvement of 15% ($SE = \pm 3\%, p < 0.05$). The findings suggest that integrating comprehensive mental health services into school curricula can substantially reduce dropout rates and enhance student academic performance in urban Nigerian schools. School administrators should prioritise the development of robust mental health support systems to foster a healthier learning environment, thereby improving educational outcomes for students.

Keywords: *African Geography, School-Based Interventions, Mental Health, Dropout Reduction, Academic Achievement Enhancement, Case Studies, Longitudinal Research*

ABSTRACT-ONLY PUBLICATION

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

✉ REQUEST FULL PAPER

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

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

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

Submit at: app.parj.africa

Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge