



Peer Support Groups for Adolescents in South African Cities: A Stress Reduction Evaluation

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Published: 20 May 2002 | **Received:** 16 January 2002 | **Accepted:** 22 March 2002

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DOI: [10.5281/zenodo.18741047](https://doi.org/10.5281/zenodo.18741047)

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Abstract

Adolescents in South African cities often face significant stressors such as socioeconomic challenges, academic pressures, and peer relationships. The research employed a mixed-methods approach, including pre- and post-intervention surveys, focus group discussions, and interviews with participants and facilitators. Data were collected from three urban centers in South Africa. A significant reduction ($p < 0.05$) of stress levels was observed among adolescents who participated in peer support groups, particularly those focusing on problem-solving techniques and social support networks. Peer support groups appear to be an effective intervention for reducing adolescent stress in urban South African settings, enhancing coping strategies and mental resilience. Further research should investigate the long-term effects of these interventions and explore how peer dynamics influence group efficacy. Adolescents, Peer Support Groups, Stress Reduction, Urban Settings, Coping Strategies

Keywords: *Cape Town, Geographically-Targeted, Mixed-Methods, Cultural-Specific, Coping-Focused, Stress-Versus-Strengths, Urban-Age*

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