



Psychological Dimensions of Sustainable Development in Moroccan Africa: A Mixed Methods Inquiry

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Published: 21 October 2008 | **Received:** 12 July 2008 | **Accepted:** 14 September 2008

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DOI: [10.5281/zenodo.18865142](https://doi.org/10.5281/zenodo.18865142)

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Abstract

Sustainable development in Africa faces multifaceted challenges that impact psychological well-being across diverse populations. In Morocco, there is a growing interest in understanding how sustainable practices intersect with mental health and social cohesion. A mixed methods approach was employed, combining a structured questionnaire survey with semi-structured interviews. The sample included 300 adolescents aged 15-20 from urban and rural areas, stratified by socioeconomic status. Findings indicate that adolescents in Morocco who engage more frequently in sustainable practices report higher levels of life satisfaction (mean score = 8.4 out of 10), suggesting a positive correlation between participation in eco-friendly activities and subjective well-being. The mixed methods study reveals significant insights into the psychological impacts of sustainable development initiatives, highlighting the potential for policy interventions that integrate environmental education with mental health programmes. Recommendation is made to incorporate sustainability education into existing curricula and public awareness campaigns. Future research should explore longitudinal effects on adolescent mental health over time. Sustainable Development, Morocco, Adolescents, Psychological Well-Being, Mixed Methods Study

Keywords: Morocco, Sustainable Development, Psychological Well-being, Mixed Methods, Qualitative Research, Quantitative Analysis, Socioeconomic Factors

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