



Youth Participation in African Psychology: An Ethnographic Exploration in Uganda

Owino Mugenyi¹, Kabanyansi Okeyo², Makumbi Namukasa³, Semedi Akello⁴

¹ Makerere University, Kampala

² Mbarara University of Science and Technology

³ Department of Interdisciplinary Studies, Makerere University, Kampala

⁴ Department of Interdisciplinary Studies, Busitema University

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Correspondence: omugenyi@aol.com

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Author notes

Owino Mugenyi is affiliated with Makerere University, Kampala and focuses on Psychology research in Africa. Kabanyansi Okeyo is affiliated with Mbarara University of Science and Technology and focuses on Psychology research in Africa. Makumbi Namukasa is affiliated with Department of Interdisciplinary Studies, Makerere University, Kampala and focuses on Psychology research in Africa. Semedi Akello is affiliated with Department of Interdisciplinary Studies, Busitema University and focuses on Psychology research in Africa.

Abstract

Youth participation in African psychology has received increasing attention due to its transformative potential for addressing developmental challenges and promoting holistic well-being. The research employed an in-depth qualitative approach involving participant observation, semi-structured interviews, and document analysis among young people aged 15-24 years who were engaged in various forms of mental health support programmes. Participants highlighted the importance of culturally relevant interventions that incorporate traditional healing practices alongside Western psychological approaches. The study identified a significant trend towards integrating youth voices into decision-making processes within community-based mental health initiatives, with at least 70% of these initiatives involving young people as key stakeholders. The findings underscore the necessity for fostering collaborative models where youth are actively involved in shaping and implementing psychological services tailored to their needs and contexts. This study contributes by providing a nuanced understanding of youth participation dynamics within African psychology, particularly in Uganda. Policy makers should prioritise inclusive frameworks that encourage young people's active involvement in the development and delivery of mental health services. Moreover, educational institutions must integrate comprehensive curricula on psychosocial well-being to equip future generations with essential knowledge and skills.

Keywords: *African, Anthropology, Ethnography, Youth, Psychology, Culture, Contextual*

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