



# Youth Engagement in Tanzanian Psychology Practices: A Policy Perspective

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## Abstract

Youth engagement in psychology practices is a critical area of interest for policymakers and practitioners in Africa, given the region's demographic trends and socio-economic challenges. The study employs a qualitative approach, analysing existing literature on youth engagement in psychology, government documents related to mental health policies, and semi-structured interviews with key stakeholders including psychologists, policymakers, and youth advocates. Findings indicate a significant underrepresentation of youth in leadership roles within psychological service delivery systems, with only 15% of positions held by individuals aged 30 or younger. Current policies predominantly focus on adult-based services, overlooking the unique needs and perspectives of young people. This oversight can lead to ineffective mental health interventions that fail to address critical issues relevant to youth populations. To promote more inclusive and effective psychological practices, it is recommended that policymakers integrate a broader age spectrum into service delivery models, including training programmes for youth leadership roles, and fostering partnerships between educational institutions and mental health organizations.

**Keywords:** *Tanzania, Youth Participation, Community Psychology, Empowerment Strategies, Developmental Models, Participatory Research, Cultural Competence*

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