



Gender Dynamics in Sub-Saharan African Psychology: Policy Implications for Kenya in 2001

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Abstract

Gender dynamics have been identified as critical in understanding psychological well-being across Sub-Saharan Africa, with Kenya serving as a case study due to its diverse cultural landscapes and economic challenges. A mixed-methods approach was employed, integrating qualitative interviews with government officials and quantitative data from national surveys on mental health prevalence to explore gender disparities in psychological services provision. Findings revealed a significant disparity ($p < .05$) in access to mental health resources where women reported lower availability compared to men, highlighting the need for targeted interventions to bridge this gap. The analysis underscores the urgent need for gender-sensitive policy reforms aimed at increasing equitable access to psychological support services, particularly in underserved rural areas and among marginalized communities. Recommendations include increased funding for mental health initiatives tailored to address specific gender-based disparities, promotion of inter-gender collaboration within healthcare settings, and development of culturally adapted therapeutic interventions.

Keywords: *African, Gender, Psychology, Sociocultural, Empirical, Feminist, Qualitative*

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