



Youth Engagement in African Psychology Practices: A Comparative Exploration in Nigeria

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Abstract

Youth engagement in African psychology practices is a growing area of interest, particularly within Nigeria's developmental context. Data was collected through semi-structured interviews with psychologists and focus group discussions with young people. A thematic analysis approach was used for data interpretation. The findings indicate that while there is a growing interest among youth in psychological services, the level of engagement varies significantly by region, influenced by cultural attitudes towards mental health and available resources. This study underscores the importance of understanding regional dynamics to effectively engage young people in psychology practices and improve their access to mental health support. Future research should focus on developing culturally tailored interventions that address specific barriers to engagement, such as stigma and resource availability. Youth Psychology, Engagement, Nigeria, Comparative Study

Keywords: *African psychology, developmental context, youth engagement, qualitative methods, cultural psychology, social development, community psychology*

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