



Sustainable Development Psychology in Zimbabwe: A Comparative Exploration

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Abstract

Sustainable Development Psychology (SDP) in Africa focuses on integrating psychological principles with sustainable development goals to enhance well-being and resilience among populations facing environmental challenges. The study employed a mixed-methods approach combining qualitative interviews with quantitative surveys. Data were collected from government agencies, non-governmental organizations (NGOs), and focus groups representing various socio-economic backgrounds in Zimbabwe. Findings indicate that SDP interventions significantly improve mental health outcomes by integrating psychological services into livelihood projects, particularly among rural communities affected by climate change-induced disasters. The study concludes with the identification of a specific pattern where integrated SDP approaches lead to improved mental health and resilience in Zimbabwean communities, highlighting the need for further research and policy implementation. Recommendations include scaling up successful SDP models, integrating psychological support into climate change adaptation strategies, and training more psychologists in SDP methodologies to address local needs effectively.

Keywords: *African geography, Sustainable Development Goals, resilience theory, qualitative methods, psychological anthropology, cross-cultural psychology, indigenous knowledge systems*

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