



Beninese Perspectives on Sustainable Development through Psychological Approaches

Koffi Makaye^{1,2}, Hunodehin Adebayo^{3,4}, Bakare Ayanda^{3,5}, Adeyemi Osayomi^{3,6}

¹ University of Abomey-Calavi

² Department of Interdisciplinary Studies, African School of Economics (ASE)

³ National University of Agriculture (UNA)

⁴ Department of Advanced Studies, Institut de Recherche pour le Développement (IRD), Bénin

⁵ Department of Interdisciplinary Studies, Institut de Recherche pour le Développement (IRD), Bénin

⁶ Department of Research, African School of Economics (ASE)

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Correspondence: kmakaye@gmail.com

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Author notes

Koffi Makaye is affiliated with University of Abomey-Calavi and focuses on Psychology research in Africa. Hunodehin Adebayo is affiliated with National University of Agriculture (UNA) and focuses on Psychology research in Africa.

Bakare Ayanda is affiliated with Department of Interdisciplinary Studies, Institut de Recherche pour le Développement (IRD), Bénin and focuses on Psychology research in Africa.

Adeyemi Osayomi is affiliated with National University of Agriculture (UNA) and focuses on Psychology research in Africa.

Abstract

Benin, a West African country, faces significant challenges in sustainable development, including environmental degradation and socio-economic disparities. Psychological approaches are increasingly recognised as valuable tools for addressing these issues, offering insights into human behaviour and well-being that can inform policy and practice. A qualitative research approach was employed through semi-structured interviews with a purposive sample of psychologists, government officials, educators, and local community leaders. Data were analysed thematically to identify common themes and variations across different stakeholder groups. Participants highlighted the need for culturally sensitive psychological interventions that address both individual coping mechanisms and collective societal issues related to environmental conservation and economic development. The findings suggest a potential role for psychology in fostering sustainable development by promoting resilience, enhancing community engagement, and integrating psychological insights into policy frameworks. Policy recommendations include the integration of psychological research into national development plans, training programmes for psychologists on sustainable development issues, and partnerships between government agencies and mental health organizations.

Keywords: *African geography, psychological anthropology, qualitative methodology, cultural psychology, cross-cultural studies, social cognition, developmental psychology*

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