



Gender Dynamics in Sub-Saharan African Psychology within Eswatini: A Mixed Methods Inquiry

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Abstract

Gender dynamics in psychology within Sub-Saharan Africa, particularly in Eswatini (Swaziland), have been underexplored despite their significance for understanding societal roles and mental health outcomes. A mixed-methods design was employed, integrating semi-structured interviews with focus groups for qualitative insights and structured questionnaires for data on psychological practices and attitudes towards gender roles among Eswatini's psychologists. Findings indicate that the majority (75%) of surveyed psychologists reported encountering challenges in implementing gender-inclusive therapy approaches, primarily due to societal stigma and traditional beliefs. The mixed-methods study reveals significant disparities in psychological practices related to gender, with implications for policy development aimed at promoting inclusive mental health services. Recommendations include the need for further research into specific areas of psychology where gender impacts are most pronounced and the implementation of training programmes designed to enhance psychologists' cultural competency and inclusivity.

Keywords: *Sub-Saharan, Africa, Gender, Behavioural, Qualitative, Quantitative, Comparative*

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