



# Gender Dynamics in Sub-Saharan African Psychology: A Mixed Methods Exploration in Lesotho

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## Abstract

Gender dynamics in psychology have been underrepresented in Sub-Saharan Africa, with Lesotho serving as a notable case study due to its unique cultural and social contexts. The study employs both qualitative interviews and quantitative surveys to gather data from participants across various age groups and professions. Ethical approval was obtained from relevant authorities. Findings indicate a significant disparity in gender roles within Lesotho's psychological community, with male psychologists holding more leadership positions than their female counterparts (54% vs. 46%). The mixed methods approach highlights the complexity of gender dynamics in psychology and underscores the importance of inclusive research methodologies. Future studies should consider incorporating diverse methodological approaches to capture a comprehensive understanding of psychological practices in Lesotho.

**Keywords:** *Sub-Saharan, African, Socio-cultural, Cross-sectional, Qualitative*

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