



Urban Youth Mental Health Support Groups in Lagos, Nigeria: Impact on Academic Performance and Resilience Levels

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Abstract

Urban youth in Lagos, Nigeria face significant mental health challenges that often intersect with educational performance and resilience levels. Despite growing awareness of these issues, there is a dearth of empirical research specifically focusing on the efficacy of mental health support groups within urban settings. The research employs a mixed-methods approach involving surveys and focus group discussions with participants from various schools within the Lagos metropolis. Data collection tools encompass standardised assessment scales for measuring resilience and academic performance, alongside semi-structured interview guides to explore students' personal experiences and perceptions of support groups. Findings indicate that participation in mental health support groups significantly improves students' self-reported levels of resilience by an average of 25%, with a notable theme emerging around the importance of social support networks among participants. Additionally, there is a positive correlation between group attendance and improved academic performance, though this varies slightly across different schools. The study concludes that mental health support groups can be effective in enhancing resilience and academic outcomes for urban youth in Lagos, suggesting potential avenues for policy intervention to address social-emotional learning within educational settings. Based on the findings, it is recommended that policymakers consider integrating mental health education into curricula and establishing more comprehensive community-based support networks for urban youth. Schools should also be encouraged to facilitate regular engagement with these groups to maximise benefits.

Keywords: *African urbanization, Lagos, Nigeria, qualitative research, mental health interventions, resilience theory, youth studies, ethnography*

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