



Psychological Foundations and Policy Implications in African Aging Contexts: Seychelles as Case Study

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Published: 21 June 2007 | **Received:** 07 February 2007 | **Accepted:** 29 May 2007

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DOI: [10.5281/zenodo.18855185](https://doi.org/10.5281/zenodo.18855185)

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Abstract

Aging populations in African contexts face unique psychological challenges, influenced by factors such as cultural norms, economic conditions, and healthcare access. Qualitative interviews with older adults and policymakers were conducted to explore perceptions and needs related to aging, supplemented by secondary data analysis on existing policies and research studies. Interviews revealed a significant proportion (45%) of older Seychellois reported feelings of isolation and loneliness, which was not adequately addressed in current policy frameworks. The identified gaps in psychological support for the elderly necessitate the development of targeted interventions and comprehensive age-friendly policies. Policymakers should prioritise mental health services and foster community engagement programmes to reduce feelings of isolation among older Seychellois.

Keywords: *Africanization, Cultural Norms, Economic Factors, Healthcare Access, Policy Analysis, Qualitative Research, Social Support Systems*

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