



Measuring Psychological Wellbeing in Refugee Youth Through Digital Literacy Programmes: An African Perspective

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Abstract

This study explores how digital literacy programmes impact psychological wellbeing among refugee youth in East African cities within Morocco. Qualitative data collection methods including semi-structured interviews, focus groups, and document reviews were employed. Participants included refugee youth aged 13-25 from various East African countries residing in Morocco. A thematic analysis revealed that digital literacy programmes significantly improved participants' sense of empowerment and social connection, which are critical for their mental health. Digital literacy programmes offer a promising avenue to support the psychological wellbeing of refugee youth by enhancing their access to resources and community engagement. Future research should consider longitudinal studies to assess long-term impacts. Cultural sensitivity training is recommended for programme implementers to ensure effectiveness across diverse populations.

Keywords: *Cultural Identity, Migration Studies, Ethnography, Qualitative Research, Youth Development, Community Engagement, Psychological Health*

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