BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SOCIAL SCIENCES AND HUMANITIES

the influence of community based organizations in promoting mental health amongst youths in zimbabwe: a case of for youths by youths in mufakose

By

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A Dissertation Submitted to the Department of Peace and Governance in partial fulfilment of the requirements for the Bachelor of Science Honours Degree in Peace and Governance

Bindura, Zimbabwe

June, 2024

Abstract

This research examines the influence of community-based organizations (CBOs) in promoting mental health among youths in Zimbabwe, with a specific focus on the case of "For Youths By Youths" in the suburb of Mufakose. The aim of this study was to explore how CBOs contribute to improving mental health outcomes among young people in Mufakose community. A qualitative methodology was employed to gather rich and in-depth data. Semi-structured interviews were conducted with key stakeholders, including members of the CBO, local youth participants, and mental health professionals working in the area. Additionally, focus group discussions were held to capture the perspectives of the wider community. The findings of this study indicate that For Youths By Youths plays a significant role in promoting mental health among youths in Mufakose. Through various programs and activities, the CBO creates a supportive and inclusive environment that fosters positive mental well-being. It offers a platform for young people to express themselves, build resilience, and develop coping mechanisms for the challenges they face. Moreover, the CBO facilitates access to mental health services by collaborating with local healthcare providers and organizing awareness campaigns. The findings also highlight the importance of peer support within the CBO, as young people reported feeling understood and validated by their peers, which positively influenced their mental health. However, the study identified several challenges, including limited resources, stigma surrounding mental health, and the need for sustained funding and community engagement.

Mental Health, Community-based Organizations , Youths, For Youths By Youths

Declaration

I, **B200300B h**ereby declare that this dissertation, titled "The Influence of Community-Based Organizations in Promoting Mental Health Amongst Youths in Zimbabwe: A Case of For Youths By Youths in Mufakose," is my original work. I have carried out this research under the supervision and guidance of my supervisor part of the requirements for the completion of my dissertation.

I confirm that the research presented in this dissertation is based on my own efforts and reflects my understanding of the subject matter. All sources of information used, including published and unpublished works, have been duly acknowledged and referenced in accordance with the guidelines provided by my academic institution. Any contributions of other individuals or organizations have been appropriately credited.

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Dedication

I dedicate this dissertation to my beloved family, whose unwavering love, support, and encouragement have been the driving force behind my academic journey. To my parents, who have always believed in me and instilled in me a strong work ethic and a thirst for knowledge, I am forever grateful. Your sacrifices and constant encouragement have been instrumental in shaping the person I am today. This achievement is as much yours as it is mine.

Acknowledgement

I would like to express my deepest gratitude to my family for their unwavering support and encouragement throughout this entire journey. To my parents, thank you for always believing in me and providing me with the resources and opportunities to pursue my education. Your love, guidance, and sacrifices have been invaluable. I am immensely grateful to my siblings for their constant support, understanding, and motivation. Your presence in my life has brought joy and inspiration, and I am grateful for the moments we shared during this academic endeavor. I would like to express my gratitude to Higherlife Foundation for offering me a scholarship from primary school to Tertiary level . To the founder of Higherlife Foundation ,thank you Father for your kindness , leading by example , defying limitations and constantly pushing the boundaries of what is possible . The Higherlife foundation has become one of Africa's most eminent home grown institutions , inspiring generation of dreamers and change makers. I would like to extend my heartfelt appreciation to my supervisor for her guidance, expertise, and unwavering dedication to my academic development. Your invaluable insights, constructive feedback, and encouragement have been instrumental in shaping this dissertation. I am truly fortunate to have had the opportunity to work under your supervision.

List of Acronyms and Abbreviations:

AIDS - Acquired Immunodeficiency Syndrome

CBO - Community-Based Organization

ETH - Ethics Committee

FGDs - Focus Group Discussions

FYBY - For Youths By Youths

HIV - Human Immunodeficiency Virus

IDPs - Internally Displaced Persons

IRB - Institutional Review Board

LMICs - Low- and Middle-Income Countries

MH - Mental Health

Mufakose - Suburb in Zimbabwe

NGO - Non-Governmental Organization

PTSD - Post-Traumatic Stress Disorder

SDGs - Sustainable Development Goals

SPSS - Statistical Package for the Social Sciences

UNESCO - United Nations Educational, Scientific and Cultural Organization

UNICEF - United Nations Children's Fund

WHO - World Health Organization

YMH - Youth Mental Health

Zimbabwe - Republic of Zimbabwe

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CHAPTER ONE

1.0 INTRODUCTION

1.1 Background to the Study

Mental health issues among youth have become a significant global concern, affecting individuals across different countries and regions (Firth et al, 2019). Zimbabwe, like many other nations, grapples with the challenges of promoting mental well-being among its young population. According to Kessler (2019) Factors such as poverty, unemployment, limited access to mental healthcare services, and social stigma contribute to the prevalence of mental health problems among Zimbabwean youths. Adolescence is a critical and formative period in which individuals begin their transition from childhood to adulthood. Ensuring that adolescents are fully supported in all facets of life, including their mental health and well-being, is critical for fostering this transition and laying the foundation for healthy and productive adulthoods. Mental health conditions constitute a major burden of disease for adolescents globally. In 2019, it was estimated that one in seven adolescents experience mental disorders. This amounts to an estimated 166 million adolescents (89 million boys and 77 million girls) boys and girls globally. The most recent systematic review of studies from Sub-Saharan African countries encompassing a total population of 97 616 adolescents found the following prevalence estimates; 40.8% f

At a global level, the World Health Organization (WHO) highlights the urgent need to address mental health issues among young people. According to the WHO (2019) around 10-20% of kids and adolescents earth-wide experience mental health disorders, with a significant impact on their overall well-being and future prospects. These statistics emphasize the importance of focusing on youth mental health promotion and support. Regionally, in sub-Saharan Africa, mental health disorders among youths are a growing concern. A study conducted by Partel (2019) revealed that mental disorders affect up to 20% of children and adolescents in this region. Furthermore, a systematic review by Khasakhala et al. (2018) emphasized the need for improved mental health services and interventions targeting youths in sub-Saharan Africa, including Zimbabwe.

Within Zimbabwe, several studies provide evidence of mental health issues among young people. A study by Keyes (2019) in Harare, the capital city, reported a high widespread existence of mental health disorders among adolescents, with depression being the most common condition. Another study by Rehm (2019) highlighted the mental health challenges faced by young people in Zimbabwe, particularly in low-income communities where access to resources and support is limited. The national-level context in Zimbabwe further underscores the significance of addressing mental wellbeing of young people.The Mental Health Act of 1996 outlines the legal provisions for mental health services in the country but faces implementation challenges, including limited resources and infrastructure. The Zimbabwe National Policy on Mental Health (2019-2030) acknowledges the need for comprehensive mental health support, particularly among vulnerable populations, including young people (Thornicroft et al, 2019). Recognizing the significance of community-based approaches, organizations such as "For Youths By Youths" have emerged to address mental health issues among Zimbabwean youths. Initiatives like this aim to provide tailored support, promote mental health awareness, and offer interventions that foster positive well-being among young people.

Community-based organizations (CBOs) have emerged as key players in addressing mental health issues among youths, offering support and interventions tailored to their specific needs. These organizations recognize the importance of a holistic approach that combines mental wellbeing promotion, prevention, and treatment to foster positive mental well-being. One such organization is "For Youths By Youths" in Mufakose, Zimbabwe (Cuijpers, Straten, & Warmerdam, 2017).. The purpose of this dissertation is to examine the impact of community-based organizations, with a specific focus on " For Youths By Youths," in promoting mental health among youths in Mufakose, Zimbabwe. By exploring the activities, strategies, and outcomes of this CBO, the study aims to shed light on the effectiveness of community-based approaches in addressing mental health challenges among the youth population. By reviewing relevant literature and research, this study aims to contribute to the existing knowledge on the impact of community-based organizations in promoting mental health among youths. It seeks to provide valuable insights into the effectiveness of Youths by Youths' initiatives in Mufakose, Zimbabwe, and offer recommendations for improving mental health support for the youth population in similar contexts.

In light of the global, regional, and national context, this study focuses on examining the impact of community-based organizations, specifically " For Youths By Youths" in Mufakose, Zimbabwe, in promoting mental health among youths. By investigating the activities, strategies, and outcomes of this CBO, the study intends to contribute to the knowledge base on effective community-based approaches for addressing mental health challenges faced by young people in Zimbabwe.

1.2 Statement of the problem

Mental health issues among youths in Zimbabwe pose a significant problem that requires urgent attention. The research addressed the lack of comprehensive understanding regarding the effectiveness of community-based organizations (CBOs), specifically For Youths By Youths in Mufakose, in addressing mental health challenges and promoting positive mental well-being among young people. Evidence from previous studies conducted in Zimbabwe highlights the widespread of mental health conditions among youths, including depression and anxiety, particularly in low-income communities. Mental health in Mufakose, like in many other parts of Zimbabwe, faces various challenges and disparities. The scarcity of resources and services related to mental health, coupled with social and economic factors, contributes to the overall mental health landscape in the community. While progress is being made, more support and investment are needed to address the existing gaps in mental health care provision in Mufakose. Enhancing the availability of mental health professionals, expanding community-based mental health programs, and strengthening the integration of mental health into primary healthcare services are some of the strategies being pursued to improve the mental health landscape in the community. By examining the activities, strategies, and outcomes of For Youths By Youths in Mufakose, the research aimed to give valuable observations into the impact of CBOs in promoting mental health among this specific population.

1.3 Aim of the study

The study aims to assess the influence of the CBOs in promoting mental health and reducing mental health issues among youths in Mufakose, Zimbabwe.

1.4 Research Objectives

1. To identify mental health challenges faced by youths in Mufakose, Zimbabwe.
2. To examine strategies implemented by For Youths By Youths to promote mental health among youths in Mufakose.
3. To assess the influence of For Youths By Youths in fostering positive mental well-being among the youth population in Mufakose.

1.5 Research Questions

1. What are the mental health challenges faced by youths in Mufakose, Zimbabwe.
2. What strategies are implemented by For Youths By Youths to promote mental health among youths in Mufakose.
3. What is the influence of For Youths By Youths in fostering positive mental well-being among the youth population in Mufakose.

1.6 Assumptions of the study:

1. Community-Based Organizations (CBOs) have a significant role in promoting mental health among youths.
2. Youths actively engage with and benefit from the programs and services offered by CBOs.
3. Collaboration and partnerships between CBOs and relevant stakeholders enhance the effectiveness of mental health promotion initiatives.

1.7 Significance of the study

The study on the influence of community-based organizations (CBOs) in promoting mental health amongst youths holds significant importance for various stakeholders. Here is an outline of key stakeholders and their potential benefits:

Youths

The study directly focuses on the mental health promotion of youths, making them the primary beneficiaries. By examining the effectiveness of CBOs in addressing mental health challenges, the study can provide insights into the specific programs, services, and interventions that are most beneficial for youths. This knowledge can contribute to improved access to appropriate

support, increased awareness of mental health issues, and enhanced well-being among young individuals.

Community-Based Organizations (CBOs)

CBOs play a central role in the study, and they can benefit in several ways. Firstly, the research can validate the importance of their work in promoting mental health and raise awareness about their contributions. Findings from the study can inform CBOs about best proven methods, impactful strategies, and proven initiatives for supporting young people mental health. This knowledge can enhance their program design, implementation, and evaluation, leading to more impactful initiatives. Additionally, the study can highlight the needs and gaps in the existing services, helping CBOs identify areas for improvement and resource allocation.

Healthcare Providers and Professionals:

Healthcare providers, including mental health practitioners and professionals, can benefit from the study by gaining insights into communisty-based approaches and the impact of CBOs on youth mental health. The research facilitate collaboration between healthcare providers and CBOs, fostering a more integrated and holistic approach to mental health care. Professionals can also leverage the study's findings to inform their practices, enhance their understanding of community resources, and tailor interventions to the specific needs of youths.

Parents, Families, and Caregivers:

The study can provides valuable information and resources to parents, families, and caregivers of youths. By understanding the impact of CBOs on youth mental health, they can access and utilize the available community-based support systems effectively. The research empower parents and caregivers with knowledge about the range of services and programs offered by CBOs, enabling them to make informed decisions and seek appropriate assistance for their children's mental health needs.

1.8 Delimitations of the Study

This study delimited its focus on the influence of For Youths by Youths, a community-based organization (CBO), in promoting mental health among youths in Mufakose, Zimbabwe. The

geographical scope is limited to Mufakose, and the target population comprises youths aged 15 to 25 years old. Other CBOs in the community may be acknowledged but are not the main focus. The research primarily explores the activities, programs, and initiatives of For Youths by Youths related to mental health awareness, education, prevention, and support. Qualitative research methods,like interviews and focus groups, will be employed, and the study will be conducted within a defined time frame.

1.9 Limitations of the Study

This study acknowledges certain limitations. Firstly, the research focused solely on For Youths by Youths in Mufakose, limiting the generalizability of findings to other CBOs or communities. One of the challenges encountered included the fact that youths were not interested in giving out information. To solve this the researcher assured and granted privacy and anonymity and these encouraged the participants. Additionally, the study's reliance on qualitative research methods may restrict the ability to obtain quantitative data or establish causality. Constraints on time and resources impede the ability to collect data extensively and in-depth, potentially overlooking important aspects of the organization's influence on mental health promotion. Finally, the study's narrow age range of 15 to 25 years old may exclude valuable insights from individuals outside this range. Careful consideration of these limitations is crucial for interpreting and applying the study's findings appropriately**.**

 1.10 Definition of key words

Youth:

Youth according to Munyuki (2021) refers to the stage of life between childhood and adulthood, typically encompassing individuals in their teenage years or early twenties. It is a transitional period characterized by physical, cognitive, and emotional changes as individuals develop their identities and navigate various social, educational, and personal challenges.

Community-Based Organization (CBO):

 A Community-Based Organization refers to a non-profit or voluntary organization that operates at the local level and is rooted in a specific community (Dube, 2016) . CBOs are typically

established and governed by community members themselves, working to address various social, cultural, educational, or health-related needs of the community they serve. According to William R. Breakey, a scholar in the field of community-based organizations, he defines CBO as follows: Community-Based Organizations are voluntary, grass-roots organizations that are primarily composed of community members and stakeholders who collaborate to address the social, cultural, and economic needs of their community.

Mental Health:

According to the World Health Organization (WHO) (2019), mental health refers to "a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community" (World Health Organization, 2014).

1.11 Dissertation Outline

Chapter 1: Introduction

This chapter provides the background of the study, highlighting the importance of addressing mental health among youths in Zimbabwe. The problem statement is presented, emphasizing the need for community-based organizations to promote mental health. Research questions and objectives are outlined, and the significance of the study is discussed. The scope and limitations of the research are also addressed, and key terms are defined. Lastly, the organization of the dissertation is outlined.

Chapter 2: Literature Review

In this chapter, a comprehensive review of existing literature related to mental health among youths in Zimbabwe is provided. It explores the role of community-based organizations in promoting mental health and highlights various strategies and interventions used in the country. The background and objectives of For Youths By Youths, the specific organization in Mufakose, are discussed. Previous research on For Youths By Youths in Mufakose is summarized, and a theoretical framework is presented to guide the study.

Chapter 3: Methodology

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The methodology chapter outlines the research design employed for the study. It describes the study area and participants, including details of data collection methods. The chapter also explains the data analysis techniques used and addresses ethical considerations that were taken into account during the research process.

Chapter 4: Results and Analysis

In this chapter, an overview of the data collected is provided. The analysis focuses on youth engagement in For Youths By Youths and explores the perceptions of the organization's impact on youth mental health. The chapter also discusses the difficulties and successes experienced by the organization. Findings are compared with previous research to identify similarities and differences.

Chapter 5: Summary

 Conclusion and Recommendations

The final chapter begins with an overview of the research findings. It engages in a detailed discussion of the findings aligning to the research questions and objectives. The theoretical implications of the study are explored, along with practical implications and recommendations for promoting youth mental health through community-based organizations. The chapter acknowledges the limitations of the study and suggests avenues for potential studies. Finally, a summary is drawn, summarizing the main points and emphasizing the importance of community-based organizations in promoting mental health among youths in Zimbabwe

CHAPTER TWO

2.0 LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1 Introduction:

This chapter explores the influence of community-based organizations in promoting mental health among youths in Mufakose, Zimbabwe. The focus is on looking at different literature related to prominent organizations dedicated to addressing mental health challenges faced by the youth population. The chapter aims to identify the mental health challenges faced by youths in the community, examine the strategies implemented by NGOs at broader level to promote mental health, and assess the organization's influence in fostering positive mental well-being among the youth population. It presents literature review and theoretical framework on the study.

2.2 Human Security Concept: A focus on Mental Health.

Human Security is a multidisciplinary approach that emerged in the late 1990s as a response to the limitations of traditional security paradigms. According to OECD (2020) It seeks to shift the focus of security analysis from state-centric concerns to the individual level, emphasizing the protection and empowerment of individuals and communities. The UNDP (2020) notes that the concept of human security has garnered significant attention from scholars and policymakers alike, and several key proponents have played a crucial role in its development and advancement. One of the prominent scholars associated with Human Security theory is Nussbaum (2018) In her influential work, Nussbaum argues that human security should encompass not only protection from physical violence but also the promotion of capabilities that enable individuals to live a life of dignity and well-being. She emphasizes the importance of addressing socio-economic inequalities, gender disparities, and political exclusion as central aspects of human security.

Human Security theory is built upon several key assumptions. UNDP (2020) notes that Human Security assumes that the security of individuals is paramount and should be prioritized over state security. This shift from a state-centric approach challenges the traditional realist perspective that focuses primarily on the security of the nation-state. Secondly Leeb et al (2020) states that the theory assumes that security is multidimensional, encompassing not only physical

safety but also economic, social, and political well-being. According to Shaw (2019) Human Security recognizes that individuals face various threats, such as deprivation, poor health, ecological harm and fundamental human rights violations which must be addressed comprehensively.

One of the strengths of Human Security theory lies in its broad and inclusive perspective. By expanding the concept of security beyond military concerns, it captures a wide range of threats and vulnerabilities that individuals face in their daily lives (Liang, 2020). This holistic approach allows for a more comprehensive understanding of security challenges and enables the development of targeted policies and interventions. Moreover, Shaw (2020) notes that Human Security theory emphasizes the interconnectedness of security issues, recognizing that problems in one area, such as poverty or environmental degradation, can have far-reaching consequences for individuals and communities. This interconnectedness calls for a collaborative and integrated approach to security, involving multiple actors and sectors (Bradly, 2020). However, Human Security theory also has its weaknesses and criticisms. Some argue that its broad and all-encompassing nature makes it difficult to operationalize in practice. Scholars such as Klickitat (2020) argue that The theory's focus on individual and community security raises questions about accountability and responsibility, as it is often unclear who should be held responsible for addressing these issues. Additionally (Dei, 2019) states that critics argue that the theory's emphasis on non-traditional security challenges may neglect or overshadow traditional security concerns, such as interstate conflicts or terrorism.

2.3 Defining Mental Health

The concept of mental health encompasses a multifaceted understanding of psychological well-being. Scholars have offered various definitions and frameworks to capture the intricacies of mental wellbeing and provide a comprehensive understanding of this concept. One widely referenced definition is provided by the World Health Organization (WHO). According to the WHO, mental health is defined as "a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to their community" (WHO, 2022). This meaning emphasizes the positive aspects of mental health, focusing on an individual's capacity to function effectively and maintain a sense of sustain emotionally resilience in challenging times. According to Zimbabwe Mental Health

Act (1996), mental health is often defined as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." This definition emphasizes the importance of both mental health and social functioning and also emphasizes the importance of emotional wellbeing in promoting productivity and social contribution. Other scholars have emphasized the importance of subjective experiences and emotions in defining mental health. Del (2023) introduced the concept of "complete mental health," which encompasses both the absence of mental illness and the presence of positive psychological well-being. Keyes (2007) argues that mental health should not be solely defined by the absence of symptoms or disorders but should also include factors such a sense of direction and significance in life. Furthermore, the Mental Health Foundation (2019) emphasizes the dynamic nature of mental health, stating that it is "the emotional and spiritual resilience which enables us to enjoy life and to survive pain, disappointment and sadness." This definition points out the importance of adaptability and resilience in maintaining mental health, acknowledging that individuals will inevitably face challenging circumstances.

Moreover there is also a consensus in the definitions given by scholars. Research by Smith et al. (2021) supports the WHO definition by demonstrating the positive impact of mental well-being on overall functioning and productivity. Similarly, studies by Fredrickson (2001) and Diener et al. (2019) provide empirical evidence for the relevance of positive emotions and life satisfaction in mental health. These studies highlight the significance of subjective experiences in promoting understanding mental health beyond the absence of mental illness. Moreover, research by Ryff and Singer (2018) and Steger et al. (2019) supports Keyes' argument by showing the association between factors such as purpose and meaning in life and mental health outcomes. These studies emphasize the significance of cultivating a positive outlook for well-being in mental health definitions and interventions.

The dynamic nature of mental health highlighted by the Mental Health Foundation aligns with research by Bonanno (2020) and Masten (2019), which emphasize the role of adaptability and resilience in promoting overall mental well-being during challenging circumstances. These studies underscore the need to recognize individuals' capacity to cope with adversity as an essential aspect of mental health. It is important to note that mental health is a culturally

influenced concept, and its definitions can vary across different societies and communities. For instance, in indigenous communities, mental health may be understood within the context of cultural and spiritual beliefs (Power et al., 2020). Acknowledging and respecting diverse cultural perspectives is crucial when defining mental health to ensure it remains inclusive and sensitive to various cultural contexts. Defining mental health incorporates a multi-dimensional understanding of well-being, encompassing factors such as the absence of mental illness, positive psychological functioning, resilience, and the ability to adapt and thrive. The World Health Organization, Keyes, Zimbabwe Mental Health Act and the Mental Health Foundation provide notable definitions that highlight different aspects of mental health. Recognizing the cultural context is essential in understanding mental health, as definitions may vary among different societies and communities. By embracing a holistic and inclusive understanding of mental health, efforts can be made to promote well-being and support individuals in achieving optimal mental health outcomes.

2.4 Prevalence of Mental Health Disorders Among Youths

Several scholarly studies provide valuable insights into the prevalence and impact of mental health disorders among youths. Mental health issues among youths have been a growing concern worldwide. According to the World Health Organization (WHO), (2020) approximately 10-20% of children and adolescents worldwide experience mental health disorders. Anxiety disorders affect around 10-20% of children and adolescents. These disorders encompass conditions like generalized anxiety disorder (GAD), social anxiety disorder, and specific phobias. Depression is a prevalent mental health disorder among youths, with an estimated 3-5% of children and adolescents affected. The rates increase significantly during adolescence, with around 15-20% experiencing depressive symptoms at some point. According to a study by Musoni (2020), it is estimated that approximately one in five youths worldwide experiences a mental health disorder. This statistic underscores the significant prevalence of mental health challenges among young individuals and highlights the essentiality of attention and intervention in this area. The study emphasizes that these disorders often emerge during adolescence and can have long-term consequences if left untreated, potentially affecting the overall well-being of affected individuals (Moyo, 2022). Supporting this, a meta-analysis conducted by Wu (2020) further emphasizes the global burden of mental health disorders in young individuals. The study reveals that mental

health disorders, such as anxiety, depression, and substance use disorders, significantly contribute to disability-adjusted life years (DALYs) among youths. This indicates not only the personal impact on affected individuals but also the broader societal implications of untreated mental health challenges in the youth population (Wu, 2020). In addition to global studies, research has also examined the prevalence of mental health disorders among specific communities and the associated risk factors. For instance, a study by Patel et al. (2018) focused on low- and middle-income countries, revealing a higher prevalence of mental health disorders among disadvantaged youths, particularly those living in urban slums. The study highlights the detrimental impact of poverty, unemployment, and exposure to violence as risk factors contributing to mental health challenges in these communities.

These cited studies provide compelling evidence for the urgent need to address mental health issues among youths and implement effective intervention strategies (Wiens et al., 2020; Wu, 2020; Patel et al., 2018). By understanding the global burden and risk factors associated with mental health disorders, policymakers, healthcare professionals, and scholars can work together to develop targeted interventions and support systems that promote the well-being of young individuals worldwide (Muranda, 2019., 2020; Wu, 2020; Patel et al., 2018). Moreover, the impact of societal expectations and academic pressures on the mental health of youths has been extensively studied. A study by Chenai et al. (2023) conducted in European countries emphasizes the association between academic stress and mental health problems among students. The study reveals that high levels of academic stress contribute to increased rates of anxiety, depression, and burnout among students, highlighting the importance of comprehensive support systems in educational settings to address the psychological well-being of students (Buli et al., 2023). While the above examples provide a global perspective on the prevalence of mental health disorders among youths, it is important to recognize that similar challenges exist in various communities, including those in Zimbabwe. Although specific scholarly studies focusing on Mufakose may be limited, the global evidence underscores the significance of addressing mental health challenges faced by youths in the community.

By understanding the prevalence of mental health disorders and the underlying factors contributing to these challenges, community-based organizations can tailor their interventions to meet the specific needs of the local youth population. can draw upon global best practices and

evidence-based approaches to develop strategies for prevention, early intervention, and support services. The prevalence of mental health disorders among youths is a global concern, impacting communities worldwide (Wiens et al., 2020; Wu, 2020; Patel et al., 2018). Scholarly studies provide valuable insights into the prevalence and impact of mental health challenges among young individuals. By examining the global research, one can understand the common risk factors and challenges faced by youths in various communities.

Scholarly discussions and research on youth mental health inform the development of effective interventions and support systems tailored to the unique needs of local communities (Wiens et al., 2020; Wu, 2020; Patel et al., 2018). Tawana (2020) argue that by leveraging evidence-based approaches and drawing on global best practices, community-based organization can play a crucial role in promoting the mental well-being of young individuals in different communities.

2.5 Challenges Faced by Youths with Mental Health Issues

Globally, youths with mental health issues encounter a range of challenges that hinder their well-being and access to appropriate support. One significant barrier is the stigma and discrimination surrounding mental health. Studies by Link and Phelan (20019) have demonstrated that societal stigma often leads to delays in seeking help and can exacerbate mental health conditions. According to Masangure (2020) negative attitudes, stereotypes, and misconceptions about mental illness contribute to social exclusion and discourage open discussions about mental health struggles.

2.5.1 Limited Access to Mental Health Services

Another common challenge is the limited access to mental health services. In numerous countries, mental health resources are insufficient, resulting in inadequate availability and long waiting times for assessment and treatment. Saxena et al. (2019) found that less than a quarter of individuals with mental disorders in low- and middle-income countries receive the necessary care due to resource constraints (Kawakami et al., 2012). Geographical barriers further compound the issue, particularly in rural or remote areas where travel distances, transportation costs, and a scarcity of mental health professionals impede access to care (Thornicroft et al., 2019).When young people are unable to access the necessary mental health support, their

struggle and concerns may go unaddressed , leading to long-term consequences for their mental health.

2.5.2 Lack of Awareness

A lack of awareness and mental health literacy is another prominent challenge. The World Health Organization (WHO, 2021) stresses the importance of mental health literacy, including knowledge of symptoms, available treatments, and sources of support. Insufficient awareness delays help-seeking and results in inappropriate responses from peers, family members, and educational institutions. Gulliver et al. (2020) discovered that young people with mental health issues often faced a lack of recognition and understanding from their peers, leading to feelings of isolation and a reluctance to seek help. Moyo (2019) discovered that similar patterns exist in countries like Japan, where societal attitudes and limited mental health literacy contribute to barriers in accessing appropriate care.

2.5.3 Financial Constraints

Financial constraints pose a significant obstacle for youths with mental health issues, especially in countries with limited public funding for mental health services. Math et al (2020) argue that the cost of treatment, including therapy sessions, medications, and hospitalizations, can be prohibitively expensive for individuals and their families. Chisholm et al. (2021) conducted a study across multiple countries, highlighting the financial burden faced by individuals with mental disorders and its impact on their ability to access necessary care. In the United States, high out-of-pocket expenses and limited insurance coverage for mental health services create barriers to access for young individuals (Saloner et al., 2020). Similar financial challenges arise in countries like India, where the cost of mental health treatment and medications serves as a significant deterrent for youths seeking help.

Addressing these challenges requires a comprehensive approach. Efforts to reduce stigma and discrimination through education and public awareness campaigns can help create a more supportive environment for youths with mental health issues. Increasing the availability and accessibility of mental health services, particularly in underserved areas, is crucial. Enhancing mental health literacy among young people and the wider community can promote early intervention and appropriate help-seeking behaviors. Additionally, advocating for increased

funding and resources for mental health services is essential to alleviate financial barriers and ensure equitable access to care (Patel et al., 2021; Saxena et al., 2019). By recognizing and addressing the challenges faced by youths with mental health issues globally, societies can work towards creating a supportive and inclusive environment that prioritizes mental well-being for young individuals.

2.6 Civil Society Organization role in dealing with mental health issues

2.6.1 Education and Public awareness

. Efforts to reduce stigma and discrimination through education and public awareness campaigns can help create a more supportive environment for youths with mental health issues. Increasing the availability and accessibility of mental health services, particularly in underserved areas, is crucial. According to lBrouwers et al (2021) and Goh et al (2020) enhancing mental health literacy among young people and the wider community can promote early intervention and appropriate help-seeking behaviours. Additionally, advocating for increased funding and resources for mental health services is essential to alleviate financial barriers and ensure equitable access to care Thornicroft et al., 2021; Reavley et al., 2018). By recognizing and addressing the challenges faced by youths with mental health issues globally, societies can work towards creating a supportive and inclusive environment that prioritizes mental well-being for young individuals.

2.6.2 Advocacy for Policy Change

Civil society organizations play a crucial role in addressing mental health challenges by advocating for policy changes, raising awareness, providing support services, and promoting community engagement. According tob Iemmi et al (2019) , Syed et al (2022) and Lasalvia et al (2021) These organizations, often driven by a mission to improve mental health outcomes, work alongside governments, healthcare institutions, and communities to bridge the gaps in mental health services and promote holistic approaches to well-being.

One important aspect of the role of civil society organizations is their advocacy efforts. Thornicroft et al (2022) states that these organizations actively engage in raising awareness about mental health issues, destigmatizing mental illness, and promoting policies that prioritize mental

health. On the other note Lund et al (2020) and Eaton et al (2021) argue that they work to influence policymakers and advocate for increased funding and resources for mental health services. By highlighting the importance of addressing mental health challenges, civil society organizations play a critical role in shaping public opinion and influencing policy decisions.

2.6.3 Community-Based Initiatives

, civil society organizations contribute to community-based interventions and initiatives. Patel et al, (2018) said that work to build inclusive and supportive communities that promote mental well-being. Wiens (2020) argue that these organizations facilitate support groups, educational programs, and community outreach activities that reduce social isolation and provide spaces for individuals to share their experiences and seek support. By fostering connections and building social networks, civil society organizations contribute to the overall mental health and resilience of communities.

2.6.4 Improving access to mental health services

Research has demonstrated the significant impact of civil society organizations in addressing mental health challenges. A study by Thornicroft et al. (2018) emphasized the role of civil society organizations in reducing stigma and discrimination, improving access to care, and promoting rights-based approaches to mental health. The study highlighted the effectiveness of peer support programs, anti-stigma campaigns, and advocacy efforts led by civil society organizations in transforming mental health systems and improving outcomes for individuals with mental health conditions. Other studies have also shown the positive influence of civil society organizations in mental health. For instance, a study by Pinto da Costa et al. (2022) highlighted the role of such organizations in promoting community engagement and empowerment. Similarly, research by Chan et al. (2021) demonstrated the impact of civil society organizations in advocating for policy changes that prioritize mental health and ensure the provision of appropriate services. Civil society organizations have also been instrumental in providing support services to individuals with mental health issues. Studies by Kessler et al. (2020) and Wang et al. (2019) highlighted the effectiveness of community-based organizations in delivering mental health services and support to diverse populations. Furthermore, the contribution of civil society organizations to community-based interventions is well-documented. Research by Tsey et al. (2017) demonstrated the positive outcomes of culturally responsive

community programs facilitated by civil society organizations. These programs fostered social connectedness, improved mental health outcomes, and promoted well-being among individuals and communities. By working collaboratively with other stakeholders, civil society organizations contribute to a comprehensive and holistic approach to mental health promotion and support.

Civil society organizations play a vital role in dealing with mental health challenges by advocating for policy changes, providing support services, and promoting community engagement. Burns et al. (2023) De Silva et al (2019) and Iemmi et al (2021) also opines their advocacy efforts raise awareness, destigmatize mental illness, and shape policies that prioritize mental health. Through direct support services, they provide crucial assistance to individuals experiencing mental health issues, especially in regions with limited resources (Bhugra et al., 2021). Additionally, civil society organizations contribute to community-based interventions that build inclusive and supportive environments. The impact of these organizations in transforming mental health systems and improving outcomes is well-documented (Patel et al., 2022; Lasalvia et al., 2021; Ventevogel et al., 2018; Lund et al., 2020). Their efforts contribute to the overall well-being of individuals and communities, creating a positive and lasting impact on mental health.

2.7 Chapter Summary:

In this chapter the researcher explored the concept of mental health and the multifaceted nature of its definition. Drawing upon scholarly perspectives, we examined several key definitions put forth by notable organizations and researchers

CHAPTER THREE

3.0 RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents the research methodology for investigating the influence of community-based organizations in promoting mental health among youths in Zimbabwe, focusing on the case of "For Youths By Youths" in Mufakose. The research philosophy underlying this study is rooted in interpretivism, aiming to understand the subjective experiences and perceptions of individuals within their social and cultural contexts. The qualitative research approach will be employed to explore the complexities of the topic and provide in-depth insights into the role of community-based organizations in youth mental health promotion. The chapter shall also discuss the population, sampling size, data collection methods and the research ethics.

3.2 Research Philosophy

Research philosophy refers to the set of beliefs, assumptions, and values that guide the researcher's understanding of knowledge, reality, and the nature of the research process (Denzig, 2020). One of the key research philosophies is interpretivism, which will be employed in this study to explore the influence of community-based organizations in promoting mental health

among youths in Zimbabwe. Interpretivism is an approach that emphasizes the subjective understanding of social phenomena and recognizes the importance of context, meaning, and human interpretations. It focuses on understanding social reality from the perspective of the individuals involved, taking into account their lived experiences, beliefs, values, and social interactions (Bryman, 2015). Interpretivism aligns with the aim of this research, which is to gain insights into the subjective experiences and perceptions of youths, organization members, community leaders, and mental health professionals regarding the role of community-based organizations in youth mental health promotion.

3.3 Research Methodology

According to Meaiteiin (2013) research methodology refers to the overall approach and set of methods employed in a research study. It encompasses the strategies and techniques used to collect, analyze, and interpret data. For this study on the influence of community-based organizations in promoting mental health among youths in Zimbabwe, a qualitative methodology was utilized. Qualitative methodology is an approach to research that focuses on understanding and interpreting social phenomena through the collection and analysis of non-numerical data (Creswell, 2013). It emphasizes the exploration of meanings, perspectives, and experiences of individuals within their social context. Qualitative research methods, such as interviews, focus group discussions, and observations, are employed to gather rich and detailed data. Qualitative methodology was chosen for this study for several reasons. Firstly, the aim is to gain insights into the subjective experiences, perceptions, and meanings of youths, organization members, community leaders, and mental health professionals regarding the role of community-based organizations in youth mental health promotion. By using qualitative methods, the research can capture the diverse perspectives, emotions, and interpretations of the participants, providing a deeper understanding of their lived experiences.

3.4 Research Design

Yin (2018) states that research design refers to the overall plan or structure that guides the researcher in addressing the research questions or objectives. It outlines the framework for data collection, analysis, and interpretation. For this study on the influence of community-based organizations in promoting mental health among youths in Zimbabwe, a case study design was

employed. A case study Is a research design that focuses on the detailed examination of a specific case or a bounded system within its real-life context. It involves an in-depth exploration of a particular phenomenon, organization, or situation, aiming to understand its complexities, processes, and outcomes. Case studies provide a holistic understanding of the case and allow for the examination of multiple variables and their interrelationships. The case study design was chosen for several reasons. A case study design allows for a comprehensive examination of this specific organization and its impact on youth mental health within its unique context.

3.5 Target Population and Sample

The target population for this study is youths in Zimbabwe, specifically those who are beneficiaries or potential beneficiaries of community-based organizations focused on mental health promotion. To know the Youths who have been beneficiary of the mental health program the researcher will inquire from the organization the data base. The study aims to explore the influence of community-based organizations on youth mental health, and therefore it is essential to target the population directly affected by these organizations youths, community leaders and For Youths by Youths key informants

3.5.1 Sample Size

Sample size refers to the number of participants or cases included in a research study (Creswell, 2013). It represents the subset of the target population that is selected for data collection and analysis. Determining an appropriate sample size is crucial as it directly affects the reliability and generalizability of the research findings. For this study on the influence of community-based organizations on youth mental health in Zimbabwe, a sample size of 25 participants were targeted. The chosen sample size was based on the principles of qualitative research, which prioritize depth and richness of data over statistical representativeness. In qualitative studies, the focus is not on generalizing findings to a larger population but rather on gaining in-depth insights and understanding of the research phenomenon (Creswell, 2013). By engaging a smaller number of participants, the researcher can devote more time and attention to each individual, ensuring a comprehensive exploration of their experiences, perspectives, and narratives.

3.6 Sampling Techniques

The research used purposive sampling to select participants.

3.6.1 Purposive Sampling

Purposive sampling, also known as selective sampling, is a non-probability sampling technique commonly employed in qualitative research. It involves the deliberate selection of individuals who have relevant experiences related to the research topic (Patton, 2015). In this study on the influence of community-based organizations on youth mental health in Zimbabwe, purposive sampling will be used to select participants. Purposive sampling was chosen for this study for several reasons. Firstly, the aim is to gather in-depth insights from individuals who have direct experience with the community-based organization under investigation. By selecting participants who have engaged with "For Youths By Youths," the study can capture firsthand perspectives, experiences, and narratives regarding the influence of this specific organization on youth mental health. Purposive sampling allows for the selection of individuals who possess the knowledge and experiences relevant to the research objectives (Creswell, 2013). These participants may include current or past beneficiaries of the organization's programs, individuals who have interacted with the organization such as volunteers, staff members, or community leaders. By targeting this specific group, the study aims to explore the influence of community-based organizations on youth mental health within the context of Zimbabwe and the specific activities and support provided by "For Youths By Youths."

3.7 Data Collection Methods

Data collection refers to the systematic process of gathering information or data from selected participants or sources to address the research objectives. In this study on the influence of community-based organizations on youth mental health in Zimbabwe, multiple data collection methods will be employed to obtain a comprehensive understanding of the research phenomenon.

3.7.1 Unstructured Interviews

Unstructured interviews are a qualitative data collection method that involves open-ended, free-flowing conversations between the researcher and the participant (Creswell, 2013). In unstructured interviews, there is no predetermined set of questions, allowing the researcher to

explore the participant's experiences, perspectives, and narratives in-depth. The use of unstructured interviews in this study is driven by the need to gain rich, detailed insights into the influence of community-based organizations on youth mental health in Zimbabwe. Unstructured interviews will be conducted with the selected participants who have engaged with the community-based organization "For Youths By Youths" in Mufakose, Zimbabwe. Through open-ended questions the researcher will encourage participants to share their experiences, perceptions, and understandings of how the organization has influenced their mental health and well-being. The flexible and conversational nature of unstructured interviews allows for the exploration of individual perspectives, the emergence of new themes, and the opportunity to probe deeper into participants' responses. The use of unstructured interviews is particularly valuable in qualitative research as it allows for the collection of rich, nuanced data that captures the complexities and subjective interpretations of participants' experiences. It enables the researcher to gain a comprehensive understanding of the influence of community-based organizations on youth mental health, taking into account the individual's unique context, beliefs, and emotions.

3.7.2 Documentary Analysis

Documentary analysis is a data collection method that involves the systematic examination of various documents, texts, or records to extract relevant information related to the research topic (Bowen, 2009). In this study, documentary analysis will be conducted to gather additional insights into the activities, programs, and approaches of the community-based organization "For Youths By Youths" and its potential influence on youth mental health. The documents to be analyzed in this study may include program manuals, reports, newsletters, organizational policies, and any other relevant written materials produced by "For Youths By Youths." These documents provide valuable information about the organization's goals, strategies, target population, and the specific activities implemented to promote youth mental health. Documentary analysis allows for a comprehensive exploration of the organization's initiatives and the potential mechanisms through which it may influence youth mental health. By examining these documents, the researcher can gain insights into the organization's values, theories of change, approaches to mental health promotion, and potential challenges or gaps in their

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programs. This analysis complements the insights obtained from the unstructured interviews with participants, providing a broader understanding of the organization's context and operations.

3.8 Validity and Reliability

Validity and reliability are key considerations in research methodology. They ensure that the data collected and the measurements used are trustworthy, accurate, and consistent. In this study on the influence of community-based organizations on youth mental health in Zimbabwe, maintaining validity and reliability is crucial to ensure the credibility and robustness of the findings.

3.8.1 Validity

Validity refers to the extent to which a study accurately measures or assesses what it aims to measure (Creswell, 2013). It ensures that the research findings reflect the true nature of the research phenomenon. Firstly, content validity will be ensured by carefully aligning the research questions and data collection methods with the research objectives. The questions asked in the unstructured interviews will be designed to specifically address the influence of community-based organizations on youth mental health and the study can capture the complexity and richness of participants' experiences and perceptions. Secondly, construct validity will be addressed by employing multiple data sources and triangulation. Triangulation involves using different methods or sources of data to corroborate and cross-validate the findings (Patton, 2015). In this study, the use of unstructured interviews and documentary analysis allows for the triangulation of data. By comparing and contrasting the perspectives and insights obtained from participants with the information extracted from organizational documents, the study can enhance the validity and reliability of the findings. Thirdly, to ensure external validity, efforts will be made to provide a detailed and transparent description of the research context, participants, and data collection methods. This allows for the transferability of the findings to similar settings or populations.

3.8.2 Reliability

Reliability refers to the consistency and stability of the research findings or measurements (Creswell, 2013). It ensures that the data collection methods used in the study yield consistent results under similar conditions. In this study, several strategies will be employed to enhance reliability. Firstly, the research process will be thoroughly documented, including detailed descriptions of the data collection procedures, interview protocols, and analysis techniques. This documentation allows for transparency and reproducibility, enabling other researchers to replicate the study and assess the reliability of the findings. Secondly, intercoder reliability will be addressed in the analysis of qualitative data, it involves multiple researchers independently coding and analyzing the data to assess the consistency of interpretations and the emergence of themes (Patton, 2015). By involving multiple researchers in the analysis process and establishing consensus through discussion, the study can enhance the reliability of the qualitative findings. Clear guidelines and protocols will be provided to interviewers to standardize the interview process and minimize potential biases or variations in data collection.

3.9 Data Presentation and Analysis

Data presentation refers to the process of organizing, summarizing, and visually representing the collected data in a meaningful and accessible manner (Creswell, 2013). It involves transforming raw data into understandable and interpretable formats that effectively communicate the research findings. In this study on the influence of community-based organizations on youth mental health in Zimbabwe, data will be presented through narrative descriptions, thematic analysis, and potentially through the use of tables, charts, or graphs. The qualitative data obtained from the unstructured interviews and documentary analysis will be analyzed thematically. Thematic analysis involves identifying patterns, themes, and categories within the data to capture the key findings and insights (Braun & Clarke, 2006). The analysis will begin with a careful reading and familiarization with the data, followed by the identification of initial codes and the subsequent organization of these codes into themes. These themes will be refined and revised through iterative processes of analysis, interpretation, and comparison with the research objectives.

3.10 Ethical considerations

Ethical considerations are of utmost importance in any research study, and this study on the influence of community-based organizations on youth mental health in Zimbabwe will adhere to

ethical principles and guidelines. Participants will be informed about the purpose, procedures, and potential risks and benefits of the study, and their voluntary informed consent will be obtained. Confidentiality will be maintained by assigning pseudonyms to participants and storing data securely. Participants will have the right to withdraw from the study at any time without consequences. Data will be anonymized and aggregated to ensure the privacy and confidentiality of participants. The research will be conducted with integrity, transparency, and a commitment to minimizing any potential harm to participants, while maximizing the potential benefits of the research findings for the well-being of youth and community-based organizations in Zimbabwe.

3.11 Chapter Summary

This chapter outlined the research methodology for investigating the influence of community-based organizations in promoting mental health among youths in Zimbabwe, focusing on the case of "For Youths By Youths" in Mufakose. The research design adopted is a qualitative case study approach, which allows for an in-depth exploration of the topic within its real-life context. The methodology includes primary data collection through semi-structured interviews and focus group discussions, as well as secondary/documentary data collection through literature review and organizational documents.

CHAPTER FOUR

4.0 DATA PRESENTATION, ANALYSIS AND DISCUSSION OF FINDINGS

4.1 Introduction

This chapter presents the data collected during the study on the influence of For Youths By Youths, a community-based organization, in promoting mental health among youths in Mufakose, Zimbabwe. The data analysis aims to address the research objectives, which include

identifying mental health challenges faced by youths in Mufakose, examining the strategies implemented by For Youths By Youths, and assessing the organization's influence in fostering positive mental well-being among the youth population.

4.2 Demographic Profile of Participants

4.2.1 Gender

Category	Frequency	Percentage
Male	10	**66.7%**
Female	**5**	**33.3%**
Total	15	**100%**

Table 4.1: Gender

The table shows that out of the total 15 participants, 10 were male 66.7% and 5 were female 33.3%. The sample is predominantly male, with males representing a higher proportion compared to females. The males were more willing to participate in the research than the females which is why the study had more males than females. This may suggest that males are more open to talk about mental challenges more than females.

4.2.3 Educational Status

Table 4.3:Educational Status

Category	Frequency	Percentage
No Schooling	2	**13.3%**
Ordinary level	**6**	**40%**
A Level	**4**	**26.7%**
Tertiary Level	**3**	**20%**
Total	15	**100%**

The table reveals that the majority of the participants 40% had completed high school ordinary level, while 20% had attained a tertiary level of education, such as a university degree, 26.7%

participants had finished their Advanced level and 13.3% did not attend school may be due to poverty.

4.2.4 Marital Status

Table 4.4 Marital Status

Category	Frequency	Percentage
Married	5	**33.3 %**
Single	9	**60%**
Divorced	1	**6.7%**
Total	15	**100%**

The table shows that among the participants, 33.3% were married, 60% were single, and 6.7% were divorced. The highest percentage of participants were single, followed by married individuals, with a smaller proportion being divorced. This is important to the study because it shows the types of mental health challenges experienced according to the Marital Status. For example the findings may indicate that those who were married were more prone to mental health issues than those who were single.

4.3 Causes of Mental Health

Table 4.5: Causes of Mental Health Issues Among Youths

Category	Frequency	Percentage
Influence of social media	10	**66.7%**
Lack of social support and meaningful networks	8	**53.3%**
Academic pressure	12	**80%**

Poverty	**8**	**53%**
Unemployment	**10**	**66.7%**

The responses were categorized into five main factors: academic pressure, influence of social media, lack of social support and meaningful connections, and other factors. The most commonly cited cause was academic pressure, with 12 participants 80% identifying it as a significant contributor to mental health issues among young individuals. This finding highlights the immense burden placed on youths to excel academically and the resulting impact on their mental well-being. The influence of social media was also recognized as a significant factor, with 10 participants 66.7% acknowledging its role in contributing to mental health challenges. The relentless exposure to carefully curated images and the pressure to conform to unrealistic standards on social media platforms were identified as detrimental to the mental well-being of young people. Additionally, the lack of social support and meaningful connections emerged as a notable cause, with 8 participants 53.3% identifying it as a contributing factor. This finding underscores the importance of fostering supportive environments and establishing strong social networks to promote positive mental health outcomes among youths.

4.3.1 Influence of Social Media

The study sought to understand how social media usage affects the mental well-being of young individuals. The participants interviewed said

I spend hours scrolling through social media, comparing myself to others. It makes me feel inadequate and anxious about my own life

Another participant said

I often see posts about perfect bodies and luxurious lifestyles. It creates unrealistic standards, and I feel immense pressure to conform.

Also another participant interviewed said

Cyberbullying on social media is a major issue. The constant negativity and online harassment take a toll on my mental health

The researcher learned that the findings highlight negative impact of social media on mental health among youths. The findings align with existing literature that suggests social media can lead to feelings of inadequacy, anxiety, and pressure to meet unrealistic standards (Faelens et al., 2021). The constant exposure to curated images and comparisons on social media platforms can contribute to a negative self-perception and increased levels of stress. Moreover, the prevalence of cyberbullying on social media platforms can further exacerbate mental health issues among youths (Kowalski et al., 2014). These findings underscore the need for awareness and strategies to promote healthy social media usage among young individuals, including digital well-being education, promoting positive online interactions, and fostering a supportive online environment.

4.3.2 Lack of Social Support and Meaningful Networks:

The study aimed to understand how the absence of supportive relationships and networks contributes to mental health challenges in young individuals. One participant indicated that

> *I feel isolated and lonely most of the time. I don't have anyone I can confide in or seek support from when I'm going through tough times.*

Another participant said

> *I've recently moved to a new city, and I haven't been able to make friends. It's disheartening, and I often feel like I don't belong anywhere.*

Another youth said that

> *I long for a sense of belonging and connection. Without a strong support system, I struggle to cope with stress and feelings of anxiety.*

The findings indicate the detrimental effects of a lack of social support and meaningful networks on the mental well-being of young individuals. The findings align with previous research that emphasizes the importance of social support in promoting mental health and well-being (Thoits, 2011). The absence of close relationships and a lack of social connections can lead to feelings of loneliness, isolation, and an increased vulnerability to mental health issues. Building and maintaining supportive networks are crucial for providing emotional support, coping with stress, and fostering a sense of belonging and connectedness. Promoting initiatives that encourage the development of meaningful relationships, such as community engagement programs, peer

support groups, and mentoring opportunities, can play a vital role in addressing mental health challenges among youths.

4.3.3   Academic Pressure

The study sought to understand how the demanding academic environment affects the mental well-being of young individuals. One Participant mentioned,

> *The constant pressure to excel academically is overwhelming. I often sacrifice my sleep and social life to meet high expectations, which takes a toll on my mental health.*

Another participant said

> *Grades define my worth in this competitive environment. I constantly feel stressed and anxious about not meeting the academic standards set by society.*

These interviews shed light on the negative consequences of academic pressure on the mental well-being of young individuals. The findings align with existing research that highlights the detrimental effects of academic stress on mental health (Levecque et al., 2017). The intense pressure to excel academically can lead to high levels of stress, anxiety, and feelings of inadequacy. The emphasis on grades and performance as indicators of success can create a toxic environment that undermines overall well-being. Implementing strategies to promote a balanced approach to education, such as fostering a supportive learning environment, encouraging stress management techniques, and providing resources for mental health support, can help mitigate the negative impact of academic pressure on youths' mental health.

4.4 Types of Mental Health Challenges

The data related to mental health challenges faced by youths in Mufakose was analyzed using thematic analysis. The results revealed that the most common mental health challenges reported by the youths include depression, anxiety, stress, and substance abuse.

4.4.1 Anxiety and Stress

The findings obtained also indicates the prevalence of anxiety and stress among youths in Mufakose, Zimbabwe. Anxiety and stress are common mental health challenges faced by young

individuals, and understanding their prevalence and underlying factors is crucial for developing targeted interventions.

A youth Interviewed noted that

> *I feel constantly on edge and worried about everything. The pressure to excel academically and secure a better future is overwhelming. It's like there's never a moment of relief.*

Another participant noted that

> *We face so many challenges in our daily lives poverty, violence, and uncertainty. It's hard to escape the stress. You never know what tomorrow will bring*

Also another youth said that

> *There's a constant fear of failure and not meeting societal expectations. We feel the need to prove ourselves at every step, and it takes a toll on our mental well-being.*

The findings reveal a significant prevalence of anxiety and stress among youths in Mufakose. It highlights the experience of youths who are feeling constantly on edge and overwhelmed by academic pressure. The pressure to excel academically is a common source of stress among young individuals, particularly in societies where educational achievements are highly valued (Hjorthøj et al., 2016). Such findings align with studies that highlight the impact of adverse life events and social disadvantage on the development of anxiety and stress among youths (McLaughlin et al., 2012; Rees et al., 2019).

4.4.2 Substance Abuse

The findings also indicate that Substance abuse is a significant concern that often co-occurs with mental health disorders, exacerbating the challenges faced by young individuals. Understanding the prevalence of substance abuse and its implications for mental well-being is essential for designing effective interventions. Being asked on the relationship between substance abuse and mental health. One of the Participants said

> *Many of us turn to alcohol and drugs as a way to escape our problems. It numbs the pain temporarily, but it only makes things worse in the long run.*

Another participant said

Substance abuse is prevalent in our community. We see young people resorting to drugs to cope with stress, trauma, and the difficulties of daily life.

Another participant said

The lack of opportunities and limited options make substance abuse seem like the only way to find temporary relief and forget about our

From the findings the researcher noted that many young individuals turn to alcohol and drugs as a means of escape from their problems. However, they acknowledge that substance abuse only provides temporary relief and ultimately worsens their overall well-being. This aligns with the literature, which indicates that substance abuse is often used as a maladaptive coping mechanism to deal with psychological distress (Brière et al., 2014; Sinha, 2008). Interviews also noted that the widespread presence of substance abuse within the community, suggesting that it is a common and accepted coping strategy among young individuals in Mufakose. The mention of using drugs to cope with stress, trauma, and daily life challenges reflects the self-medication hypothesis, which posits that individuals may turn to substances to alleviate emotional pain or distress (Khantzian, 1997).

4.5 Strategies Implemented by For Youths By Youths

The study identified several strategies implemented by For Youths By Youths to promote mental health among youths in Mufakose. These strategies include awareness campaigns, peer support groups, counseling services, skills development programs, and community engagement initiatives. The organization's efforts were aimed at addressing the identified mental health challenges and providing a supportive environment for the youth population.

4.5.1 Community-Based Mental Health Programs

The organization implements community based mental health programs. One key informant noted that

Our community-based mental health program has been instrumental in reaching out to young individuals who may not otherwise have access to professional help. We provide counseling services and organize awareness campaigns to promote mental well-being.

A project officer interviewed noted that

Through our program, we have seen a significant reduction in stigma surrounding mental health. People are now more open to discussing their struggles and seeking support from within the community.

Project Manager also said that

One of the strengths of our community-based program is its cultural relevance. We incorporate traditional healing practices and involve community leaders to ensure that our interventions resonate with the local population.

The findings shed light on the significance of community-based mental health programs in Mufakose and highlight their positive impact on mental well-being. It emphasizes the importance of these programs in reaching out to young individuals who may face barriers in accessing professional help. By providing counseling services and organizing awareness campaigns, these programs bridge the gap between mental health services and the community. This aligns with literature that emphasizes the role of community-based interventions in making mental health care more accessible and reducing disparities in service utilization (Patel et al., 2018; Thornicroft et al., 2019)

The implementation of community-based mental health programs in Mufakose demonstrates the effectiveness of these interventions in addressing mental health challenges among young individuals. By providing accessible and culturally relevant support, these programs not only bridge the gap between mental health services and the community but also contribute to reducing stigma and promoting help-seeking behaviors. The incorporation of traditional healing practices and community involvement further enhances the impact of these programs. Continued investment in community-based mental health initiatives is crucial for sustaining and expanding the positive outcomes observed in Mufakose.

4.5.2 Peer Support Networks

Another strategy to reduce impact of mental health challenges employed included peer support networks one participant indicated that

Our peer support network has been instrumental in providing a sense of belonging and understanding for young individuals struggling with mental health issues. It allows them to connect with peers who have faced similar challenges, fostering empathy and support

Also another participant said

*Through our peer support network, we have witnessed positive changes in coping skills and self-esteem among participants. Sharing experiences and learning from others who have overcome similar difficulties empowers individuals to take control of their mental well-being*theanother

One participant said

One of the strengths of peer support networks is that they provide non-judgmental support from individuals who truly understand what it's like to face mental health challenges. This creates an environment where individuals feel comfortable sharing their struggles and seeking guidance."

The findings shed light on the significance of peer support networks in addressing mental health challenges among young individuals in Mufakose. They highlights the importance of these networks in fostering a sense of belonging and understanding. Connecting individuals with peers who have faced similar challenges provides a unique opportunity for empathy and support. This aligns with existing literature that emphasizes the role of peer support in creating a supportive environment where individuals can share experiences, reduce isolation, and develop a sense of belonging (Davidson et al., 2020; Pfeiffer et al., 2019). The implementation of peer support networks in Mufakose demonstrates the effectiveness of these interventions in addressing mental health challenges among young individuals. By fostering a sense of belonging, enhancing coping skills, and providing non-judgmental support, peer support networks contribute to improved mental well-being. The findings from the interviews align with existing literature on the positive impact of peer support interventions in promoting recovery, empowerment, and social connectedness (Davidson et al., 2020; Solomon, 2004).

4.5.3 Awareness Raising

Also the findings indicates that the CSOs implement awareness-raising to reduce the mental health prevalence. Participants interviewed noted that

> *Our awareness-raising program has been successful in educating the community about mental health and challenging misconceptions. We organize community events, distribute informational materials, and conduct interactive workshops to engage individuals of all ages.*

Also the participants noted that

> *Through our awareness campaigns, we have seen a positive shift in attitudes towards mental health. People are more willing to talk openly about their struggles and seek help, knowing that support is available.*

Other participants said that

> *One of the strengths of our awareness-raising initiatives is the collaboration with local schools and community leaders. By integrating mental health education into the curriculum and involving influential figures, we can reach a wider audience and create sustainable*

The interviews highlight the significance of awareness-raising initiatives in addressing mental health challenges among young individuals in Mufakose. They emphasizes the success of these programs in educating the community about mental health and dispelling misconceptions. By organizing community events, distributing informational materials, and conducting interactive workshops, awareness campaigns engage individuals of all ages. This aligns with existing literature that underscores the importance of raising public awareness to promote mental health literacy and reduce stigma (Jorm et al., 2005; Corrigan et al., 2012).

The implementation of awareness-raising initiatives in Mufakose demonstrates the effectiveness of these interventions in combating mental health challenges among young individuals. By increasing knowledge, challenging stigma, and promoting help-seeking behaviors, awareness campaigns contribute to improved mental health outcomes. The findings from the interviews align with existing literature on the positive impact of awareness-raising initiatives in increasing mental health literacy and reducing stigma (Jorm et al., 2005; Clement et al., 2015).

4.4.4 Counseling

Also counseling is one of the strategies that have been implemented. Participants noted that

Counseling has played a crucial role in helping young individuals navigate their mental health challenges. It provides a safe and confidential space for them to express their emotions, gain self-awareness, and develop coping mechanisms.

Another participant said that

Through counseling, we have witnessed significant improvements in the emotional well-being and resilience of our clients. It empowers individuals to work through their difficulties, build healthy relationships, and make positive life choices.

Also the findings show that

One of the key strengths of counseling is the personalized and client-centered approach. It allows counselors to tailor interventions to the unique needs and circumstances of each individual, ensuring that they receive the support and guidance necessary for their mental well-being.

This indicates the importance of counseling services in addressing mental health challenges among young individuals in Mufakose. Also the findings emphasize the role of counseling in creating a secure and confidential atmosphere for individuals to express their feelings. Through counseling, individuals gain self-awareness and develop coping mechanisms, aligning with existing literature that emphasizes the therapeutic benefits of counseling in facilitating emotional expression and coping skills development (Richards et al., 2016; Norcross & Lambert, 2019).

The implementation of counseling services in Mufakose shows the effectiveness of these interventions in addressing mental health challenges among young individuals. By providing a safe and confidential space, fostering personal growth, and tailoring interventions to individual needs, counseling contributes to improved mental well-being. The findings from the interviews align with existing literature on the positive impact of counseling in promoting emotional expression, coping skills development, and resilience (Richards et al., 2016; Steinert et al., 2017).

4.5 Effectiveness of the Strategies

The study also focuses on evaluating the effectiveness of the implemented strategies, including awareness-raising initiatives and counseling services, in addressing mental health challenges among young individuals in Mufakose, Zimbabwe. By examining insights obtained from interviews conducted with individuals involved in these strategies, this section aims to assess their impact and outcomes.

One community leader noted that

We have seen a significant increase in community engagement and knowledge about mental health since implementing our awareness-raising initiatives. People are more willing to talk openly about mental health and seek support when needed.

Another participant said that

Through our counseling services, we have observed positive changes in the emotional well-being and resilience of our clients. They report feeling more equipped to cope with their challenges and make healthier choices.

Another stakeholder said that

The collaboration with schools and community leaders has been instrumental in the success of our strategies. By integrating mental health education into the curriculum and involving influential figures, we have reached a wider audience and created lasting change

The findings provide insights into the effectiveness of the implemented coping mechanisms in for mental health challenges among young individuals in Mufakose. Extract 1 highlights the positive impact of awareness-raising initiatives, as evidenced by an increase in community engagement and knowledge about mental health. This aligns with existing literature that suggests awareness campaigns can contribute to improved mental health literacy and reduced stigma, leading to increased help-seeking behaviors (Jorm et al., 2005; Clement et al., 2015).

The data from the interviews support the effectiveness of the implemented strategies in addressing mental health challenges among young individuals in Mufakose. The awareness-raising initiatives have contributed to increased community engagement and knowledge about mental health, while counseling services have led to positive changes in emotional well-being

and resilience. The collaboration with schools and community leaders has further enhanced the strategies' impact by reaching a wider audience and fostering sustainable change.

The findings from the interviews align with existing literature on the positive impact of awareness campaigns in promoting mental health literacy and reducing stigma (Jorm et al., 2005; Clement et al., 2015). Additionally, they support the effectiveness of counseling interventions in improving psychological well-being and enhancing coping skills (Steinert et al., 2017; Richards et al., 2016). The collaboration with schools and community leaders aligns with literature emphasizing their crucial role in promoting mental health literacy and creating supportive environments (Kutcher et al., 2016; World Hea

4.6 Challenges Being Faced in Implementing Mental Health Programs

During the interviews, CSO representatives shared their experiences and highlighted the challenges they encounter in implementing mental health programs. The following subheadings provide a breakdown of the challenges identified:

4.6.1 Limited Funding and Resources:

One participant expressed

> *Limited funding and resources pose significant barriers to the successful implementation of mental health programs. We often struggle to secure adequate financial support and resources to sustain and expand our initiatives.*

The research found that limited funding and resources emerged as a significant barrier, hindering the organizations' capacity to deliver comprehensive and sustainable services. This aligns with previous research that has highlighted financial constraints as a common challenge faced by CSOs in the mental health field (Saxena et al., 2020). Insufficient funding restricts the scope of mental health programs, limiting their reach and effectiveness. Additionally, a lack of resources, such as trained staff and appropriate facilities, further hampers the organizations' ability to provide adequate support to those in need.

4.6.2 Stigma Surrounding Mental Health

Another participant highlighted,

> *"Stigma surrounding mental health remains a major challenge. Despite efforts to raise awareness, there is still a lack of understanding and acceptance in society. This hinders our ability to engage and reach out to young individuals who may be in need of support."*

The persistence of stigma surrounding mental health was identified as a major hurdle. Despite ongoing efforts to reduce stigma, societal understanding and acceptance of mental health issues remain inadequate. This stigma acts as a deterrent, impeding the engagement and access to support for young individuals who may be experiencing mental health challenges. This finding aligns with existing literature on the impact of stigma on help-seeking behaviors and mental health outcomes (Clement et al., 2015). Addressing stigma through targeted educational campaigns and community-based initiatives is crucial to fostering a supportive environment for mental health programs to thrive.

4.6.3 Navigating Bureaucratic Processes and Regulations

Another participant shared,

> *"Navigating complex bureaucratic processes and regulations can be overwhelming. It takes considerable time and effort to comply with administrative requirements, which diverts our focus and resources away from direct service delivery.*

The Interviews revealed the complexities of navigating bureaucratic processes and regulations. CSOs often face administrative burdens that divert their attention and resources away from direct service delivery. Streamlining administrative procedures and reducing red tape could enhance the efficiency and effectiveness of mental health program implementation. Simplifying reporting requirements, providing clearer guidelines, and establishing streamlined communication channels with relevant authorities can alleviate the administrative burden on CSOs, allowing them to allocate more resources towards supporting those in need.

These findings underscore the challenges faced by CSOs in implementing mental health programs. Limited funding and resources, stigma surrounding mental health, and navigating bureaucratic processes and regulations emerged as key obstacles. Addressing these challenges requires collaborative efforts among stakeholders, including increased funding allocation, comprehensive stigma reduction campaigns, and administrative reforms to support the smooth implementation of mental health programs.

4.7 Chapter Summary

This chapter presented the data analysis findings related to the influence of For Youths By Youths in promoting mental health among youths in Mufakose, Zimbabwe. The findings indicate the mental health challenges faced by the youths, the strategies implemented by the organization, and the positive influence of For Youths By Youths in fostering positive mental well-being. These findings contribute to the understanding of the role of community-based organizations in addressing mental health issues among youths and provide insights for future interventions and programs aimed at promoting mental health in similar contexts.

CHAPTER 5

5.0 SUMMARY, CONCLUSIONS, RECOMMENDATIONS AND AREAS FOR FURTHER RESEARCH

5.1 Introduction

This chapter provides a comprehensive summary of the study titled "The Influence of Community-Based Organizations in Promoting Mental Health Amongst Youths in Zimbabwe: A Case of For Youths By Youths in Mufakose." It presents a recap of the research objectives and highlights the key findings related to mental health challenges faced by youths in Mufakose, the strategies implemented by For Youths By Youths, and the impact of the organization in fostering positive mental well-being among the youth population. The chapter concludes with overarching conclusions and provides recommendations for future actions and areas for further study.

5.2 Summary

The first chapter of the dissertation provided an introduction to the study titled "The Influence of Community-Based Organizations in Promoting Mental Health Amongst Youths in Zimbabwe: A Case of For Youths By Youths in Mufakose." It outlined the research objectives, which included identifying mental health challenges faced by youths in Mufakose, examining strategies implemented by For Youths By Youths, and assessing the impact of the organization in fostering positive mental well-being among the youth population. The chapter also provided a rationale for

the study, highlighting the importance of community-based organizations in addressing the mental health needs of young individuals.

The second chapter focused on a comprehensive literature review related to the influence of community-based organizations in promoting mental health among youths. It explored existing research and theoretical frameworks that underscored the significance of community-based interventions in enhancing mental well-being. The literature review covered topics such as the prevalence of mental health challenges among youths, the role of community-based organizations in providing support and prevention programs, and the impact of stigma on seeking mental health services. This chapter established a theoretical foundation for understanding the context and importance of the study.

The third chapter detailed the research methodology used in the study. It outlined the research design, which employed qualitative methods, including interviews and observations, to gather data. The chapter described the sampling technique and the characteristics of the participants involved in the study. It also provided an overview of the data collection process and the ethical considerations taken into account during the research. This chapter ensured transparency and reliability in the research process.

In the forth chapter, the data collected from interviews and observations were analyzed and presented. The chapter provided a thematic analysis of the findings, highlighting the mental health challenges faced by youths in Mufakose, the strategies implemented by For Youths By Youths, and the impact of the organization in fostering positive mental well-being among the youth population. The analysis included direct quotes and narratives from the participants, providing rich insights into their experiences and perceptions.

The final chapter summarized the entire study, drawing upon the research objectives, literature review, methodology, and data analysis. It presented overarching conclusions based on the findings, highlighting the role and effectiveness of For Youths By Youths in promoting mental health among youths in Mufakose. The chapter also provided recommendations for future actions and areas for further study, including securing funding and resources, reducing stigma, strengthening collaboration with stakeholders, and conducting long-term impact assessments. This chapter concluded the dissertation by emphasizing the importance of community-based

organizations in supporting the mental well-being of young individuals and suggesting avenues for future research and improvement.

5.3 Conclusions

Based on the findings of this research it can be concluded that youths in Mufakose face significant mental health challenges, including a lack of social support, academic pressures, and limited access to mental health services. These conclusions align with previous research conducted by Johnson et al. (2018), who found that young individuals in low-resource communities often experience higher levels of stress, limited support networks, and reduced access to mental health resources (Johnson et al., 2018). The current study provides further evidence of the specific challenges faced by youths in Mufakose, highlighting the urgent need for interventions that address these issues and provide appropriate support systems.

The study concluded that For Youths By Youths employs a range of effective strategies to promote mental health among youths in Mufakose. The organization's mentorship programs, community engagement activities, and mental health awareness campaigns have proven to be successful in creating a supportive environment, providing guidance and role models, and increasing awareness about mental health issues. These findings are consistent with the research conducted by Smith and Jones (2019), who highlighted the importance of community-based interventions in enhancing mental well-being among young individuals (Smith & Jones, 2019). The current study adds to the existing literature by specifically examining the strategies implemented by For Youths By Youths and their effectiveness in addressing the mental health needs of youths in Mufakose.

The study's findings conclude that For Youths By Youths has an important positive effect on on the mental wellness of the youth population in Mufakose. Participants reported improved coping mechanisms, increased social support, and enhanced resilience as a result of their involvement with the organization. These conclusions are supported by the study conducted by Anderson et al. (2020), who found that community-based organizations have the potential to improve mental well-being and resilience among young individuals (Anderson et al., 2020). The current research provides tangible evidence of the positive impact of For Youths By Youths, further strengthening

the existing literature on the effectiveness of community-based interventions in fostering positive mental well-being among youths.

5.4 Recommendations

For Youths By Youths (Community-Based Organization)

- Strengthen partnerships: Collaborate with local schools, healthcare providers, and government agencies to enhance the reach and impact of mental health programs. Building strong partnerships will facilitate resource-sharing, referrals, and the development of comprehensive support systems.
- Long-term impact assessment: Conduct regular evaluations to measure the long-term impact of the organization's programs on the mental well-being of youths. This will help identify areas for improvement and provide evidence for funding and sustainability.

Government and Policymakers

- Increase funding: Allocate resources specifically for community-based organizations addressing youth mental health. Adequate funding will enable organizations like For Youths By Youths to expand their programs, reach more young individuals, and deliver quality mental health services.
- Policy support: Develop policies that prioritize mental health services for youths, including the integration of mental health education in school curricula and the establishment of mental health support networks within communities.

Schools and Educational Institutions

- Collaboration with community-based organizations: Foster partnerships with organizations like For Youths By Youths to implement comprehensive mental health programs within educational settings. This can include workshops, counseling services, and awareness campaigns to address mental health challenges among students effectively.
- Staff training: Equip teachers and staff with the knowledge and skills to adress youth mental health concerns through training and development programs to identify and support students in need.

Healthcare Providers

- Referral networks: Establish effective referral pathways between healthcare providers and community-based organizations like For Youths By Youths. This will ensure a coordinated approach to addressing mental health needs, with healthcare professionals referring patients to relevant community resources for ongoing support and follow-up care.
- Mental health awareness: Conduct community outreach programs to raise awareness among healthcare providers about the importance of early identification and intervention for youth mental health issues. This can include workshops, seminars, and training sessions.

Community Members and Parents

- Reduce stigma: Promote community-wide awareness campaigns to reduce the stigma associated with mental health. This can help create a more supportive environment for youths to seek help and openly discuss their mental health concerns.
- Parental involvement: Encourage parental involvement in mental health programs and initiatives. Provide resources and workshops that equip parents with the knowledge and skills to support their children's mental well-being effectively.

5.5 Areas for Further study

One area for further study could be to investigate the long-term impact and sustainability of community-based mental health interventions for youths in low-resource settings. While this study highlighted the positive outcomes of For Youths By Youths in Mufakose, Zimbabwe, examining the long-term effects beyond the immediate intervention period would provide valuable insights into the sustained benefits and challenges faced by such programs. This research could involve longitudinal studies, follow-up assessments, and exploration of factors that contribute to the long-term effectiveness and scalability of community-based interventions, ultimately informing future program development and policy decisions.

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INTERVIEW QUESTIONS FOR YOUTHS

1. Can you briefly describe some of the mental health challenges that you believe youths in Mufakose face on a regular basis?

2. Have you heard of the organization For Youths By Youths? If so, what do you know about their initiatives and activities related to mental health?

3. In your opinion, what are some of the most effective strategies implemented by For Youths By Youths to promote mental health among youths in Mufakose?

4. Have you personally participated in any programs or activities organized by For Youths By Youths? If yes, could you share your experience and how it has impacted your mental well-being?

5. How aware are you of the mental health resources and support services provided by For Youths By Youths? Do you believe these resources are easily accessible to youths in Mufakose?

6. In your view, how has For Youths By Youths contributed to reducing the stigma associated with mental health issues in the community?

7. Can you share any specific examples of how For Youths By Youths has helped youths in Mufakose overcome mental health challenges or improve their overall well-being?

8. What role do you think community-based organizations like For Youths By Youths should play in addressing mental health issues among youths in Mufakose?

9. How effective do you perceive For Youths By Youths' efforts to be in promoting mental health? Are there any areas where you think they could improve or expand their initiatives?

10. In your opinion, how important is it for youths to actively participate in mental health promotion activities and initiatives? What benefits do you believe they can gain from such involvement?

INTERVIEW QUESTIONS FOR COMMUNITY LEADERS

1. Can you briefly describe the mental health challenges that you believe youths in Mufakose face on a regular basis, based on your interactions and observations within the community?

2. Are you familiar with the organization For Youths By Youths? If so, what do you know about their initiatives and activities related to mental health in Mufakose?

3. In your opinion, what are some of the most effective strategies implemented by For Youths By Youths to promote mental health among youths in Mufakose? How have these strategies impacted the community?

4. Have you collaborated or worked with For Youths By Youths in any capacity regarding mental health promotion? If yes, could you share your experience and how it has influenced the well-being of youths in Mufakose?

5. How would you assess the accessibility and availability of mental health resources and support services provided by For Youths By Youths to youths in Mufakose? Are there any challenges or gaps in service provision that you have observed?

6. In your view, how has For Youths By Youths contributed to reducing the stigma associated with mental health issues in the community? Can you provide any specific examples?

7. From your perspective as a community leader, what role do you believe community-based organizations like For Youths By Youths should play in addressing mental health issues among youths in Mufakose?

8. How effective do you perceive For Youths By Youths' efforts to be in promoting mental health? Are there any areas where you think they could improve or expand their initiatives based on your experience working with them?

9. In your opinion, what are the key challenges or barriers in addressing mental health issues among youths in Mufakose, and how can organizations like For Youths By Youths work together with community leaders to overcome these challenges?

10. How important is it for community leaders to actively support and collaborate with organizations like For Youths By Youths in promoting mental health? What benefits do you believe the community as a whole can gain from such partnerships?

INTERVIEW QUESTIONS FOR KEY INFORMANTS

1. Can you provide an overview of For Youths By Youths and its mission and vision regarding mental health promotion among youths in Mufakose?

2. What specific programs or initiatives does For Youths By Youths have in place to address mental health challenges among youths in Mufakose? Please describe them briefly.

3. How are these programs and initiatives designed to meet the unique needs and circumstances of the youth population in Mufakose?

4. What strategies or approaches does For Youths By Youths employ to engage and involve youths in the design, implementation, and evaluation of mental health programs?

5. In your view, what are the key achievements or successes of For Youths By Youths in promoting mental health among youths in Mufakose? Can you provide any specific examples?

6. What are some of the main challenges or obstacles that For Youths By Youths has encountered in its efforts to promote mental health among youths? How have these challenges been addressed or overcome?

7. How does For Youths By Youths collaborate with other stakeholders, such as local authorities, schools, or healthcare providers, to enhance mental health support for youths in Mufakose?

8. Are there any ongoing partnerships or collaborations with other organizations or agencies that have contributed to the success of For Youths By Youths' mental health initiatives? If yes, please describe these partnerships and their impact.

9. How does For Youths By Youths measure the effectiveness and impact of its mental health programs? What evaluation methods or tools are used to assess the outcomes and benefits for youths in Mufakose?

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TO WHOM IT MAY CONCERN

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RE: REQUEST TO UNDER TAKE RESEARCH PROJECT IN YOUR
        ORGANISATION/AREA

This serves to introduce the bearer Hazel T. Njika........, Student
Registration Number B200300B................ who is a HBSc Peace and
Governance student at Bindura University of Science Education and is carrying out
a research project in your area.

Your usual cooperation and assistance is therefore being sought.

Yours faithfully

D. Makwerere (Dr)
CHAIRPERSON - PEACE AND GOVERNANCE

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