

PSYCHO-SOCIAL BARRIERS TO WELL-BEING OF EMERGING ADULTS: EXPLORING COPING WITH DEPRESSION AND UNCERTAINTY OF A RAPIDLY CHANGING WORLD IN NIGERIA AND OTHER COUNTRIES

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ABSTRACT

With the recent increase in the number of emerging adults in Nigeria and other Countries in the pursuit of their dream of a life anywhere in the world, these emerging adults with great expectations, high hopes, lofty aspirations and a dream of living the good life should be equipped with the right coping skills in the case of uncertainty, particularly as it regards depression. The study intends to explore psycho-social barriers to wellbeing and coping with depression and uncertainty of a rapidly changing world among emerging adults from Nigeria and Other Countries. Variables to be explored are resilience, coping with stressful life events, adverse childhood experiences and psychological well-being. Data from collected data would be analysed using descriptive and inferential statistics. We would compute for prevalence by calculating percentage distributions with standard errors first, Then logistic regression would be used to model the likelihood of getting depressive symptoms and adjusting in a stepwise manner for socio-demographic, and health-related attitudes, other statistical procedures would be run using STATA17. The project strongly highlights the need for countries with emerging adults to do more to be inclusive in their policy and social programming, because inclusionary attitude in our societies can reduce live event stress associated with depressive symptoms and promote well-being.

INTRODUCTION

Globally, emerging adults out of desperation for a brighter future have made plans that will enhance their psychological wellbeing, but due to barriers and uncertainty of a rapidly changing world, they might become depressed if they cannot find immediate fulfillment of a well accomplished life goals. According to the Sustainable Development Goal (SDG) 3 of the United Nations designed to health and wellbeing, this development objective can only be sustained by advocating a better life that is exceptionally proficient for emerging adults all around the world. .

The threat of an ever-increasing number of depressed emerging adults is not solely a result of a lack of coping skills, but also a lack of resilience skills that are essential in the 21st-century. Resilience is an indispensable components for an excellent psychological wellbeing. Resilience have been found in past studies as a variable accounting for reduction in the risk of developing mental health issues that can threaten psychological wellbeing (e.g. Bada and Akinwale, 2023). A depressed emerging adult cannot be productive. Depression is one of the most common mental disorders in the recent times. It is an extreme sadness or despair that interferes with the activities of daily life and can present with symptoms such as pain, weight loss or gain, sleeping pattern disruptions, or lack of energy (APA, 2023). Having a perception of high coping skill typically has been found to be beneficial to the psychological

wellbeing of young adults by helping to reducing psychological distress and mitigating the impact of uncertainty and traumatic events (Ritsner et al.2000; Turner & Marino 1994),

Thus, addressing the pitiful challenges of emerging adults in Nigeria and other Countries would need evidence-based pragmatic strategies that can only be achieved through a large-scale empirical study that would reveal the magnitude of the depression and uncertainty experienced. The study sought to know the prevalence in the incidence of depressive symptoms among emerging adults in Nigeria and other Countries, examine the role of resilience in the development of good mental and psychological wellbeing, examine adverse childhood experience, trauma, stress, that are related to depressive symptoms, Identify and examine the social resource/network s available in dealing with depression in the study area. Despite a growing knowledge in the field of psychological wellbeing among emerging adults, there remains a gap in the role of resilience, coping and social-psychological variables in combating depressive symptoms of emerging adults in different Countries, the present study aims to fill this important gap.

STATEMENT OF PROBLEM (Why I need to conduct the research)

In Nigeria, the population of emerging adults is huge but programmes and interventions initiated by government to alleviate poverty, reduce stress, and enhance social inclusion targeted at them solely is low. Nigeria diverse demographic landscape and regional disparities pose significant challenges to the effectiveness of different unified social intervention programmes that includes emerging adults. The diversity in socio-economic condition in Nigeria, raises concern about the adequacy and inclusivity of emerging adults in the existing interventions. The experiences of the emerging adults who face different barriers the posed threat to their well-being are fraught with several challenges..

The main goal of the project is to address the barriers to wellbeing of emerging adults in the different countries that will participate in the project and also, to encourage resilience and coping strategies that makes life more impactful on the emerging adults in a holistic, well-documented, policy-driven empirical approach. Filling this gap for policy redress and legislation motivates this study.

Proposed Methods

Participants and procedures

In this cross-sectional study, participants will be recruited from different Countries whoarechosen to be part of the project. After explaining the study and obtaining their consents, participants will complete a self-administered web-based questionnaire, which will require 15 to 20 minutes to finish. Sample size calculation is based on 95% confidence level will be required to select participants. Ethics approval will be obtained from the project sites.