



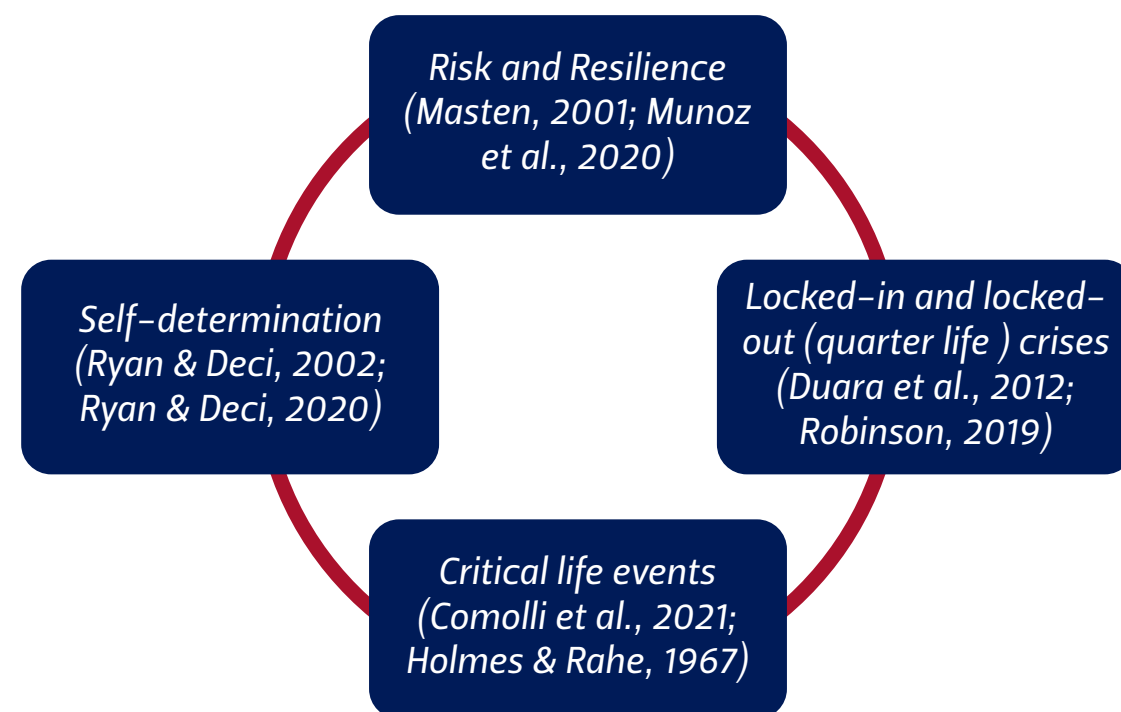
Instability, Possibility, and Responsibility: Experiences of Emerging Adults in Kenya, Namibia and South Africa

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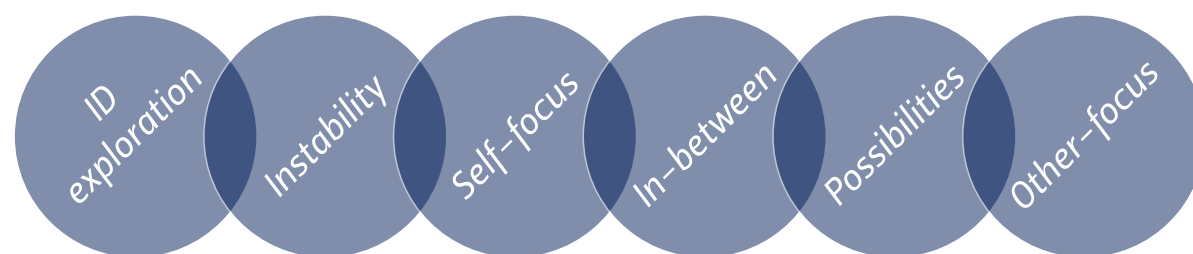
Aim

To explore how emerging adults from Kenya, Namibia, and South Africa navigate through challenges and possibilities.

Theoretical lenses



Emerging adulthood features (Arnett, 2015)



Methods

This research study forms part of a larger umbrella project: The Africa Long Life Study (ALLS). This is a longitudinal, mixed methods exploration of the psychological development of young adults in Kenya, Namibia and South Africa.

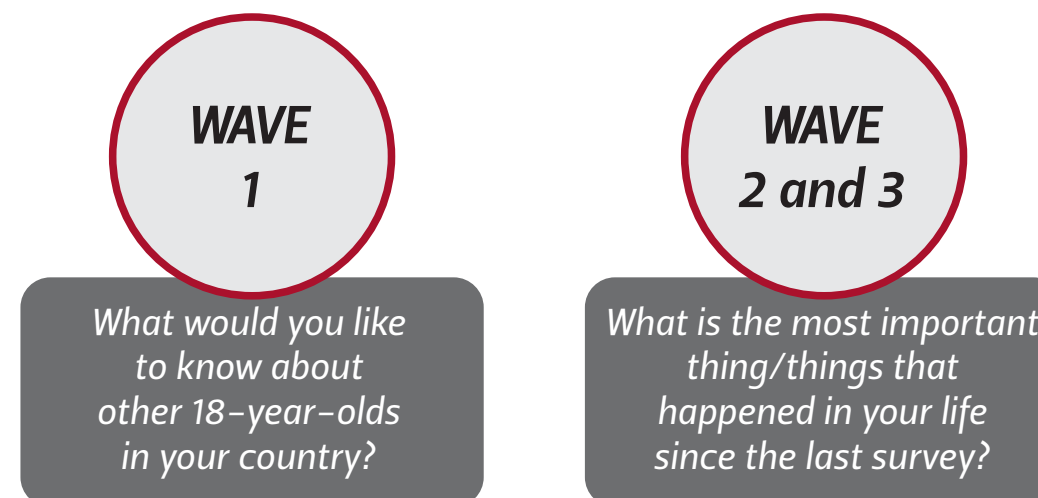
Approach

Qualitative (exploratory and descriptive research design)

Participants

Approximately 800 male and female 18- and 19-year-old participants per country (Kenya, Namibia, South Africa)

Data collection: Sample questions



Data analysis

Content analysis, with frequency distributions and Chi-squared tests to compare differences across country, gender, and other demographic groupings

Preliminary Results

- Despite hardship, participants hold **positive views of the future** (optimism and possibility)
- **Social connectedness** and harmony are at the core of constructions of the self
- **Family relations** are essential for flourishing and mental health
- Success and challenges in the **educational domain** are the most prominent events in participants' lives

Contributors



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