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EFFECT OF COUNSELLING INTERVENTIONS ON PSYCHOLOGICAL RESILIENCE AMONG YOUTH FACING SOCIOECONOMIC AND DEVELOPMENTAL CHALLENGES IN NASARAWA STATE, NIGERIA

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ABSTRACT

The study examined the effect of counselling interventions on psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria. It was guided by three objectives, three research questions, and three null hypotheses. A quasi-experimental research design was adopted. The study involved 375 youth selected through a multistage sampling procedure from youth development centres, educational institutions, and community-based organisations across Nasarawa State. Data were collected using the Counselling Interventions and Psychological Resilience Questionnaire (CIPRQ), which was validated by experts and had a Cronbach's alpha coefficient of 0.86. Data were analysed using descriptive statistics, Analysis of Covariance (ANCOVA), multiple regression, and hierarchical multiple regression at the 0.05 level of significance. Findings indicated that counselling interventions significantly enhanced psychological resilience. Cognitive behavioural counselling, solution-focused counselling, and person-centred counselling significantly predicted resilience-related outcomes, with cognitive behavioural counselling showing the strongest predictive contribution. Socioeconomic and developmental challenges also significantly moderated the relationship between counselling interventions and resilience. The study concluded that resilience-focused counselling interventions can strengthen young people's capacity to manage adversity. It recommended integrating structured counselling programmes into youth development initiatives to promote psychological well-being and adaptive functioning.

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INTRODUCTION

Young people constitute one of the most valuable human resources for sustainable national development because they represent the future workforce, innovators, community leaders, and

agents of social transformation. Their successful transition into adulthood depends not only on educational attainment and economic opportunities but also on their psychological capacity to cope with adversity and adapt to rapidly changing social environments. Across the world, however, youth are increasingly confronted with socioeconomic hardships, educational inequalities, unemployment, insecurity, family instability, and limited access to quality mental health services. These interconnected challenges undermine healthy psychosocial development and expose young people to heightened risks of emotional distress, poor coping, and reduced life satisfaction (United Nations Children's Fund [UNICEF], 2021; World Health Organization [WHO], 2021, 2022, 2024).

Psychological resilience has consequently emerged as an important construct in counselling psychology and developmental science because it explains why some individuals maintain positive psychological functioning despite experiencing significant adversity. Contemporary perspectives conceptualize resilience as a dynamic process that develops through interactions between personal strengths, supportive relationships, and enabling environments rather than as a fixed personality trait. This understanding has shifted scholarly attention from merely identifying psychological problems to designing interventions that strengthen protective factors and enhance adaptive functioning among vulnerable populations (Masten & Barnes, 2021; Masten et al., 2021). Research has also highlighted the importance of social support and coping strategies in promoting resilience among young people exposed to adversity (Bauer et al., 2021; Zhou et al., 2021).

Growing international concern regarding youth mental health has stimulated increased investment in preventive and promotive psychosocial interventions. The World Health Organization's *Helping Adolescents Thrive* guidelines emphasize that evidence-based psychosocial interventions delivered through schools, families, healthcare facilities, and community settings can improve emotional well-being, reduce mental health risks, strengthen coping abilities, and foster resilience among adolescents and young people (WHO, 2020). The guidelines further recommend integrating mental health promotion and preventive interventions into existing education, health, and social systems to promote psychological well-being. Evidence concerning brief psychological interventions also points to the potential of structured support in addressing the mental health needs of young people (Schleider et al., 2022).

Despite these global efforts, young people living in low- and middle-income countries continue to experience disproportionate exposure to socioeconomic adversity. Poverty, unemployment, inadequate educational opportunities, food insecurity, social exclusion, conflict, and limited mental health infrastructure combine to create complex developmental challenges that compromise psychological well-being. The WHO has emphasized the need to transform mental health systems and improve access to appropriate care, while UNICEF has highlighted the

importance of promoting, protecting, and caring for children's and young people's mental health (UNICEF, 2021; WHO, 2022). These concerns are particularly relevant in many African countries where preventive counselling services and community-based mental health support may be insufficient in relation to psychosocial needs.

Nigeria mirrors many of these challenges. Although the country possesses one of the largest youth populations globally, many young people continue to face persistent unemployment, underemployment, educational disruptions, financial hardship, insecurity, and social inequalities. These stressors often occur simultaneously, increasing vulnerability to anxiety, depression, hopelessness, maladaptive coping, and reduced psychological well-being. Research on the mental health of young people has demonstrated the importance of addressing psychological distress and related difficulties, particularly during periods of social disruption and heightened vulnerability (Akkaya-Kalayci et al., 2020; Fegert et al., 2020). While government policies have largely focused on employment generation and skills acquisition, comparatively less attention has been directed toward strengthening the psychological resources that enable young people to cope effectively with prolonged socioeconomic adversity. Consequently, resilience-enhancing counselling interventions have become increasingly relevant within Nigeria's broader youth development agenda.

Counselling interventions provide structured, evidence-informed approaches for strengthening psychological functioning through cognitive, emotional, behavioural, and interpersonal development. Approaches such as cognitive behavioural counselling, person-centred counselling, solution-focused brief counselling, psychoeducation, resilience training, and group counselling can help individuals develop adaptive coping strategies, emotional regulation, problem-solving skills, self-efficacy, optimism, and supportive social relationships. Rather than focusing solely on symptom reduction, these interventions promote positive adaptation and empower individuals to utilize their strengths in managing life's challenges. The WHO's guidelines on mental health promotion and prevention underscore the importance of structured psychosocial support, while research on resilience emphasizes the role of coping strategies, social support, and developmental resources in positive adaptation (Bauer et al., 2021; Masten et al., 2021; WHO, 2020). Evidence on brief psychological interventions also supports continued investigation into accessible approaches for improving young people's psychological well-being (Schleider et al., 2022).

The situation is particularly relevant in Nasarawa State, North-Central Nigeria, where many young people experience diverse socioeconomic and developmental challenges arising from poverty, unemployment, educational constraints, rural–urban disparities, and limited access to specialized mental health services. Although governmental and non-governmental organizations have implemented various youth empowerment initiatives, these programmes have predominantly

emphasized economic empowerment, entrepreneurship, and vocational development. Comparatively little empirical attention has been devoted to counselling interventions designed specifically to strengthen psychological resilience among youth facing persistent socioeconomic adversity. This imbalance highlights an important knowledge gap regarding how counselling can complement existing youth development programmes by enhancing psychological capacities that support long-term adaptation and well-being. The relevance of this concern is consistent with resilience research emphasizing the importance of personal and environmental resources in helping young people adapt to adversity (Masten & Barnes, 2021; Zhou et al., 2021).

Furthermore, the limited availability of context-specific evidence from Nasarawa State constrains the development of culturally responsive counselling programmes capable of addressing the unique psychosocial realities of young people within the state. Findings from studies conducted in other countries or regions may not adequately reflect the socioeconomic, cultural, and institutional contexts that influence resilience among Nigerian youth. Research on resilience among young people exposed to adversity, including refugee populations, highlights the importance of understanding resilience within the specific circumstances and environments in which adversity occurs (Hjemdal et al., 2021; Jafari et al., 2022). Consequently, there is a compelling need to investigate counselling interventions that are responsive to local experiences and capable of strengthening resilience within resource-constrained communities.

Against this background, the present study examines counselling interventions for enhancing psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria. The study seeks to generate empirical evidence that will contribute to counselling psychology, inform mental health policy, strengthen youth development programming, and support the integration of resilience-oriented counselling services into educational institutions and community-based interventions.

SSTATEMEN OF THE PROBLEM

Youth constitute a vital segment of the population and play a central role in driving social, economic, and national development. However, many young people in Nasarawa State, Nigeria, continue to experience persistent socioeconomic and developmental challenges that threaten their psychological well-being and capacity to achieve their full potential. Widespread unemployment, poverty, educational inequality, family instability, social exclusion, and limited access to psychosocial support services have created conditions that expose many youth to chronic stress, uncertainty, and emotional difficulties. These challenges not only hinder personal growth but also weaken the adaptive capacities required to navigate the demands of contemporary society.

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Psychological resilience has become increasingly important in helping young people cope effectively with adversity, recover from setbacks, and maintain positive mental health despite unfavourable circumstances. Nevertheless, resilience does not develop automatically, particularly among youth who are continuously exposed to multiple risk factors without adequate emotional and psychosocial support. While numerous government and non-governmental initiatives have focused on youth empowerment through employment generation, entrepreneurship, vocational training, and educational support, comparatively less emphasis has been placed on structured counselling interventions aimed at strengthening the psychological resources that enable young people to adapt successfully to adversity.

Although counselling is recognized as an effective means of promoting emotional well-being, adaptive coping, self-efficacy, and positive behavioural adjustment, its role in enhancing psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State remains insufficiently understood. Existing interventions are often fragmented, inadequately coordinated, or primarily designed to address immediate economic concerns rather than the underlying psychological factors that influence resilience and long-term well-being. Consequently, many young people continue to experience psychological vulnerabilities that may undermine the effectiveness and sustainability of broader youth development initiatives.

Furthermore, there is limited context-specific empirical evidence on the counselling approaches that are most effective in enhancing psychological resilience among youth within the socioeconomic and cultural realities of Nasarawa State. This knowledge gap restricts the ability of counsellors, educators, policymakers, and youth development practitioners to design evidence-based, culturally responsive, and sustainable psychosocial interventions. Without a clear understanding of the relationship between counselling interventions and psychological resilience, efforts to improve youth well-being may remain inadequate and yield suboptimal outcomes.

It is against this backdrop that this study seeks to examine counselling interventions for enhancing psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria. The study aims to generate empirical evidence that will inform counselling practice, strengthen youth development programmes, and support the formulation of policies that integrate psychosocial interventions into existing educational and community development frameworks.

OBJECTIVES OF THE STUDY

The main objective of this study is to examine the effect of counselling interventions on psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria. Specifically, the study sought to:

1. Examine the effect of counselling interventions on psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria.
2. Determine the predictive contribution of counselling approaches to psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria.
3. Examine the moderating influence of socioeconomic and developmental challenges on the relationship between counselling interventions and psychological resilience among youth in Nasarawa State, Nigeria.

RESEARCH QUESTIONS

The study was guided by the following research questions:

1. What is the effect of counselling interventions on psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria?
2. To what extent do counselling approaches predict psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria?
3. To what extent do socioeconomic and developmental challenges moderate the relationship between counselling interventions and psychological resilience among youth in Nasarawa State, Nigeria?

HYPOTHESES

The following null hypotheses were tested at the 0.05 level of significance:

1. Counselling interventions have no significant effect on psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria.
2. Counselling approaches do not significantly predict psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria.
3. Socioeconomic and developmental challenges do not significantly moderate the relationship between counselling interventions and psychological resilience among

youth in Nasarawa State, Nigeria.

METHODOLOGY

The study adopted a quasi-experimental research design to examine the effect of counselling interventions on enhancing psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria. The design was considered appropriate because it enabled the researcher to implement a structured counselling intervention and evaluate its effect on participants' resilience outcomes. The design allowed for the comparison of psychological resilience levels before and after the intervention while maintaining practical feasibility within community-based youth populations where complete random assignment may not be achievable. Specifically, the design provided an opportunity to determine whether counselling interventions could significantly improve adaptive coping, emotional regulation, self-efficacy, and psychological adjustment among youth experiencing socioeconomic and developmental difficulties.

The study was conducted in Nasarawa State, Nigeria, located in the North-Central geopolitical zone of the country. The state comprises thirteen Local Government Areas distributed across three senatorial districts: Nasarawa North, Nasarawa West, and Nasarawa South. The state was selected as the study area because a considerable number of young people experience socioeconomic and developmental challenges, including unemployment, poverty, educational limitations, economic insecurity, and restricted access to professional counselling and psychosocial support services. These conditions provide an appropriate context for examining the effectiveness of counselling interventions in strengthening psychological resilience and promoting positive adaptation among vulnerable youth.

The population of the study comprised youth aged between 18 and 35 years who were experiencing one or more socioeconomic and developmental challenges within Nasarawa State. The accessible population consisted of approximately 12,500 eligible youth identified through youth development agencies, community-based organizations, vocational training centres, tertiary institutions, and youth empowerment programmes across the three senatorial districts. A sample of 375 participants was selected using the Krejcie and Morgan sample size determination procedure at a 95% confidence level and a 5% margin of error. This sample size was considered adequate for the quasi-experimental design and the statistical analyses required for testing the study hypotheses.

A multistage sampling procedure was employed to select participants for the study. At the first stage, stratified sampling was used to group the population according to the three senatorial districts of Nasarawa State to ensure geographical representation. At the second stage**,** purposive

sampling was used to select Local Government Areas with a high concentration of youth experiencing socioeconomic and developmental challenges. At the third stage**,** purposive sampling was employed to identify and select participants who met the study's inclusion criteria. Finally, the selected participants were assigned to intervention and comparison groups for evaluating the effectiveness of the counselling programme.

Data were collected using a researcher-developed instrument titled Counselling Interventions and Psychological Resilience Questionnaire (CIPRQ). The instrument consisted of sections measuring participants' demographic characteristics, exposure to counselling interventions, psychological resilience, and socioeconomic and developmental challenges. The counselling intervention component assessed participants' experiences with resilience-focused counselling approaches, including cognitive behavioural counselling, person-centred counselling, solution-focused counselling, psychoeducation, and coping skills training. The psychological resilience component measured indicators such as emotional regulation, adaptive coping ability, self-efficacy, optimism, problem-solving capacity, and the ability to recover from stressful life circumstances. Responses were measured using a four-point Likert scale ranging from Strongly Agree (4) to Strongly Disagree (1).

The research instrument was subjected to face and content validation by three experts in Guidance and Counselling, Educational Psychology, and Measurement and Evaluation from recognized Nigerian universities. The experts evaluated the instrument based on relevance, clarity, adequacy of content coverage, cultural suitability, and alignment with the objectives of the study. Their suggestions were incorporated into the final version of the instrument before administration. To establish reliability, a pilot study was conducted among 30 youth with similar characteristics outside the study area. The reliability coefficient of the instrument was determined using Cronbach's Alpha procedure, which produced an overall coefficient of 0.86, indicating satisfactory internal consistency and reliability for the study.

Data collection was conducted over an eight-week period with the support of trained research assistants. Before the intervention, participants completed a pre-test assessment of psychological resilience. This was followed by the administration of the counselling intervention programme, after which a post-test assessment was conducted to determine changes in participants' resilience levels. The research assistants were trained on ethical procedures, instrument administration, and effective communication with participants to ensure accurate and reliable data collection.

Data were analysed using Analysis of Covariance (ANCOVA) was used to examine the effect of counselling interventions on psychological resilience while controlling for pre-test resilience scores. Multiple regression analysis was used to determine the predictive contribution of

counselling approaches to psychological resilience, while hierarchical multiple regression was used to test the moderating influence of socioeconomic and developmental challenges. All hypotheses were tested at the 0.05 level of significance.

RESULTS

Hypothesis One

H_{01}: Counselling interventions have no significant effect on psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria.

TABLE 1: ANALYSIS OF COVARIANCE (ANCOVA) OF THE EFFECT OF COUNSELLING INTERVENTIONS ON PSYCHOLOGICAL RESILIENCE AMONG YOUTH FACING SOCIOECONOMIC AND DEVELOPMENTAL CHALLENGES IN NASARAWA STATE, NIGERIA

Source of Variation	SS	df	MS	F	p	Decision
Pre-test Resilience (Covariate)	42.316	1	42.316	8.742	0.000	Significant
Group (Counselling Intervention)	186.527	1	186.527	38.521	0.000	Reject $H_0$1
Error	1795.264	371	4.839			
Total	2024.107	373				

Table 1 indicate that counselling interventions had a statistically significant effect on psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria, $F(1, 371) = 38.521$, $p < .05$. The pre-test resilience score also significantly influenced post-test resilience, $F(1, 371) = 8.742$, $p < .05$. Therefore, the null hypothesis was rejected, indicating that counselling interventions significantly improved psychological resilience among the youth.

Hypothesis Two

H_{02}: Counselling approaches do not significantly predict psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria.

TABLE 2: MULTIPLE REGRESSION ANALYSIS OF THE CONTRIBUTION OF COUNSELLING APPROACHES TO PSYCHOLOGICAL RESILIENCE INDICATORS AMONG YOUTH FACING SOCIOECONOMIC AND DEVELOPMENTAL CHALLENGES IN NASARAWA STATE, NIGERIA

Predictors	R	R^2	Adj. R^2	SE	F	p	Decision
Counselling approaches (cognitive behavioural, solution-focused, person-centred)	0.712	0.507	0.503	0.421	127.846	< 0.05	Reject $H_0$2

REGRESSION COEFFICIENTS

Predictors	B	SE	β	t	p	Decision
Cognitive Behavioural Counselling	0.384	0.052	0.421	7.385	0.000	Significant
Solution-Focused Counselling	0.276	0.048	0.312	5.750	0.000	Significant
Person-Centred Counselling	0.198	0.045	0.221	4.400	0.000	Significant

Table 2 indicates that counselling approaches jointly made a statistically significant contribution to psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria, $F(3, df) = 127.846$, $p < .05$. The model explained 50.7% of the variance in psychological resilience ($R^2 = .507$). Cognitive behavioural counselling ($\beta = .421$), solution-focused counselling ($\beta = .312$), and person-centred counselling ($\beta = .221$) each made statistically significant contributions ($p < .05$). Cognitive behavioural counselling was the strongest predictor. Therefore, the null hypothesis (H_{02}) was rejected.

Hypothesis Three

H_{03}: Socioeconomic and developmental challenges do not significantly moderate the relationship between counselling interventions and psychological resilience among youth in Nasarawa State, Nigeria.

TABLE 3: HIERARCHICAL MULTIPLE REGRESSION ANALYSIS OF THE MODERATING INFLUENCE OF SOCIOECONOMIC AND DEVELOPMENTAL CHALLENGES ON THE RELATIONSHIP BETWEEN COUNSELLING INTERVENTIONS AND PSYCHOLOGICAL RESILIENCE AMONG YOUTH IN NASARAWA STATE, NIGERIA

Model	Predictors entered	R	R^2	Adj. R^2	F	p	Decision
1	Counselling intervention	0.624	0.390	0.388	237.614	0.000	Significant
2	Counselling intervention + socioeconomic and developmental challenges	0.681	0.464	0.461	160.427	0.000	Significant
3	Counselling intervention × socioeconomic and developmental challenges (interaction)	0.716	0.513	0.509	130.204	0.000	Significant

REGRESSION COEFFICIENTS FOR THE INTERACTION MODEL

Predictor	B	SE	β	t	p	Decision
Counselling intervention	0.426	0.051	0.438	8.353	0.000	Significant
Socioeconomic and developmental challenges	−0.291	0.047	-0.302	-6.191	0.000	Significant
Counselling intervention × socioeconomic and developmental challenges	0.184	0.043	0.215	4.279	0.000	Significant

Table 3 indicates that counselling interventions significantly predicted psychological resilience, explaining 39.0% of the variance. Adding socioeconomic and developmental challenges increased the explained variance to 46.4%, while including the interaction term increased it to 51.3%. The interaction effect was statistically significant ($B = 0.184$, $\beta = 0.215$, $t = 4.279$, $p < .001$), indicating that socioeconomic and developmental challenges significantly moderated the relationship between counselling interventions and psychological resilience. Therefore, the null hypothesis was rejected.

DISCUSSION OF FINDINGS

The significant effect of counselling interventions on psychological resilience observed in this study supports the growing recognition that resilience is not merely an inherent personal quality but a developmental capacity that can be strengthened through targeted psychosocial support. This finding is consistent with Masten et al. (2021), whose review of resilience research, conducted by researchers affiliated with the University of Minnesota, United States, presented resilience as a multisystem developmental process involving individual capacities and environmental resources.

In the context of Nasarawa State, where many youth experience unemployment, economic hardship, educational limitations, and restricted access to mental health services, the improvement in resilience among participants suggests that counselling interventions can provide important psychological resources for navigating difficult life circumstances.

The finding is also supported by Schleider et al. (2022), whose work examined online single-session psychological interventions for adolescents during the COVID-19 pandemic. Their research, published in *Nature Human Behaviour*, supports the potential value of structured psychological interventions for young people. However, the precise participant recruitment location should be verified from the full article before a specific country is attributed to the study. Differences in intervention design, participants, and context also mean that their findings should not be treated as direct confirmation of the specific counselling programme evaluated in the present study. Nevertheless, the current finding provides context-specific evidence that structured counselling may contribute to improved resilience among youth experiencing socioeconomic vulnerabilities in Nasarawa State, Nigeria.

The second finding revealed that cognitive behavioural counselling, solution-focused counselling, and person-centred counselling significantly predicted psychological resilience outcomes, including adaptive coping, emotional regulation, and self-efficacy. Among the counselling approaches examined, cognitive behavioural counselling demonstrated the strongest predictive contribution. The overall regression model explained 50.7% of the variance in the outcome, indicating that the counselling approaches jointly made a substantial statistical contribution to predicting resilience-related outcomes in the study sample. This finding is broadly consistent with Schleider et al. (2022), whose research on online psychological interventions for adolescents during the COVID-19 pandemic demonstrated the relevance of structured psychological support for young people. However, the present results establish statistical prediction rather than definitive causal superiority of cognitive behavioural counselling over the other approaches.

The significant contributions of solution-focused and person-centred counselling further highlight the potential relevance of strengths-based practices, achievable goal-setting, empathy, acceptance, and emotional support in resilience development. These interpretations are consistent with Masten et al. (2021), whose review, based on resilience research and a multisystem developmental perspective, emphasized the importance of personal and environmental resources in successful adaptation. Nevertheless, because the reported analysis did not compare the three approaches under separate randomized conditions, differences in their regression coefficients should be interpreted as differences in predictive contribution within the fitted model, rather than conclusive evidence that one approach is universally more effective than the others.

The third finding indicated that socioeconomic and developmental challenges significantly moderated the relationship between counselling interventions and psychological resilience. The hierarchical regression results showed that the inclusion of the interaction term increased the explained variance from 46.4% to 51.3%, with the interaction term making a statistically significant contribution to the final model ($\beta = 0.215$, $t = 4.279$, $p < 0.05$). This suggests that the relationship between counselling interventions and psychological resilience varied according to the level of socioeconomic and developmental challenges experienced by participants. The negative coefficient for socioeconomic and developmental challenges ($\beta = -0.302$, $p < 0.05$) further indicates that higher levels of adversity were associated with lower resilience outcomes, after accounting for the other predictors in the model.

This finding is consistent with Masten et al. (2021), whose review of resilience research, undertaken by researchers affiliated with the University of Minnesota, United States, emphasized the role of interacting individual and environmental systems in adaptation to adversity. It is also conceptually consistent with Zhou et al. (2021), whose cited work concerns social support and psychological resilience among adolescents exposed to adversity. However, the geographical location of the Zhou et al. study cannot be confirmed reliably from the reference details currently available and should be verified against the original publication before a country is named. These perspectives support the interpretation that resilience among youth should not be understood solely from an individual psychological perspective but should also be examined within the socioeconomic and developmental environments that influence opportunities, resources, and support systems.

CONCLUSION

The study concludes that counselling interventions significantly enhance psychological resilience among youth facing socioeconomic and developmental challenges in Nasarawa State, Nigeria. Cognitive behavioural, solution-focused, and person-centred counselling approaches contribute to improved coping skills, emotional regulation, self-efficacy, and adaptation to adversity. The findings further establish that socioeconomic and developmental challenges significantly moderate the relationship between counselling interventions and psychological resilience. Therefore, integrating evidence-based, resilience-focused counselling programmes into educational institutions, community initiatives, and youth development frameworks is essential for promoting youth well-being, personal growth, and sustainable development.

RECOMMENDATIONS

Based on the findings of the study, the following recommendations are made:

1. Counselling services should be integrated into youth development programmes across Nasarawa State to strengthen psychological resilience and coping skills.
2. Counsellors should adopt evidence-based cognitive behavioural, solution-focused, and person-centred approaches to improve youth resilience.
3. Counselling interventions should address youths' socioeconomic circumstances and developmental needs, including poverty, unemployment, educational limitations, and social support.

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