



UBUNTU PHILOSOPHY, RELIGIOUS COPING AND PSYCHOLOGICAL RESILIENCE AMONG UNIVERSITY STUDENTS IN THE NIGER DELTA REGION OF NIGERIA: IMPLICATIONS FOR COUNSELLING PSYCHOLOGY PRACTICE

By

Ebikabowei Musah

Department of Educational Psychology and Counselling
University of Africa, Toru-Orua, Bayelsa State.

mshebikabowei@gmail.com

ebikabowei.musah@uat.edu.ng

<https://orcid.org/0000-0001-8894-6062>

+2347066601745

Abstract

The increasing prevalence of psychological distress among university students has become a significant concern across higher education institutions in Nigeria. Academic pressure, economic uncertainty, social instability and personal challenges have contributed to heightened levels of stress, anxiety and depression among students. Within the African context, indigenous philosophical traditions and religious beliefs continue to play important roles in shaping coping mechanisms and psychological well-being. The paper examines the Ubuntu philosophy, religious coping and psychological resilience among university students in the Niger Delta region of Nigeria. Ubuntu, an African philosophical worldview emphasizing interconnectedness, communal responsibility, compassion and human dignity, provides a culturally relevant framework for understanding resilience and mental health. Similarly, religious coping practices such as prayer, worship, faith-based social support and spiritual meaning-making offer psychological resources that enable individuals to manage adversity. Drawing on the existing literature in counselling psychology, African philosophy and the psychology of religion, the study explores how Ubuntu values and religious coping strategies contribute to resilience among students facing contemporary challenges. The paper argues that integrating Ubuntu principles and culturally sensitive religious resources into counselling interventions can enhance mental health outcomes and strengthen resilience among university students. Furthermore, the study contributes to ongoing efforts to decolonize counselling psychology by highlighting indigenous African perspectives on psychological well-being. Recommendations are offered for counsellors, educational institutions and policymakers seeking to promote culturally responsive mental health services in African higher education settings.

Keywords: Ubuntu philosophy, Religious coping, Psychological resilience, Counselling psychology, University students, Niger Delta.

Introduction

Mental health has become a major concern among university students worldwide. Young adults enrolled in higher education institutions often experience multiple stressors, including academic workload, financial challenges, family expectations, social relationships, career uncertainty and identity development. These pressures frequently contribute to psychological distress, anxiety, depression and reduced well-being (World Health Organization, 2022; Li et al, 2025; Henriques et al, 2025). In Nigeria, the situation is compounded by economic instability,



insecurity, unemployment concerns and inadequate mental health resources, making psychological resilience an increasingly important area of inquiry.

Psychological resilience refers to the capacity of individuals to adapt positively and recover from adversity, stress, trauma or significant life challenges (Masten, 2025). Resilience is not merely an individual trait but is influenced by social, cultural, spiritual and environmental factors. Consequently, understanding resilience among African university students requires consideration of indigenous cultural values and belief systems that shape coping behaviours and psychological adjustment. One indigenous African philosophy that has received growing scholarly attention is Ubuntu. Ubuntu is commonly summarized by the expression, “I am because we are”, reflecting an understanding of personhood grounded in relationships and communal interdependence (Udisi, 2024; Ngcetane-Vika & Pule, 2025). The philosophy emphasizes compassion, mutual care, solidarity, respect and collective responsibility. Rather than viewing individuals as isolated entities, Ubuntu situates human existence within networks of social relationships and communal obligations. Scholars have argued that Ubuntu offers valuable insights into psychological well-being because social connectedness and supportive relationships are significant protective factors against mental distress (Mugumbate, 2020; Niyonzima, 2024; Lembuka, 2025)). The communal orientation of Ubuntu may foster resilience by providing emotional support, promoting social cohesion and encouraging adaptive responses to adversity. For university students navigating academic and personal challenges, the principles of Ubuntu may serve as important psychological resources. Religion also occupies a central position in African societies. Religious beliefs and practices influence how individuals interpret life experiences, cope with stress and maintain psychological well-being. According to Park (2020) and Cook (2022) religious coping involves the use of religious beliefs, practices and communities to understand and manage stressful situations. Positive religious coping strategies include prayer, spiritual support, trust in divine guidance, participation in religious communities and the search for spiritual meaning.

Research consistently demonstrates that positive religious coping is associated with greater resilience, life satisfaction and emotional well-being (Geppert & Pie, 2020; Lucchetti et al, 2021; Kruk & Aboul-Enein, 2024;). In the Nigerian context, religious institutions frequently serve as sources of social support, emotional comfort and moral guidance. Students often turn to faith communities when confronting academic difficulties, family challenges and personal crises. The Niger Delta region presents a particular important context for investigating these issues. Despite its rich natural resources, the region has experienced environmental degradation, economic inequality, youth unemployment and social conflict. These conditions create unique psychological challenges for young people pursuing higher education. Understanding the cultural and spiritual resources that support resilience among students in this region is therefore essential.

From the perspective of counselling psychology, there is an increasing need for culturally responsive interventions that acknowledge indigenous worldviews and local realities. Traditional Western counselling models often emphasize individual autonomy and self-reliance. While these approaches have value, they may not fully capture the communal and spiritual dimensions of psychological well-being that characterize many African societies (Maree, 2020). The movement toward decolonizing psychology advocates the incorporation of indigenous knowledge systems, cultural values and local epistemologies into psychological theory and practice. Ubuntu philosophy and religious coping represent important components of African knowledge systems that can enrich counselling interventions and enhance their cultural relevance. By recognizing these resources, counsellors can develop more effective approaches to promoting mental health among university students.

This paper therefore examines the relationship between Ubuntu philosophy, religious coping and psychological resilience among university students in the Niger Delta region of Nigeria.



Specifically, it seeks to explore how communal values and religious coping strategies contribute to resilience and how these insights can inform counselling psychology practice. The paper contributes to the growing body of literature advocating culturally grounded approaches to mental health and psychological well-being in Africa.

Objectives of the study

1. To examine the relationship between Ubuntu philosophy and psychological resilience among university students in the Niger Delta region of Nigeria.
2. To determine the extent to which religious coping contributes to psychological resilience among university students in the Niger Delta region of Nigeria.

Research Questions

1. What relationship exists between Ubuntu philosophy and psychological resilience among university students in the Niger Delta region of Nigeria?
2. To what extent does religious coping contribute to psychological resilience among university students in the Niger Delta region of Nigeria?

Hypotheses

Ho1: There is no significant relationship between Ubuntu philosophy and psychological resilience among university students in the Niger Delta region of Nigeria.

Ho2: Religious coping does not significantly contribute to psychological resilience among university students in the Niger Delta region of Nigeria.

Literature Review

Concept of Ubuntu Philosophy

Ubuntu is one of the most influential indigenous philosophical frameworks in Africa. Although expressed differently across African societies, the philosophy generally emphasizes communalism, interconnectedness, compassion, reciprocity and human dignity. The concept derives from Nguni languages of South Africa and is often summarized as “a person is a person through other persons” (Metz, 2026). Ubuntu recognizes that individual well-being is inseparable from the welfare of the community. African philosophers have long argued that personhood is not solely an individual achievement but is realized through participation in communal relationships (African Union, 2021; Bolanle, 2023; Nikiema, 2024). Unlike Western philosophical traditions that often emphasize individual autonomy, Ubuntu highlights social responsibility and mutual independence. Human beings are viewed as interconnected members of a larger social and moral community.

Within psychological discourse, Ubuntu has gained increasing attention because its principles align with several protective factors associated with mental health. Social support, belongingness, empathy and collective efficacy are recognized predictors of psychological adjustment and resilience (Masten, 2025). Ubuntu encourages these qualities by promoting social cohesion and collective responsibility. Mugumbate (2021) observed that Ubuntu provides an indigenous framework for understanding psychological well-being because it emphasizes supportive relationships and communal care. Individuals facing adversity are encouraged to seek support from family members, friends, neighbours and community networks. Such support systems can reduce emotional distress and foster adaptive coping.

Among university students, Ubuntu may manifest through peer support, collaborative learning, mentorship and participation in social and cultural organizations. These interactions contribute to a sense of belonging and social connectedness, both of which are important for psychological health. Research indicates that students who experience stronger social support generally report lower levels of stress and higher levels of life satisfaction (Maree, 2020).



Religious Coping and Psychological Well-being

Religion remains one of the most significant social institutions across Africa. The various religious beliefs influence perceptions of suffering, adversity, success, morality and human relationships. In many African societies, spirituality is deeply integrated into everyday life and shapes how individuals understand and respond to challenges. Cook (2022) defines religious coping as the use of religious beliefs, practices and resources to manage stressful situations. Religious coping may be positive or negative. Positive religious coping involves trusting in divine support, seeking spiritual comfort, engaging in prayer, participation in worship activities and finding meaning through faith. On the other hand, negative religious coping may involve feelings of divine punishment, spiritual dissatisfaction or religious conflict.

Positive religious coping has been consistently associated with psychological well-being. Kruk and Aboul-Enein (2024) reported that religious involvement contributes to lower levels of depression, anxiety, substance abuse and suicidal ideation. Individuals who maintain strong commitments often demonstrate greater optimism and emotional stability during periods of adversity. Prayer is among the most common forms of religious coping. Through prayer, individuals express emotions, seek guidance and cultivate hope. Religious gatherings also provide opportunities for social support and collective encouragement. Faith communities frequently serve as sources of emotional assistance during times of stress and uncertainty.

Within Nigerian universities, students often participate actively in religious organizations and campus fellowships. These groups provide spiritual guidance, friendship networks, mentorship opportunities and emotional support. Such resources may strengthen students' capacity to manage academic pressure and personal difficulties. Recent studies suggest that religious coping contributes significantly to resilience among young adults. For example, Pargament and Exline, (2021), Loewenthal et al (2022) as well as McMartin and Hall (2022) found that individuals who utilized positive religious coping strategies reported greater psychological adjustment following stressful experiences. Religious beliefs may help individuals to construct meaning from adversity, thereby reducing psychological distress.

Psychological Resilience

Psychological resilience refers to the dynamic process through which individuals adapt successfully despite experiencing significant adversity or stress (Masten, 2025). Rather than being a fixed personality trait, resilience involves interactions among personal strengths, environmental resources, social support systems and cultural factors. The resilience framework emphasizes protective factors that buffer individuals from negative psychological outcomes. Protective factors include self-efficacy, optimism, social support, emotional regulation, problem-solving abilities and spiritual resources (Southwick et al, 2023). University students encounter numerous stressors that challenge resilience. Academic demands, financial hardship, social transitions, family expectations and career uncertainties may generate considerable psychological pressure. Students who possess strong resilience are generally better equipped to navigate these challenges and maintain positive functioning.

Contemporary resilience research increasingly recognizes cultural influences. Ungar (2021) argues that resilience cannot be fully understood outside its cultural context because societies differ in the resources they value and the coping mechanisms they encourage. Consequently, resilience among African students should be examined within the framework of indigenous values and beliefs systems. Ubuntu and religious coping may function as culturally relevant protective factors. Ubuntu fosters supportive social relationships, while religious coping provides spiritual meaning and emotional comfort. Together, these resources may enhance students' capacity to adapt to adversity.



Ubuntu Philosophy and Resilience

Several scholars have highlighted the relevance of Ubuntu for resilience development. The philosophy encourages collective problem-solving, mutual assistance and social responsibility. Individuals are encouraged to seek help from community members rather than confront difficulties alone. Research indicates that social connectedness is a powerful predictor of resilience (Masten, 2025). Ubuntu strengthens social connectedness by emphasizing relationships and communal obligations. Students who experience strong communal support may be better able to cope with academic and personal challenges.

Ubuntu also promotes empathy and compassion. These values facilitate supportive interactions that can reduce loneliness and emotional distress. During periods of crisis, individuals embedded within caring communities often recover more effectively than those who lack social support. Furthermore, Ubuntu encourages a sense of purpose and belonging. Belongingness has been linked to psychological well-being, self-esteem and emotional stability (Southwick et al, 2023). Students who feel connected to their communities may demonstrate greater resilience in the face of adversity.

Religious Coping and Resilience among University Students

Religious coping contributes to resilience through multiple mechanisms. First, religious beliefs provide meaning-making frameworks that help individuals to interpret stressful events and situations. Students who view challenges as opportunities for spiritual growth may experience less psychological distress. Second, religious practices encourage emotional regulation. Prayer, meditation, worship and scripture reading often promote calmness, hope and self-reflection. These practices may reduce anxiety and enhance emotional stability. Third, religious communities provide social support. Participation in religious groups creates opportunities for friendship, mentorship and emotional encouragement. Such relationships are important protective factors against mental health difficulties. Fourth, faith traditions often promote positive virtues such as perseverance, gratitude, forgiveness and hope. These virtues are associated with adaptive coping and resilience (Geppert & Pie, 2020; Kruk & Pie, 2024).

Studies conducted across Africa have reported positive relationships between religiosity and psychological adjustment among students. Religious involvement frequently serves as a buffer against stress and contributes to overall well-being.

Counselling Psychology and Indigenous Knowledge Systems

Counselling psychology seeks to promote mental health, resilience and optimal functioning across diverse populations. Historically, however, many counselling theories have been developed within Western cultural contexts. As a result, scholars have increasingly advocated for culturally responsive approaches that incorporate indigenous knowledge systems. The decolonization movement in psychology emphasizes the importance of recognizing local cultures, values and worldviews in psychological practice (Maree, 2020). African societies possess rich philosophical and spiritual traditions that can contribute meaningfully to counselling interventions.

Ubuntu provides counsellors with a culturally grounded framework for understanding human relationships and psychological well-being. Counselling interventions informed by Ubuntu may emphasize community engagement, collective support, empathy and relational healing. Similarly, religious coping resources can be integrated into counselling practice when appropriate. Counsellors working with religious clients may explore spiritual beliefs, encourage positive religious coping strategies and collaborate with faith-based support systems while maintaining professional ethical standards. The integration of Ubuntu philosophy and religious coping into



counselling psychology represents a promising approach to promoting resilience among African university students. Such integration acknowledges the cultural realities of students while enhancing the relevance and effectiveness of psychological interventions.

Theoretical Framework

This study is anchored on the Ubuntu theory and Resilience theory. These frameworks provide a comprehensive understanding of how indigenous African values and spiritual resources contribute to psychological adaptation among university students.

Ubuntu Theory

Ubuntu theory was propounded by Stanlake Samkange in 1980, alongside Tommie Marie Samkange, in their book *Hunhuism or Ubuntuism: A Zimbabwean indigenous political philosophy*. It is an African philosophical framework that emphasizes interconnectedness, mutual care, communal responsibility and collective well-being. The philosophy maintains that an individual's identity and humanity are realized through relationships with others (Ejuu & Opiyo, 2022; Niyonzima, 2024; Udisi, 2024; Metz, 2026). The expression "I am because we are" captures the essence of Ubuntu and reflects the belief that human flourishing depends on social connectedness. Ubuntu theory is relevant to counselling psychology because it highlights the importance of social support, empathy, cooperation and community participation in promoting mental health. Students who embrace Ubuntu values are likely to seek support during difficult times and contribute positively to the welfare of others. Such social interactions foster emotional stability and resilience. The theory further suggests that psychological well-being cannot be understood solely in terms of individual characteristics. Instead, well-being emerges from healthy relationships and supportive social environments. This perspective aligns with contemporary counselling approaches that emphasize the significance of social and cultural contexts in psychological functioning.

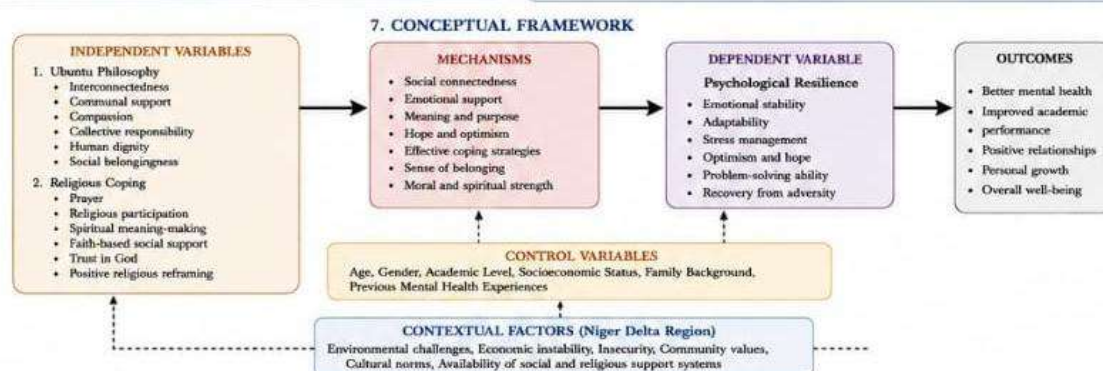
Resilience Theory

Resilience theory, propounded by Masten (2014), explains how individuals adapt successfully despite experiencing adversity, stress or traumatic events. According to Masten (2025), resilience involves ordinary adaptive processes supported by individual strengths, family resources, social relationships and community networks. The theory identifies protective factors that enhance positive adaptation. These include self-confidence, optimism, emotional regulation, social support, spiritual and effective coping skills. Protective factors reduce vulnerability to stress and facilitate recovery from adverse experiences.

Within the context of this study, Ubuntu philosophy and religious coping serve as important protective factors that strengthen resilience among university students. Ubuntu promotes social connectedness and communal support while religious coping (Pargament & Exline, 2021) provides spiritual meaning, hope and emotional comfort. Together, these frameworks offer a culturally grounded explanation for resilience among students in the Niger Delta region.



Figure 1: Conceptual Framework Showing the Relationship among Ubuntu Philosophy, Religious Coping and Psychological Resilience



Source: Adapted from Ubuntu Theory (Metz, 2026), Resilience Theory (Masten, 2025) and Religious Coping Theory (Pargament & Exline, 2021)

Narrative Explanation of the Conceptual Framework

The conceptual framework proposes that Ubuntu philosophy and religious coping independently and jointly influence psychological resilience among university students in the Niger Delta region. Ubuntu philosophy promotes resilience through communal relationships, social support, empathy and collective responsibility. Religious coping enhances resilience through spiritual resources such as prayer, faith, hope, religious participation and meaning-making processes. The framework further assumes that demographic characteristics and contextual factors may moderate the strength of these relationships. Consequently, students who exhibit stronger Ubuntu values and positive religious coping behaviours are expected to demonstrate higher levels of psychological resilience.

Methodology

Research Design

The study adopts a descriptive survey design. This design is appropriate because it enables the researcher to examine relationships among Ubuntu philosophy, religious coping and psychological resilience within a natural setting without manipulating variables.

Population of the Study

The population comprises all undergraduate students enrolled in public universities within the Niger Delta region of Nigeria. These institutions include those located in Bayelsa, Rivers, Delta, Delta, Akwa Ibom, Edo, Cross River and Ondo States.

Sample and Sampling Techniques

A sample of 400 undergraduate students were selected from four Federal universities namely University of Port Harcourt, Rivers State; Federal University, Otuoke, Bayelsa State; Federal University of Petroleum Resources, Effurun, Delta State and the University of Benin, Edo State using a multistage sampling procedure. Faculties and departments were randomly selected, after which students were chosen through stratified random sampling technique to ensure adequate representation across gender, academic levels and fields of study.



Instruments for Data Collection

Three standardized instruments were utilized for data collection, which are:

1. Ubuntu Value Scale (UVS)
2. Brief Religious Coping Scale (Brief RCOPE)
3. Connor-Davidson Resilience Scale (CD-RISC)

These instruments measure communal values, religious coping behaviours and resilience respectively.

Validity and Reliability

Experts in Counselling Psychology, Educational Psychology, and Measurement and Evaluation assessed the face and content validity of the instruments. Reliability indices of the instruments, obtained through Chronbach's Alpha exceeded .70.

Method of Data Analysis

Descriptive statistics such as means and standard deviations were used to answer the research questions while Pearson Product Moment Correlation and Multiple Regression Analysis were employed to test the hypotheses at 0.05 significance level.

Results and Discussion

Research Question One: What is the relationship between Ubuntu philosophy and Psychological resilience among university students in the Niger Delta region of Nigeria?

Table 1: Relationship between Ubuntu philosophy and psychological resilience among university students in the Niger Delta region of Nigeria.

Variable	N	Mean	SD	r	p-value
Ubuntu philosophy	400	3.84	0.61	.62	.000
Psychological Resilience	400	3.76	0.58		

The result indicates a strong positive relationship between Ubuntu philosophy and psychological resilience ($r = .62$, $p \leq .05$). This finding suggests that students who demonstrate stronger Ubuntu values tend to exhibit higher levels of resilience. The result supports the position of Mugumbate (2020), who argues that communal support systems enhance psychological adaptation and well-being. The finding also aligns with Resilience Theory, which identifies social connectedness as a major protective factor.

Research Question Two: What is the relationship between religious coping and psychological resilience among university students in the Niger Delta region of Nigeria?

Table 2: Correlation between Religious Coping and Psychological Resilience among university students in the Niger Delta region of Nigeria.

Variable	N	Mean	SD	r	p-value
Religious Coping	400	3.91	0.64	.68	.000
Psychological Resilience	400	3.76	0.58		

The analysis revealed a significant positive relationship between religious coping and psychological resilience ($r = .68$, $p \leq .05$). This finding suggests that students who engage in positive religious coping practices are more likely to demonstrate greater resilience. The result corroborates findings by Kruk and Aboul-Enein (2024), who report that religious involvement enhances psychological adjustment and emotional well-being.



Hypothesis One: There is no significant relationship between Ubuntu philosophy and psychological resilience among university students of the Niger Delta region of Nigeria.

Table 3: Pearson Product-Moment Correlation

Variable	r-cal	p-value	Decision
Ubuntu Philosophy and Psychological Resilience	.62	.000	Rejected

Since the p-value (.000) is less than the significant level (.05), the null hypothesis is rejected. Therefore, Ubuntu philosophy significantly relates to psychological resilience among university students in the Niger Delta of Nigeria.

Hypothesis Two: There is no significant relationship between religious coping and psychological resilience among university students in the Niger Delta region of Nigeria.

Table 4: Simple Linear Regression Analysis

Variable	r-cal	p-value	Decision
Religious coping and Psychological Resilience	.68	.000	Rejected

The p-value is less than .05; therefore, the null hypothesis is rejected. Religious coping significantly relates to psychological resilience among university students in the Niger Delta region of Nigeria.

Joint Contribution of Ubuntu Philosophy and Religious Coping

Table 5: Multiple Regression Analysis

Variable	Beta	t	p-value
Ubuntu Philosophy	.38	8.42	.000
Religious Coping	.46	10.37	.000

Model Summary:

R	R ²	Adjusted R ²	F
.74	.55	.54	242.31

The regression analysis indicates that Ubuntu philosophy and religious coping jointly account for 55% of the variance in psychological resilience among university students in the Niger Delta region of Nigeria ($R^2 = .55$). This finding demonstrates the substantial contribution of cultural and spiritual resources to psychological adaption.

Discussion of Findings

The findings reveal that Ubuntu philosophy significantly predicts resilience among university students in the Niger Delta region of Nigeria. Students who embrace communal values, mutual support, empathy and collective responsibility exhibit stronger psychological adjustment when faced with challenges. The result supports African philosophical perspectives that emphasize the importance of community in human development (African Union, 2021; Bolanle, 2023; Nikiema, 2024). It also reinforces the argument that resilience is not merely an individual attribute but a socially embedded process.



The joint influence of Ubuntu philosophy and religious coping highlights the importance of integrating cultural and spiritual dimensions into counselling practice. Mental health interventions that neglect these dimensions may fail to address significant aspects of students' lived experiences.

Implications for Counselling Psychology Practice

The findings have several implications for counselling practice. First, counsellors should recognize Ubuntu values as important resources for promoting resilience. Interventions can encourage peer support networks, collaborative problem-solving and community engagement. Second, counsellors should adopt culturally responsive approaches that acknowledge indigenous African worldviews. Such approaches increase the relevance and effectiveness of counselling services. Third, positive religious coping strategies may be incorporated into counselling practice where they are appropriate and consistent with clients' beliefs. Counsellors can help students draw upon spiritual resources while avoiding harmful or maladaptive religious interpretations. Fourth, university counselling centres should collaborate with student organizations, community groups and faith-based institutions to create comprehensive support systems for students. Finally, counsellor education programmes should include training on African philosophies and indigenous psychological frameworks.

Conclusion

This study examined the relationship between Ubuntu philosophy, religious coping and psychological resilience among university students in the Niger Delta region of Nigeria. The findings indicate that both Ubuntu philosophy and religious coping contribute significantly to resilience. Ubuntu fosters social connectedness, empathy, communal support and belongingness while religious coping provides spiritual meaning, hope and emotional strength. Together, these resources serve as important protective factors that enable students to navigate adversity effectively. The study contributes to the growing movement toward decolonizing counselling psychology by demonstrating the relevance of African philosophical and spiritual traditions in understanding mental health and resilience. Integrating these indigenous resources into counselling practice can enhance culturally responsive mental health interventions and promote student well-being.

Recommendations

Based on the findings, the following recommendations are made:

1. University counselling centres should integrate Ubuntu principles into counselling programmes.
2. Counsellors should receive training in culturally responsive and indigenous counselling approaches.
3. Universities should strengthen peer support initiatives that promote communal engagement and social connectedness.
4. Faith-based organizations should collaborate with counselling centres in promoting student mental health.
5. Policymakers should support culturally relevant mental health programmes within higher education institutions.
6. Future researchers should conduct longitudinal studies examining the long-term effects of Ubuntu and religious coping on resilience.



References

- African Union (2021). African culture: Versatile approach to realize the Africa we want. www.africanunion-un.org
- Bolanle, O.A. (2023). Are African cultural values still valued? www.catholicethics.com
- Cook, C.C.H. (2022). Spirituality and religion in psychiatry. In C.C.H. Cook & A. Powell (eds). *Spirituality and psychiatry*. Cambridge University Press. DOI: 10.1017/9781911623311.005
- Ejuu, G. & Opiyo, R.E. (2022). Nurturing Ubuntu, the African form of human flourishing through inclusive home-based childhood education. *Frontiers of Education*, 7: 838770. DOI: 10.3389/feduc.2022.838770
- Geppert, C.M.A. & Pies, R.W. (2020). The upside and downside of religion, spirituality and health. *Psychiatry Times*, 37 (7), 67-82.
- Henriques, J., Moura, R. & Goncalves, S.P. (2025). *Insights into mental challenges among university students: An overview*. IGI Global. DOI: 10.4018/979-8-3693-1455-5.ch009
- Kruk, J. & Aboul-Enein, B.H. (2024). Religion-and spirituality-based effects on health-related components with special reference to physical activity: A systematic review. *Religion*, 15 (7): 835. DOI: 10.3390/rel15070835
- Lembuka, M.H. (2025). Embracement of social work values in the African Ubuntu dimensions: Lessons from Dr Julius Nyerere of Tanzania. *International Journal of Research and Innovations in Social Sciences*, IX (IV), 1734-1749. DOI: 10.47772/IJRISS.2025.908000145
- Li, Q, Li, J. & Fan, Y. (2025). Addressing mental health in university students: A call for action. *Frontiers of Public Health*, 13: 1614999. DOI: 10.3389/fpubh.2025.1614999
- Loewenthal, K.M., Lewis, C.A. & Deinf, S. (2022). Adversity, religion change and mental well-being. *Mental Health, Religion and Culture*, 25 (3), 227-230. DOI: 10.1080/13674676.2021.2012372
- Luccheti, G., Koenig, H.G. & Luccheti, A.L.G. (2021). Spirituality, religiousness and mental health: A review of the current scientific evidence. *World Journal of Clinical Cases*, 9 (16), 7620-7631. DOI: 10.12998/wjcc.v9i26.7620
- Maree, J.G. (2020). *Innovating counselling for self-and career construction: Connecting conscious knowledge with subconscious insight*. Springer
- Masten, A.S. (2014). *Ordinary magic: Resilience in development*. Guilford Press
- Masten, A.S. (2025). *Ordinary magic: Resilience in development (2nd ed)*. Guilford Press.
- McMartin, J. & Hall, M.L.E. (2022). Christian functional views of suffering: A review and theoretical overview. *Mental Health, Religion and Culture*, 25 (2), 133-148. DOI: 10.1080/13674676.2021.1968812
- Metz, T. (2026). An African theory of moral status: A relational alternative to individualism and holism. In K. Abudu, K. Behrens & E. Imafidon (eds). *African philosophy and deep ecology*. Routledge.
- Mugumbate, J. (2020). Samkange's theory of Ubuntu and its contribution to a decolonized social work pedagogy. In C. Morley, P. Ablett, C. Noble & S. Cowden (eds). *Handbook of Clinical Pedagogies*. Routledge.
- Mugumbe, J. (2021). Ubuntu and social work resources. www.africasocialwork.net
- Nikiema, P.A.A. (2024). The upheaval of African cultural values. www.rightforeducation.org
- Niyonzima, J.B. (2024). *Rebuilding Ubuntu to improve trauma healing, mental health and well-being in a traumatized society*. Ubuntu Center for Peace.
- Ngcetane-Vika, T. & Pule, M.P. (2025). The efficacy of Ubuntu-based governance frameworks in combating systemic corruption in Africa: A theoretical discourse. *International Journal*



- of Research and Innovation in Social Sciences, IX (IV), 3755-3770. DOI: 10.47772/IJRISS.2025.90400269*
- Pargament, K.I. & Exline, J.J. (2021). *Working with spiritual struggles in psychotherapy: From research to practice*. Guilford Press.
- Samkange, S.J.T. (1980). *Hunhuism or Ubuntuism: A Zimbabwean indigenous political philosophy*. Graham
- Southwick, S.M., Charney, D.S. & DePierro, J.M. (2023). *Resilience: The science of mastering life's greatest challenges (3rd ed)*. Cambridge University Press.
- Udisi, E.S. (2024). The ethics of Ubuntu: Exploring African moral and political thought. *Jurnal Ilmu Sosiologi Dialektika Kontemporer*, 12 (2), 72-80.
- World Health Organization (2022). *World mental health report: Transforming mental health for all*.