

MULTI-VARIANT FACTORS AS CORRELATES OF PSYCHOLOGICAL WELL-BEING OF SEXUALLY MOLESTED FEMALE ADOLESCENTS IN IBADAN, NIGERIA

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Abstract

Sexual molestation during adolescence is a traumatic experience that significantly impacts the psychological well-being of female victims. The consequences of sexual abuse in adolescence can manifest in a wide range of emotional and mental health challenges, including depression, anxiety, post-traumatic stress disorder (PTSD), and social withdrawal. Research indicates that these adolescents are more likely to experience diminished life satisfaction, impaired self-esteem, and difficulties in emotional regulation. Factors such as age, personality traits, and social support play crucial roles in moderating the psychological outcomes of trauma. This study examines multi-variant factors as correlates of psychological well-being of sexually molested female adolescents in Ibadan Nigeria.

The study adopted a descriptive research design of correlation type. A total of 35 sexually molested female adolescents in Ibadan Nigeria were selected using a purposive sampling technique. Questionnaires consisting of demographic information and sections which are standardized scales on psychological wellbeing and extraversion. Three research questions were answered using Pearson Product Moment Correlation and Multiple Regression Analysis at 0.05 level of significance.

Age ($r = -0.032$, $p > 0.05$) showed no correlation with psychological well-being among sexually molested female adolescents in Ibadan Nigeria and extraversion ($r = 0.347$, $p < 0.05$) showed a positive correlation with psychological well-being among sexually molested female adolescents in Ibadan Nigeria. All the independent variables jointly accounted for 11.0% variance in predicting psychological well-being of sexually molested female adolescents in Ibadan Nigeria. Age ($\beta = -0.093$; $t = -.557$, $p > 0.05$) had no relative influences on the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria and extraversion ($\beta = 0.362$; $t = 2.164$, $p < 0.05$) had relative

influences to the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria.

Encouraging family involvement, peer support groups and community-based programs can provide a sense of safety and belonging. Social connections are essential for fostering resilience and reducing feelings of isolation and stigma.

Keywords: Psychological well-being, Extraversion, Sexually Molested Female Adolescents

Introduction

The adolescence period is generally regarded as a crucial stage of life. Adolescents are, therefore, crucial to human development as they form a nucleus of work force in the future. Given this, adolescents' (especially girls') psychological well-being should be well-guided to make them live a balanced life. This often, is not the case, especially among the sexually molested adolescents whose psychological well-being has not only been debased, but who are also, victims of sexual molestation. This not only aggravates the emotions of molested female adolescents, but it also affects the totality of their psychological well-being. It could subject them to a lifetime stigma, a social label that could further worsen their psychological well-being if not handled by psychologists, parents, and significant others (Charles, Rush, and Piazza, 2023).

Sexual molestation is a common occurrence in Nigeria; however, most of the cases were not reported, and perpetrators were left unpunished. Sexual molestation is a common occurrence in Nigeria; however, most of the cases were not reported, and perpetrators were left unpunished. In the southwestern part of the country, the prevalence rate ranges from 2.1% in Calabar (Ekabua, Agan, Iklaki, Itam, and Ogaji) to as high as 69.9% in Anambra state

among juvenile female street hawkers (Ikechebelu, Udigwe, Ezechukwu, Ndinechi and Joe-Ikechebelu 2008). Akinlusi, Rabi, Olawepo, Adewunmi Ottun, and Akinola (2014), sexual molestation and rape are taboo topics in Nigeria, issues surrounding cases like that are treated with secrecy, but with advocacy on rape and gender-based violence, things are taking a new turn.

The stigmatisation of sexually-molested adolescent girls keeps the numbers at which the incidence is reported low, which makes the criminals continue their criminal acts. The psychological well-being of molested female adolescents is an issue not to be neglected in society to have a better image of the victims. The attitude of parents, caregivers, and society towards sexually molested adolescents is demeaning and this has led to some of them thinking less of themselves and what they can become (Agormedah, Ankomah, and Srem-Sai, 2024). Although there are many non-governmental organisations that are coming to the aid of these victims, there is still a challenge in assisting them to reach a balanced psychological well-being due to parents' and caregivers' inability to pay attention to the psychological needs of these adolescents. Some of the parents would prefer to take them to faith homes or find a way of

relocating them from the environment in which the incident occurred thinking that will make them heal.

Sexually molested female adolescents could also be worse off emotionally and thereby be disinterested in marital relationships and other social engagements in the future. This is because the trauma they might have experienced, due to sexual molestation could disorient them in having relationships (Moksnes, Løhre, and Espnes, 2013). This, therefore, could make them not venture into social relationships because of hatred they may perceive against men. Often, sexually molested female adolescents may not also do well in their academics because of deep-seated hatred they might have suffered from at one time or the other. This if not checked could make them fail perpetually and lose interest in schooling activities. Consequently, they may drop out of school and go into prostitution if not checked.

Sexually molested female adolescents could as a result of trauma suffered from their molesters, cumulatively develop mental health problems and sexually transmitted infections and diseases, which could affect their decision-making in life. This could make a sexually molested female adolescent not to live a balanced and adjusted life, now and in the future. Sexually molested female adolescents could have problems transitioning into adulthood due to the trauma of sexual molestation they might have suffered or experienced. Some tend to avoid close relationships with people around them and could become disillusioned about life (Mayordomo, Sales, Satorres, and Meléndez, 2016). In effect, adolescent girls who are victims of sexual molestation

could develop myriads of problems like depression, suicide, post-traumatic mood disorder, and many more that could hamper their psychological well-being.

Psychological well-being refers to an individual's emotional, psychological, and social health, encompassing factors like life satisfaction, emotional resilience, and the ability to cope with challenges. For sexually molested female adolescents, psychological well-being is significantly affected by their trauma, leading to various mental health challenges. Psychological well-being refers to an individual's overall mental health, encompassing emotional, cognitive, and social functioning. It reflects a person's ability to manage stress, maintain satisfying relationships, and experience a sense of purpose and life satisfaction. Psychological well-being is influenced by internal factors like personality and resilience, as well as external factors such as social support and life circumstance (WHO, 2024). High levels of psychological well-being are linked to better physical health, improved quality of life, and reduced risks of mental health disorders. It also fosters productivity, creativity, and overall life satisfaction.

Psychological well-being can improve when adolescents receive trauma-informed care, and supportive counseling, and engage in positive coping strategies. Social support, particularly from family and peers, plays a crucial role in fostering resilience and promoting recovery (WHO, 2024). Shame, guilt, and fear of judgment often prevent victims from seeking help. Reducing stigma and providing safe spaces for disclosure are critical for enhancing their psychological well-being. The

psychological well-being of sexually molested female adolescents is profoundly affected by the trauma of abuse. Recovery requires comprehensive support systems, early intervention, and a focus on resilience-building to address the emotional and social consequences of their experiences.

The age at which sexual abuse occurs plays a critical role in shaping the psychological outcomes of victims. Research has shown that early exposure to sexual trauma has more profound effects on mental health compared to abuse experienced later in adolescence. Younger adolescents may struggle more with identity formation, emotional regulation, and trust issues, all of which are critical aspects of psychological well-being (Ha, and Kim, 2013).

Those abused in early adolescence (10–14 years) are more susceptible to developing severe psychological conditions, including anxiety, depression, and post-traumatic stress disorder (PTSD). This vulnerability is due to the developmental challenges of this stage, such as emotional regulation and self-concept formation (Abdullahi, Orji and Kawu, 2020). While older adolescents (15–18 years) are still vulnerable, they may have more developed coping mechanisms and social networks that can mitigate some of the negative psychological effects. However, the stigma and shame associated with sexual abuse can still lead to long-term mental health issues if not addressed promptly.

Hong Sun, (2020) highlights the need for age-appropriate interventions. Early intervention in younger adolescents can prevent the long-term entrenchment of negative mental health outcomes. Trauma-

focused therapies tailored to the developmental stage of the adolescent are crucial in fostering resilience and recovery. The impact of age is further influenced by social support systems, including family and community. Younger victims often require more intensive support from caregivers to navigate their trauma, whereas older adolescents may benefit from peer support and counselling services.

Extraversion is a personality trait characterized by sociability, assertiveness, and a tendency to experience positive emotions. Among sexually molested female adolescents, extraversion plays a significant role in influencing their psychological well-being and recovery. Research suggests that individuals with higher levels of extraversion are more likely to engage in social interactions, seek support, and utilize positive coping mechanisms, which can enhance resilience and mental health outcomes (Campbell, Blank, and Cantrell, 2022).

Extraverted adolescents often have strong social networks, which provide emotional support and reduce feelings of isolation following trauma. This social engagement fosters a sense of belonging and safety, crucial for psychological recovery. Extraversion is linked to higher levels of positive affect, which can buffer against the negative effects of trauma. Positive emotions help in reframing adverse experiences, promoting adaptive coping strategies, and reducing symptoms of anxiety and depression (Richardson, Elliott, and Roberts, 2017).

This study, therefore, investigates multi-variant factors as correlates of psychological well-being of sexually

molested female adolescents in Ibadan Nigeria.

Research questions

Three research questions were tested in this study:

1. Is there any significant relationship among age, extraversion and psychological well-being of sexually molested female adolescents in Ibadan Nigeria?
2. What is the combined influence of independent variables (age and extraversion) on psychological well-being among sexually molested female adolescents in Ibadan Nigeria?
3. What is the relative influence of independent variables (age and extraversion) on psychological well-being among sexually molested female adolescents in Ibadan Nigeria?

Methodology

Research Design

The study will adopt a descriptive survey research design of correlational type. The method is desirable because it is found useful in data collection on phenomena that cannot be observed directly.

Population of the Study

The target population for this study consists of all sexually molested female adolescents in Ibadan, Nigeria. Ibadan Metropolis is made up of eleven local government areas.

Sample and Sampling Techniques

A total of 35 adolescents who are sexually molested in Ibadan were selected in this study through the use of purposive sample random sampling techniques. A case file

from the Department of Public Prosecution showed that there are 150 cases of victims who are sexually molested. The researcher used a ballot method for the participants to choose from options ABC.

The researcher identified victims with their case files in the Oyo State Ministry of Justice's family court, Department of Public Prosecution section through the counsel in charge. The researcher assigned the three cohorts into self-efficacy, life skill training, and the control group respectively. The researcher exposed the participants in experimental groups to treatment for eight weeks, while the control group was given a placebo.

Research Instrument

The following standardized tests were used in this study:

The WHO-Five Well-Being Index (WHO-5).

The WHO-Five Well-being Index (WHO-5) was developed at the Psychiatric Research Unit, Mental Health Centre North Zealand, Hillerod, Denmark. It was used as the screening tool to recruit participants for this study. Each of the five items is rated on a 6-point Likert scale from 0 (= not present) to 5 (= constantly present). The lower the total score is, the more severe the depression, poor physical health, and psychological health are. The higher the total score, the better the physical and psychological health. An answered score of 1 or 0 on any of these items means that it may be helpful to consult with a counselling professional. The WHO-5 has proven to be a valid and reliable instrument in various settings and amongst diverse patient populations and

groups (Schutte, Chastang, Malard, and Parent-Thirion, 2014).

Extraversion Sub-Scale

Extraversion scale is one of the sub-scales of the Big Five model of personality. It was developed based on the pool of items from Goldberg's (1992) 100-item TDA (Goldberg, Johnson, and Eber., 2006; Saucier, 1994). John, Donahue and Kentle (1991) 44 items designed to capture core aspects of each of the Big Five traits will be used in this study. The extraversion subscale will be a Participant rate phrase on a 5-point scale ranging from 1 (Strongly disagree) to 5 (Strongly agree). John, Naumann, and Soto, (2008) reported internal consistencies (Cronbach's Alpha) ranging from .79 for the agreeableness

scale to .87 for the neuroticism scale.

Method of Data Analysis

The data collected were analyzed using Pearson Product Moment Correlation (PPMC) and Multiple regression analysis at a 0.05 level of significance.

Results

Research Question 1

Is there any significant relationship among age, extraversion and psychological well-being of sexually molested female adolescents in Ibadan Nigeria?

To answer this question, responses from the students were subjected to Pearson Product Moment Correlation (PPMC) analysis and the result is shown in Table 1.

Table 1: Correlation matrix among the variables

Variables	1	2	3
Psychological well-being	1		
Age	-.032	1	
Extraversion	.347 **	.170	1
Mean	60.17	1.17	87.77
Std. Dev	14.70	.38	14.62
N	35	35	35

N=300; *p<0.05 (significant)

Table 1 shows the significant relationship between independent variables (age and extraversion) on psychological well-being among sexually molested female adolescents in Ibadan Nigeria. The table revealed that age ($r=-0.032$, $p>0.05$)

showed no correlation with psychological well-being among sexually molested female adolescents in Ibadan Nigeria and extraversion ($r=0.347$, $p<0.05$) showed a positive correlation with psychological well-being among sexually molested

female adolescents in Ibadan Nigeria. Furthermore, extraversion significantly predicts and determines psychological well-being among sexually molested female adolescents in Ibadan Nigeria.

Research Question 2

What is the combined influence of

independent variables (age and extraversion) on psychological well-being among sexually molested female adolescents in Ibadan Nigeria?

To answer this question, responses from the respondents were subjected to regression analysis and the result is shown in Table 2.

Table 2: Summary of Regression of combine influence of the independent variables on psychological well-being

R	0.359				
R Square	0.129				
Adjusted R Square	0.110				
Std. Error of the Estimate	4.15281				
	Sum of Squares	df	Mean Square	F	Sig.
Regression	945.307	2	472.653	2.360	.000 ^b
Residual	6409.665	32	200.302		
Total	7354.971	34			

Dependent Variable: psychological well-being

Table 2 shows the Summary of Regression of combine influence of the independent variables; (age and extraversion) to the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria. The table reveals the coefficient of multiple

correlations (R) of 0.359 a multiple R square of 0.129. This means that 11.0% (Adj. $R^2=0.110$) of the variance in the psychological well-being of sexually molested female adolescents in Ibadan Nigeria is accounted for by the independent variables, when taken

together. The table also revealed that, there is a significant combine influence of the independent variables; (age and extraversion) to the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria ($F_{(2,32)} = 2.360, p < 0.05$).

Research Question 3

What is the relative influence of

independent variables (age and extraversion) on psychological well-being among sexually molested female adolescents in Ibadan Nigeria?

To answer this question, responses from the students were subjected to multiple regression analysis and the result is shown in table 3.

Table 3: Summary of Regression of relative influence of the independent variables on psychological well-being

	Unstandardized Coefficients		Standardized Coefficients		Sig.
	B	Std. Error	Beta	t	
(Constant)	32.382	15.595		2.076	.046
Age	-3.586	6.442	-.093	-.557	.582
Extraversion	.364	.168	.362	2.164	.038

a. Dependent Variable: psychological well-being

Table 3 shows the relative influence of independent variables (age and extraversion) on psychological well-being among sexually molested female adolescents in Ibadan Nigeria. Age ($\beta = -0.093$; $t = -.557$, $p > 0.05$) had no relative influences to the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria and extraversion ($\beta = 0.362$; $t = 2.164$, $p < 0.05$) had relative influences to the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria.

Discussion of findings

Based on the findings of this study; the results shows that age showed a no correlation with psychological well-being among sexually molested female adolescents in Ibadan Nigeria and extraversion showed a positive correlation with psychological well-being among sexually molested female adolescents in Ibadan Nigeria. Furthermore, extraversion significantly predict and determine psychological well-being among sexually molested female adolescents in Ibadan Nigeria. Conversely, studies showed an interaction between age and psychological well-being, stating that older age is

generally associated with higher levels of psychological well-being, including lower levels of distress and negative affect, and higher levels of positive affect. (Charles, Rush, and Piazza, 2023). However, the relationship between age and psychological well-being varies across different age groups. Younger adults tend to experience a decrease in psychological distress over time, while middle-aged adults experience a decrease in negative affect. Older adults, on the other hand, may experience stable or slightly increasing levels of distress and negative effects over time (Charles, et al. 2023).

Individuals high on extraversion are sociable, outgoing, fun-loving, and seek the company of others. This trait is important to build relations with others. Young adults at this stage interact with their friends and Longitudinal inquiries have addressed links between early personality profiles (age 16) and midlife psychological well-being, finding that teenage females who were more outgoing (extraverted) had higher psychological well-being (all dimensions) in midlife (Joshnloo, and Rastegar, 2007). Gale and his fellow researchers 2013 highlighted that neuroticism and extraversion are linked with psychological well-being. The research applied structural equation modelling to data from 4583 people from the National Survey of Health and Development. The impact of Neuroticism and Extraversion on psychological well-being at ages 16 and 26 years and on life satisfaction at ages 60-64 was studied, and the mediating roles of psychological well-being and physical health were also explored. It was reported that Extraversion directly and positively impacts both

measures of psychological well-being.

Extraversion trait is also moderately associated with all other psychological well-being domains like Purpose in life. There is a very strong association between extraversion and personal growth. This indicates that an individual with high extraversion will also have high personal growth. Such a person may also have high psychological well-being. Personality traits that do not contribute to increased psychological well-being should be minimized, while those that positively affect it should be developed and trained by caregivers. (Khan, 2020). Individuals with high extroversion are described as proactive, confident, and open to new experiences. Therefore, the trait can influence their ability to effectively manage their surroundings and cope with challenges, which in turn contributes to higher environmental mastery (Lucas and Diener, 2008; Steel, Schmidt, and Shultz, 2008). Extraverted individuals tend to have higher levels of freedom and experience fewer constraints in organizing their lives (Fleeson, Malanos, and Achille, 2002). They take more initiative in decision-making and feel more satisfied with the control over their lives. Extroverts also seek environments that offer more opportunities for self-actualization and greater control over their lives (Helson Kwan, John, and Jones, 2002). The trait affects one's purpose in life (the dimension of psychological well-being) as one actively seeks diverse experiences and opportunities. Extroverted individuals can develop a broader perspective on life, allowing them to define and pursue their life goals more comprehensively and dynamically (Keyes, 2002). Individuals

with high scores on the extroversion trait are more likely to have positive relationships with others (the dimension of psychological well-being) because extraversion is associated with emotional reactivity. Those with high levels of extroversion tend to exhibit greater emotional reactivity in responding to social stimuli (Lucas and Baird, 2004). Moreover, they tend to have a greater tendency for significant personal growth since extroverted characteristics such as openness to new experiences, motivation for achievement, and supportive social relationships can facilitate development in various aspects of individuals' lives (McCrae and John, 1992).

In addition, findings show that there is a combine influence of the independent variables; (age and extraversion) on the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria. This is in line with the study of Agormedah, Ankomah, and Srem-Sai, (2024) who stated that from the ages of 18 to 21 years, a large possibility that females might have mastered the pieces of training and empowerment support provided; therefore, they are better able to deal with life challenges at this later age. Female students develop higher psychological well-being than males as they age. Specifically, among students aged 18–21 years, females had improved psychological well-being compared to males, compared to those aged 14–17 years. Agormedah et al, (2024), result implied that by early ages when students are approaching the peak of their teenage years, they are confronted with numerous life changes as they transition to late teens

where most of them strive to gain autonomy (Moksnes, Løhre, and Espnes, 2013). Mayordomo, Sales, Satorres, and Meléndez, (2016), found a positive correlation between age and level of psychological well-being, which might be the result of successful adaptation to the social environment. Ha, and Kim, (2013), in their study of South Koreans, showed that there is a statistically significant relationship between personality traits and psychological well-being, in their study they explored the direct influence of personality on psychological well-being. However, the study focused on one dimension of well-being (the cognitive dimension) ignoring its other dimension (the affective dimension), the positive association between psychological well-being and Extraversion is quite weak, which also supported the current study.

Abdullahi, Orji and Kawu (2020), in their study, stated that extraversion is a personality trait characterised by the tendency to associate with others and seek excitement. Their findings showed that extraversion is weakly positively associated with psychological well-being, meaning that people high in extraversion do not involve themselves in activities that give them a high sense of psychological well-being. This implies that persuasive interventions targeted at promoting the overall psychological well-being of people who are outgoing and enthusiastic can achieve that by designing their interventions to promote their psychological well-being component, their finding also suggested that the overall psychological well-being of people from African nations who are extroverted can be significantly improved if their

psychological well-being is enhanced. Extraversion is positively related to positive social and psychological experiences and negatively related to negative emotions and experiences (Hong Sun, 2020). Abdullahi, Orji, and Rabi (2020), showed in their study stated that the relationship between personality traits and psychological well-being of Africans (predominantly Nigerians) are to some extent similar to those of other nations. Specifically, their results showed that people high in extraversion are weakly associated with psychological well-being. However, findings also show age had no relative influence on the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria and extraversion had a relative influence on the dependent variable (psychological well-being) among sexually molested female adolescents in Ibadan Nigeria. This is in line with the study of Campbell, Blank, and Cantrell, (2022) findings showed that age was not however significant in psychological well-being across studies and the association was weak. Other studies have also examined a student's age and association with psychological well-being. There was inconsistency in the study findings, with studies finding that age (21 or older) was associated with fewer depressive symptoms, lower likelihood of suicide ideation and attempt, self-harm, and positively associated with better coping skills and mental well-being. Theoretical models that seek to explain this mechanism have suggested that older age groups may cope better due to emotion-regulation strategies improving with age. (McLafferty, Armour, and

Bunting 2019 Richardson, Elliott, and Roberts, 2017; Berry, and Kingswell 2012).

Poor adolescents' psychological well-being can decrease their satisfaction with life and can lead to various mental health problems in adulthood, (Nishida, Richards, and, Staford, 2016). The association between age and psychological well-being is also complex. Large surveys using single-item measures of psychological well-being (e.g. overall rating of life satisfaction) usually find a U-shaped relationship with age: younger and older people tend to have higher psychological well-being scores than the middle-aged, although there may be a decline in well-being among the very old (Blanchflower and Oswald, 2008; Clark and Oswald, 1994). Middle-aged adults also have the highest prevalence of common mental disorders (Singleton, Bumpstead, O'Brien, Lee, and Meltzer, 2001 Rose, and Barlow, (2024), also indicated no significant associations were not found consistently across adolescent age groups. Personality characteristics in youth have an enduring influence on psychological well-being measured forty years later (Gale, Booth, and Möttus, 2013). Comparative data from U.S. and German samples showed that personality traits rather than self-regulatory characteristics were strong predictors of psychological well-being in both countries (Staudinger, Fleeson, and Baltes 1999). Longitudinal inquiries have addressed links between early personality profiles (age 16) and midlife well-being, finding that teenage females who were more outgoing (extraverted) had higher psychological well-being (all dimensions)

in midlife. (Abbott, Croudace, Ploubidis, Kuh, Richards, and Huppert 2008).

Conclusion

Age and extraversion are important correlates of psychological well-being among sexually molested female adolescents in Ibadan, Nigeria. Younger adolescents are more vulnerable to the negative psychological effects of sexual abuse due to their developmental stage, which limits their emotional regulation and coping capacities. Early intervention and age-appropriate support are critical for improving outcomes in this group. Older adolescents, though better equipped to cope, still face significant psychological challenges if adequate support is lacking. Extraversion, characterized by sociability and positive affect, enhances psychological well-being by facilitating access to social support, fostering resilience, and encouraging help-seeking behaviors. Adolescents with high levels of extraversion are more likely to engage in positive coping strategies and benefit from peer and community support systems. These protective factors contribute to improved mental health outcomes. In Ibadan, addressing these correlates through trauma-informed care, age-specific interventions, and leveraging personality strengths like extraversion can enhance recovery and foster resilience. Community-based programs, mental health services, and supportive environments play a vital role in promoting psychological well-being among sexually molested female adolescents.

Recommendations

1. Implementing trauma-focused

cognitive behavioural therapy (TF-CBT) and other evidence-based interventions can help adolescents process their trauma, reduce symptoms of anxiety and depression, and foster emotional regulation

2. Tailoring interventions based on the developmental stage of the adolescents is crucial. Younger victims may need more structured emotional support and psychoeducation, while older adolescents could benefit from peer support and life-skills training
3. Encouraging family involvement, peer support groups, and community-based programs can provide a sense of safety and belonging. Social connections are essential for fostering resilience and reducing feelings of isolation and stigma
4. Teaching stress management techniques, mindfulness, and other healthy coping strategies can enhance psychological resilience. These strategies help adolescents manage trauma-related symptoms and improve their overall well-being
5. Community sensitization campaigns can help reduce the stigma associated with sexual abuse and encourage help-seeking behavior. Creating safe spaces for disclosure and support is essential for early intervention
6. A collaborative approach involving psychologists, social workers, educators, and healthcare providers ensures comprehensive

care. Holistic interventions that address mental, physical, and social needs improve outcomes and promote long-term recovery

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