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Nota di contenuto	Preface -- Part I Theoretical perspectives on well-being in Africa -- Chapter 1 Embracing Well-Being in Diverse Contexts: The Third Wave of Positive Psychology and African Imprint -- Chapter 2 Well-Being in Africa: Towards an Africa(n) Centred Positive Psychology -- Chapter 3 Socially Influenced Health Norms: Their Construction and Enactment in African Culture Settings -- Part II Measuring well-being in Africa -- Chapter 4 Factorial Validity of the Twi Version of the Mental Health Continuum-Short Form and Prevalence of Mental Health in a Rural Ghanaian Sample -- Chapter 5 Conceptualising and Measuring Hospitality in Relation to Wellbeing in Kenya: Is Hospitality a Character Strength? -- Chapter 6 The factor structure of the Peer and Community

Relational Health Indices in two South African samples: A bifactor exploratory structural equation modelling approach -- Part III Manifestations and dynamics of well-being in Africa -- Chapter 7 Resilience in the Context of Chronic, Complex Stressors: An Emerging Adult's Account -- Chapter 8 Psychological Well-being among Yung People Living with HIV: Role of Social Support, Self-esteem and Socio-demographic Variables -- Chapter 9 Exploring Protective Resources that Facilitate Positive Outcomes Among Married Girls in the Northern Region of Ghana -- Chapter 10 Factors Contributing to Student Wellbeing: Student Perspectives -- Chapter 11 Nature and Role of Student Hope and Meaning in Goal Setting: Implications for Higher Education in South Africa -- Chapter 12 Virtues and Character strengths, Subjective Well-being and Academic Achievement: An Exploratory Study with Angolan University Students -- Chapter 13 Adult Attachment and Well-Being in the Medical Education Context: Attachment Security is Associated with Psychological Well-being through Self-Efficacy -- Chapter 14 Exploration of Harmony as a Quality of Happiness: Findings from South Africa and Ghana -- Chapter 15 Concordance of Goals and Meaning with Reference to the Interpersonal Relationships Domain: Associations with Sociodemographic Variables and Well-being in a Multicultural South African Group -- Part IV Well-being promotion in Africa -- Chapter 16 Positive Psychological Interventions in African Contexts: A Scoping Review -- Chapter 17 Community-based Interventions to Improve Well-being of Youth in a High-risk Community in South Africa: Researcher's Experiences and Implementation Outcomes.

Sommario/riassunto

This is the first volume providing a research platform to showcase research in the field of positive psychology and well-being science in African contexts. Next to enhancing context-sensitive theory and practice on the African continent, it also contributes to the global discourse in positive psychology and facilitates the development of a science that reflects and is relevant to complexity and diversity in a globalising society. This volume brings together work from African scholars, featuring research on theoretical perspectives on well-being in Africa, measurement of well-being in Africa, manifestations and dynamics of well-being in Africa, and well-being promotion in Africa. It stimulates further research in positive psychology and well-being science in the African context and globally, and emphasises the interconnectedness and situatedness of human functioning and well-being, contributing to a more balanced perspective on well-being in an international perspective. The volume benefits researchers, students and practitioners in Africa and other international contexts who study or apply the science of positive psychology and well-being in diverse contexts. Chapter 1 is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.
