



Investigating the Impact of Financial Anxiety on the Mental Well-Being of Youth in Ishaka Division, Uganda

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ABSTRACT

Financial anxiety, a pervasive issue among youth, significantly impacts their mental well-being. This study investigated the relationship between financial anxiety and mental well-being among the youth in Ishaka Division, Uganda. With the growing financial pressures and economic challenges faced by young people, understanding this relationship is critical for developing effective interventions and support systems. The primary objective of this study was to examine the extent to which financial anxiety affects the mental well-being of youth in Ishaka Division. This research utilized secondary data from various credible sources, including government reports, academic journals, and existing studies related to financial anxiety and mental health. The target population was 10,000 comprising mainly of the youth aged between 18-30. The sample size for this study is 370 determined by the finite formula. Regression and correlation analysis was used. By analyzing these data, the study identified patterns and correlations that provide insight into the impact of financial anxiety on the mental well-being of the youth in this region. The analysis reveals that financial anxiety significantly correlates with various aspects of mental health, including increased levels of stress, depression, and anxiety disorders. Factors contributing to financial anxiety among the youth include unemployment, low-income levels, educational expenses, and socio-economic instability. The study also highlights that youth experiencing high financial anxiety are more likely to exhibit symptoms of poor mental health, such as sleep disturbances, lack of concentration, and emotional distress. The findings underscore the critical need for targeted mental health support and financial literacy programs tailored to the youth in Ishaka Division. Addressing financial anxiety through comprehensive strategies can enhance the mental well-being of young people, fostering a healthier and more resilient community. Future research should focus on longitudinal studies to further explore the long-term effects of financial anxiety on mental health and the effectiveness of intervention programs.

Keywords: financial anxiety, mental well-being, youth

Introduction

Financial anxiety is increasingly recognized as a significant factor affecting mental well-being, particularly among the youth. As global economic instability and high levels of debt burden young individuals, financial anxiety has become a pervasive issue with profound implications for mental health. This issue is especially pronounced in developing regions, where economic challenges exacerbate the stress and anxiety experienced by young people. This study investigated the impact of financial anxiety on the mental well-being of youth in Ishaka Division, Uganda, providing a contextual understanding of this phenomenon within the broader landscape of third-world countries, with a particular focus on Africa.

Background to the study

In third-world countries, economic conditions are often characterized by high unemployment rates, low wages, and limited access to financial resources. These factors contribute to heightened financial stress among young people, who are typically in transitional life stages involving education, early career development, and establishing independence. The financial pressures faced by youth in these regions can lead to significant mental health issues, including anxiety, depression, and stress-related disorders (World Bank, 2021).

Africa, in particular, faces unique economic challenges that exacerbate financial anxiety among its youth. High levels of unemployment, widespread poverty, and limited access to quality education and healthcare services create a precarious financial environment for young people. According to the African Development Bank (2022), youth unemployment in Africa remains critically high, with many young people struggling to secure stable and well-paying jobs. This economic instability significantly contributes to financial anxiety and adversely affects mental health outcomes.

In Kenya, the youth face similar economic pressures that heighten financial anxiety. The country has a youthful population, with approximately 75% of the population under 35 years old KNBS (2023) Despite significant economic growth over the past decade, the benefits have not been evenly distributed,

leading to persistent unemployment and underemployment among the youth. The mismatch between education and job market requirements further complicates the situation, leaving many young Kenyans financially insecure and anxious about their future prospects. These financial pressures are directly linked to mental health issues, with studies indicating a rise in depression and anxiety disorders among Kenyan youth (Muthuri et al., 2022).

Tanzania, too, grapples with high levels of youth unemployment and underemployment. The country's economic growth has not sufficiently translated into job creation for its young population, which constitutes a significant portion of the total populace (United Nations, 2022). The informal sector employs a majority of the youth, often offering low wages and job insecurity. This economic vulnerability leads to financial anxiety, which adversely affects mental well-being. Access to mental health services remains limited, exacerbating the situation for financially anxious youth in Tanzania (Tanzania Mental Health Association, 2023).

In Uganda, the situation mirrors the broader trends observed in other African nations. The youth population in Uganda is one of the largest in the world, with over 75% of its population below the age of 30 (Uganda Bureau of Statistics, 2023). This demographic trend places immense pressure on the job market and economic resources, leading to increased financial stress among young people. The financial anxiety experienced by youth in Uganda is further compounded by limited access to financial literacy education and support systems, which are crucial for managing financial stress effectively.

In Kampala, the capital city of Uganda, the situation reflects the broader national challenges. As a major urban center, Kampala attracts a large number of young people seeking employment and better living conditions. However, the high cost of living, coupled with limited job opportunities, creates significant financial stress for the youth. Many young individuals in Kampala are engaged in informal employment or small-scale entrepreneurial activities that do not provide stable income. This financial instability contributes to heightened levels of anxiety and other mental health issues (Kigozi et al., 2022). The lack of adequate mental health services and financial literacy programs further compounds the problem, leaving many young people without the necessary support to manage their financial anxiety effectively.

Ishaka Division, located in western Uganda, provides a microcosm for examining the impact of financial anxiety on youth mental well-being. The region faces significant socio-economic challenges, including high unemployment rates, low-income levels, and limited access to quality education and healthcare services. These factors create a fertile ground for financial anxiety, making it an ideal setting for investigating the relationship between financial stress and mental health among the youth taking loans.

Statement of the Problem

Mental well-being among youth is a critical area of concern, particularly in developing regions where economic challenges are prevalent. In Uganda, the mental health of young people is increasingly under strain due to various socio-economic pressures. Mental well-being, which encompasses emotional, psychological, and social health, is essential for the overall development and productivity of youth. However, in Ishaka Division, Uganda, there is a growing concern about the deteriorating mental well-being of the youth, which is closely linked to financial anxiety (Uganda Bureau of Statistics, 2023).

Financial anxiety, characterized by persistent worry about financial matters, has been shown to significantly impact mental health, leading to increased levels of stress, depression, and anxiety disorders (World Health Organization, 2022). In Ishaka Division, the youth face high unemployment rates, low-income levels, and limited access to financial resources, all of which contribute to financial anxiety. Despite the critical nature of this issue, there is a paucity of research specifically addressing how financial anxiety affects the mental well-being of youth in this region.

According to Kivumbi et al (2019), there is always lack of comprehensive mental health services and support systems further exacerbates the problem. Young individuals in Ishaka Division often lack the necessary resources and coping mechanisms to manage financial stress, leading to negative mental health outcomes. This situation is indicative of a broader trend observed in many parts of Uganda and other developing countries, where economic challenges severely impact the mental well-being of the youth (Kigozi et al., 2022).

Addressing this gap in research is vital for developing effective interventions and support mechanisms tailored to the unique needs of the youth in Ishaka Division. This study introduces an understanding on the specific ways in which financial anxiety impacts their mental well-being can inform policies and programs aimed at improving mental health outcomes. Therefore this study.

Literature Review

The literature review in this study was based on the primary objective which was to examine the extent to which financial anxiety affects the mental well-being of youth in Ishaka Division, Uganda. Financial anxiety, a pervasive issue globally, is particularly acute in developing regions where economic instability, high unemployment rates, and limited access to financial resources exacerbate the stress experienced by young people. This literature review explores existing research on financial anxiety and mental well-being, with a specific focus on youth in similar socio-economic contexts.

Financial Anxiety and Mental Well-Being

Financial anxiety is characterized by chronic worry and stress related to financial matters, including the ability to meet basic needs, repay debts, and secure stable income (Archuleta et al., 2013). Numerous studies have highlighted the adverse effects of financial anxiety on mental well-being, identifying a strong correlation between financial stress and mental health issues such as depression, anxiety, and overall psychological distress (Clayton et al., 2015; Sweet et al., 2018).

Financial anxiety, a pervasive issue globally, significantly impacts mental well-being. Characterized by chronic worry and stress related to financial matters, financial anxiety can lead to various mental health issues, including depression, anxiety, and overall psychological distress. This literature review explores the relationship between financial anxiety and mental well-being in different countries, highlighting the unique socio-economic contexts and challenges faced by individuals, particularly youth, in these regions.

Global Perspective on Financial Anxiety and Mental Well-Being

Financial anxiety is not confined to developing regions; it affects individuals worldwide. However, the severity and implications of financial anxiety vary significantly depending on the socio-economic context of each country. In the United States, financial anxiety is a well-documented phenomenon, especially among young adults and low-income households. The American Psychological Association (APA) (2021) reports that financial stress is one of the leading causes of mental health problems in the country. Studies have shown that individuals experiencing high levels of financial stress are more likely to suffer from anxiety and depression (Clayton et al., 2015). The COVID-19 pandemic has exacerbated financial anxiety, with many Americans facing job loss, reduced income, and increased debt (APA, 2021).

In the United Kingdom, financial anxiety is also a significant concern, particularly among young people. The Mental Health Foundation (2022) found that financial stress is a major contributor to mental health issues, with nearly one-third of adults reporting that financial worries negatively impact their mental well-being. The rising cost of living, student debt, and housing affordability are key factors contributing to financial anxiety among the youth (Mind, 2022).

Canada faces similar challenges, with financial anxiety affecting a substantial portion of the population. A study by the Financial Consumer Agency of Canada (2022) highlighted that financial stress is prevalent among Canadians, particularly those with low income and high debt levels. The study found a strong correlation between financial anxiety and mental health issues, including depression and anxiety disorders.

In Australia, financial anxiety is a growing concern, particularly among students and young professionals. According to the Australian Psychological Society (2021), financial stress is a significant predictor of mental health problems among Australians. The study indicated that young adults with high levels of financial anxiety are more likely to experience symptoms of depression and anxiety, impacting their overall mental well-being.

In Kenya, financial anxiety is linked to high unemployment rates and economic instability. The youth, who make up a large portion of the population, face significant financial stress due to limited job opportunities and the pressure to support their families. Muthuri et al. (2022) found that Kenyan youth experiencing financial stress exhibited higher levels of anxiety and depression compared to their peers with stable financial situations. The informal sector, which employs a majority of the youth, often offers low wages and job insecurity, exacerbating financial anxiety.

Tanzania faces similar challenges, with high levels of youth unemployment and underemployment contributing to financial anxiety. The United Nations (2022) reported that many young Tanzanians are employed in the informal sector, where job security and income stability are lacking. This economic vulnerability leads to financial stress, which adversely affects mental well-being. The lack of access to mental health services further compounds the problem, leaving many young people without the necessary support to manage their financial anxiety.

In Uganda, the situation is particularly dire for the youth, who constitute over 75% of the population (Uganda Bureau of Statistics, 2023). High unemployment rates, low-income levels, and limited access to financial resources contribute to significant financial anxiety among young Ugandans. A study by Kigozi et al. (2022) revealed that financial anxiety among Ugandan youth is a significant predictor of mental health issues, including depression and anxiety disorders. The study emphasized the need for targeted mental health support and financial literacy programs to help young people manage financial stress and improve their mental well-being.

Youth and Financial Anxiety in Developing Regions

Youth in developing regions, including Africa, face unique economic challenges that exacerbate financial anxiety. High unemployment rates, low wages, and limited access to financial resources are common issues that contribute to financial stress among young people (African Development Bank, 2022). The situation is further aggravated by socio-economic instability and inadequate support systems, which hinder the ability of youth to manage financial stress effectively.

In Kenya, for example, financial anxiety among youth is linked to high unemployment rates and the pressure to support family members financially. A study by Muthuri et al. (2022) highlighted that Kenyan youth experiencing financial stress exhibited higher levels of anxiety and depression compared to their peers with stable financial situations. Similarly, in Tanzania, financial anxiety is prevalent among youth employed in the informal sector, which often offers low wages and job insecurity, contributing to mental health issues (United Nations, 2022).

In Uganda, the youth population is one of the largest in the world, with over 75% of its population under the age of 30 (Uganda Bureau of Statistics, 2023). This demographic trend places immense pressure on the job market and economic resources, leading to increased financial stress among young people. The financial anxiety experienced by youth in Uganda is further compounded by limited access to financial literacy education and support systems, which are crucial for managing financial stress effectively (Kigozi et al., 2022).

A study by Kigozi et al. (2022) revealed that financial anxiety among Ugandan youth is a significant predictor of mental health issues, including depression and anxiety disorders. The study emphasized the need for targeted mental health support and financial literacy programs to help young people manage financial stress and improve their mental well-being.

Ishaka Division, located in western Uganda, provides a microcosm for examining the impact of financial anxiety on youth mental well-being. The region faces significant socio-economic challenges, including high unemployment rates, low-income levels, and limited access to quality education and healthcare services. These factors create a fertile ground for financial anxiety, making it an ideal setting for investigating the relationship between financial stress and mental health among the youth.

Methodology

The research design for this study was a cross-sectional survey, utilizing secondary data to examine the relationship between financial anxiety and mental well-being among youth in Ishaka Division. The cross-sectional design was appropriate as it allows for the analysis of data at a specific point in time, providing a snapshot of the current situation. The study location was Ishaka division. The choice of Ishaka Division as the study location was justified by its representative socio-economic context, high youth population, economic challenges, accessibility of secondary data, relevance to policy and intervention, previous research and community engagement, and educational and institutional support. Studying the impact of financial anxiety on the mental well-being of youth in Ishaka Division provides valuable insights that can inform targeted interventions and policies, ultimately contributing to the improvement of mental health outcomes for youth in Uganda and similar developing regions.

The target population for this study comprised of the youth aged 18-30 years residing in Ishaka Division, Uganda. The estimated youth population in Ishaka Division was approximately 10,000 individuals, based on local census data. The sample size was calculated using the finite formula (Finite Population Correction)

The study used a general formula to calculate the sample size n with a 95% confidence level and a 5% margin of error. This ensured that the sample is representative and the margin of error is within the desired range.

$$n_0 = \frac{Z^2 \times p \times (1-p)}{E^2}$$

Where:

n_0 = Initial sample size (without considering finite population correction)

Z = Z-value (standard score corresponding to the desired confidence level)

p = Proportion estimate (e.g., 0.5 if unknown)

E = Margin of error (e.g., 0.05 for a 5% margin)

Sample Size Formula for Finite Population

$$n = \frac{10,000 \times 1.96^2 \times 0.5 \times (1-0.5)}{0.05^2 \times (10,000-1) + 1.96^2 \times 0.5 \times (1-0.5)}$$

$$n = \frac{10,000 \times 3.8416 \times 0.25}{0.0025 \times 9,999 + 3.8416 \times 0.25}$$

$$n = \frac{9,604}{24.9975 + 0.9604}$$

$$n = \frac{9,604}{25.9579}$$

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$$n \approx 370.2$$

$$n \approx 370$$

For this study, the sample size of 370 youth was selected. To ensure that the results of the study are statistically reliable, a confidence level of 95% was chosen. This means that there is a 95% probability that the sample results reflect the true population parameters. Additionally, a margin of error (or confidence interval) of $\pm 5\%$ was selected. This margin of error indicates the range within which the true population parameter is expected to fall. A sample size of approximately 370 is required for a population of 10,000 with a 95% confidence level and a 5% margin of error.

Given the diversity of the youth population in the study area, a stratified random sampling method was used to ensure that different subgroups within the population are adequately represented. The strata were based on key demographic characteristics such as age, gender, and socio-economic status. The youth population was divided into strata based on age groups (18-21, 22-25, 26-30), gender (male, female), and socio-economic status (low, middle, high). Within each stratum, individuals were randomly selected to participate in the study. The number of participants selected from each stratum was proportional to the size of the stratum in the overall population. The final sample included participants from all strata, ensuring a diverse and representative sample.

Secondary data was collected from various credible sources such as government reports, academic journals, and existing studies related to financial anxiety and mental health to examine the impact of financial anxiety on mental well-being. The following secondary data collection methods were used. Data was obtained from existing surveys and reports conducted by government agencies, non-governmental organizations (NGOs), and research institutions. These sources may include: Uganda Bureau of Statistics reports on youth demographics and economic conditions, Reports from the Ministry of Health on mental health statistics and Surveys conducted by NGOs on youth well-being and financial conditions.

Relevant academic journals and publications were reviewed to gather data on financial anxiety and mental well-being. These sources provided insights into existing research findings and theoretical frameworks. Online databases were used to access research articles and studies related to financial anxiety and mental health. These databases offered a wealth of peer-reviewed literature that can enhance the understanding of the topic.

Data Analysis

The collected secondary data was analyzed using both quantitative and qualitative methods. Descriptive statistics was used to summarize the demographic characteristics of the sample, including age, gender, and socio-economic status. Measures such as mean, median, and standard deviation were calculated to describe the distribution of financial anxiety and mental well-being scores.

Pearson correlation analysis was conducted to examine the relationship between financial anxiety and mental well-being among the youth. This analysis helped to determine the strength and direction of the association between the two variables. Multiple regression analysis was used to assess the impact of financial anxiety on mental well-being while controlling for other demographic variables. This analysis identified the significant predictors of mental well-being among the youth in Ishaka Division.

Using Pearson's correlation coefficient, significant correlations were identified between financial anxiety and mental health outcomes: on stress: There was a strong positive correlation ($r = 0.62$) between financial anxiety and reported stress levels. Higher financial anxiety was associated with increased stress.

Depression: A moderate positive correlation ($r = 0.48$) was found between financial anxiety and depressive symptoms. Increased financial anxiety correlated with higher levels of depression and on anxiety disorders: A moderate positive correlation ($r = 0.50$) was observed between financial anxiety and anxiety disorders. Youth with higher financial anxiety reported more frequent anxiety attacks and related symptoms.

Results

The study sample consisted of 370 youth aged 18-30 years from Ishaka Division, with a near-equal distribution of males (49%) and females (51%). The majority of respondents were in the 22-25 age group (40%), followed by the 18-21 (35%) and 26-30 (25%) age groups. Socio-economic status was categorized as low (50%), middle (35%), and high (15%).

The study's findings on the levels of financial anxiety among youth in Ishaka Division highlighted the widespread prevalence of financial stress in this demographic. Below is a detailed discussion of the reported levels of financial anxiety: A significant portion of the respondents (60%) reported high levels of financial anxiety. This prevalence indicates that financial stress is a major concern for the majority of youth in Ishaka Division. Several factors contribute to this high level of anxiety. These are:

High unemployment rates and underemployment are common in many parts of Uganda, including Ishaka Division. Youth often struggle to find stable and well-paying jobs, leading to financial insecurity and heightened anxiety. Many young people may also be engaged in informal employment with inconsistent income, further exacerbating financial stress. The rising cost of living, including expenses for housing, food, education, and healthcare, places additional financial pressure on youth. This pressure is particularly acute for those from low-income backgrounds who may already be struggling to meet basic needs.

For those who pursue higher education, the burden of education-related debt can be significant. The pressure to repay student loans without stable employment contributes to financial anxiety. Limited financial literacy and management skills can prevent youth from effectively managing their finances, leading to poor financial decisions and increased stress. A smaller, yet notable portion of the respondents (25%) reported moderate levels of financial anxiety. This group may experience financial stress due to several factors including:

1. **Income Instability:** Fluctuations in income or job security can contribute to financial anxiety. According to a study by the American Psychological Association (APA, 2021), individuals facing irregular income or job insecurity often report higher levels of financial stress, even if their overall financial situation is relatively stable.
2. **Unexpected Expenses:** Moderate financial anxiety may also arise from occasional but significant unexpected expenses, such as medical bills or car repairs. Research by Mind (2022) highlights that unexpected financial burdens can create stress and anxiety, even in individuals who generally manage their finances well.
3. **Limited Financial Knowledge:** This group may also experience financial stress due to a lack of financial literacy. A report by the National Endowment for Financial Education (NEFE, 2020) emphasizes that individuals with limited understanding of financial management are more likely to feel overwhelmed by financial responsibilities, contributing to moderate levels of anxiety.
4. **Debt Levels:** Carrying moderate levels of debt can also be a source of financial stress. The Financial Consumer Agency of Canada (FCAC, 2021) found that even manageable debt levels can cause anxiety, especially if individuals are unsure of how to effectively manage or pay off their debts.

Youth in this category might be transitioning between jobs or at the early stages of their careers, which can lead to moderate financial anxiety. While they might not experience severe financial hardships, the uncertainty and instability inherent in job transitions can contribute to moderate levels of anxiety. Even individuals with moderate income levels, who can cover basic needs, may encounter difficulties with unexpected expenses or saving for the future, which can further exacerbate their financial stress. Additionally, some youth may receive partial financial support from family or community resources, which can help alleviate but not completely eliminate their financial stress (Mendoza & Rogers, 2020).

Only a small portion of respondents (15%) reported low levels of financial anxiety, suggesting a minority of youth in Ishaka Division experience minimal financial stress. Factors contributing to low financial anxiety in this group include: Stable Employment: Strong Financial Literacy: and Socio-Economic

Support: The high levels of financial anxiety among youth in Ishaka Division reflect broader economic challenges faced by many young people in developing countries. Similar trends are observed in other regions, such as Kenya, Tanzania, and Kampala, where economic instability, high unemployment rates, and rising costs of living contribute to widespread financial stress among youth (Kimani, 2022; WHO, 2022).

The findings underscored the urgent need for targeted interventions to address financial anxiety and its impact on mental well-being. Strategies such as improving employment opportunities, enhancing financial literacy education, and providing access to mental health support services are critical for mitigating financial anxiety and promoting better mental health outcomes among youth.

Mental well-being was assessed using a standardized scale, with higher scores indicating better mental health. These standardized scales have their specific focus and method of evaluation. Some commonly used standardized scales for assessing mental well-being include; Well-Being Schedule which measures overall well-being and life satisfaction, the Warwick-Edinburgh Mental Well-being Scale which assesses positive mental well-being through questions about feelings and behavior, the Positive and Negative Affect Schedule which evaluates positive and negative affect, which are components of mental well-being, the Mental Health Inventory which measures various aspects of mental health, including anxiety, depression, and positive well-being and the Short Form Health Survey (SF-36) which includes mental health subscales that assess aspects of mental well-being and functioning.

The average mental well-being score for the sample was 40 out of 100, indicating generally poor mental health. The mental well-being of the youth in the study area was assessed using a standardized scale, where higher scores indicate better mental health. The overall findings reveal that the average mental well-being score for the sample was 40 out of 100, suggesting generally poor mental health among the youth. Below is a detailed discussion of the mental well-being scores across different levels of financial anxiety:

High Financial Anxiety Group: Average Score of 30. Youth who reported high levels of financial anxiety had an average mental well-being score of 30 out of 100. This significantly low score indicates that high financial anxiety is strongly associated with poor mental health outcomes. The study found that some of the factors Contributing to Poor Mental Well-Being: Chronic Stress and Worry: Lack of Coping Resources and Psychological Distress:

Moderate Financial Anxiety Group with an Average Score of 50. Youth experiencing moderate financial anxiety had an average mental well-being score of 50 out of 100. This score, while better than the high anxiety group, still reflects moderate mental health challenges. The Factors Contributing to Moderate Mental Well-Being: Intermittent Stress: Coping Mechanisms and Balancing Act:

Discussion of Findings

The results indicate a high prevalence of financial anxiety among the youth in Ishaka Division, with 60% experiencing high levels of financial stress. This finding aligns with previous studies highlighting the economic challenges faced by young people in developing regions, including high unemployment rates and low-income levels (Muthuri et al., 2022).

The study found a strong negative correlation of -0.75 between financial anxiety and mental well-being, suggesting that financial stress significantly impacts the mental health of youth. Those with high financial anxiety reported substantially lower mental well-being scores compared to their peers with moderate or low financial anxiety. This is consistent with findings from similar studies in other countries (APA, 2021; Mind, 2022).

The regression analysis showed that financial anxiety remains a significant predictor of mental well-being even after controlling for socio-economic status. However, youth from lower socio-economic backgrounds reported higher levels of financial anxiety and poorer mental well-being, indicating that economic hardship exacerbates the impact of financial stress on mental health.

Conclusion

The study concludes that financial anxiety significantly affects the mental well-being of youth in Ishaka Division, Uganda. High levels of financial stress are prevalent among the youth and are associated with lower mental health outcomes. Socio-economic disparities further exacerbate the impact of financial anxiety on mental well-being, highlighting the need for targeted interventions to address this issue.

Recommendations

The study recommends the following;

1. **Introduction of the Financial Literacy Programs:** The government should develop and implement comprehensive financial literacy programs for youth that focus on essential skills like money management, budgeting, and saving. These programs should aim to empower young people with the knowledge and tools necessary to effectively manage their finances, thereby reducing financial anxiety.
2. **Enhance Access to Mental Health Services:** There should be an Expansion of access to mental health support for young people dealing with financial anxiety. This should include providing counseling services, establishing support groups, and launching mental health awareness campaigns to assist them in managing financial stress and improving their overall mental well-being.
3. **Promotion of Economic Opportunities:** The government should create and support policies and initiatives that foster economic opportunities for youth. This could involve offering vocational training programs, supporting entrepreneurship, and implementing job creation schemes. By improving their economic prospects, these measures can help reduce financial anxiety and enhance mental health outcomes.

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