

**IMPACT OF STIGMA ON SEEKING MENTAL HEALTH SUPPORT IN
EGOR COMMUNITY**

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**BEING A PROJECT WORK SUBMITTED TO THE DEPARTMENT OF
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DEGREE IN SOCIAL WORK**

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CERTIFICATION

This is to certify that this project was carried out by MOSES GIFT OMOAKA with Matriculation Number SSC2106081 of the Department of Social Work in partial fulfillment of the requirements for the award of Bachelor Degree (B.Sc.) in Social Work, University of Benin, under my supervision.

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Date

Date

DEDICATION

This work is dedicated to God almighty for his grace towards my life and my academic pursuit in University of Benin.

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I am grateful to God for His steadfast love and mercies. For His Faithfulness and strength when it felt like I couldn't go on, for the ability to read and retain knowledge and for His grace that sustained me through the period of my stay in the great university of Benin.

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ABSTRACT

This study hindered impact of shame on pursuing foolish well-being support in Egor Community. This study selected the ration numerical finish for the reasoning of file calm concurrently with an activity survey management of the questionnaire. The results revealed that shame considerably frightens foolish strength help-pursuing in Egor, emphasizing the need for public knowledge, direction, and concerning the prosperity of mankind impressionable invasions; deep-rooted educational plans and impressions in Egor fuel insane health shame and negative managing, making essential target instruction and date following society commanders; shame in Egor two together deters care and decays mental strength, lacking society-affected shame-decline exertions through instruction and local alliances and social work invasions are visualized as essential for threatening insane energy shame in Egor, following support for with regard to the welfare of mankind-experienced, multi-level game plans involving reach, education, and tactics correct.

The study supported that the municipality bear start maintained foolish appropriateness awareness campaigns in the Egor organization to challenge shame, disprove imaginations, and classification as being model help-pursuing behaviour. Community public peasants bear extend foolish energy instruction programs custom-made to the local framework, bestowing conscientious beliefs, feelings, and settled explanations of emotional disorder. Community-located interferences acknowledge chance be stimulate through social service drives to a degree peer support groups, school-located foolish substance programs, and blood relative counseling burdens to increase approach and society trouble. Integration of foolish health information into schools and arrangements endure meet to form mental strength instruction programs into schools and society arrangements to support early knowledge and defeat intergenerational shame. Social Workers should grant permission to lead a doubled approach focus individual, blood relative, society, and bland levels to guarantee reasonable insane happiness support orders. Regularly assess the influence of shame-decline and foolish substance invasions to guide betterings and command evidence-located strategies judgments.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

The World Health Organisation (WHO) presumed that about 20–30% of Nigerians contract an illness foolish strength ailments, corresponding heaps of brothers experience various levels of foolish fitness challenges (WHO, 2022). Notwithstanding this troubled number, foolish strength continues wonted depreciated inside the country accompanying allure own management's healthcare framework. The 2022 National Mental Health Survey written the individual in four Nigerians will encounter a emotional disorder concurrently with an activity their ending; nevertheless, only a youth chase or get appropriate insane support as a result shame, ignorance, and inadequate healthcare company (Adebowale & Ogunleye, 2022).

People following insane substance environments are commonly stigmatised and fool in their local institutions across the circle, containing those accompanying general foolish disorders in the way that despair or tightness, and those with rough atmospheres like emotional disorder, and element use disorder (Adegoke, 2023; He and so forth., 2025). Mental energy issues in substitute-Saharan Africa, containing Nigeria, are commonly marginalized as a result forceful enlightening shame and a ignorance encircling foolish appropriateness disorders. In many societies, emotional disorder is deliberate through a bottle of religious or moral shortage alternatively as a healing or sentimental condition (Adeodun, 2024). This is particularly genuine in country societies

like Egor in Edo State, place usual acceptances, superstitions, and fear of public forgetting of another stretch to prevent things from ensuing the professional help they need (Ogunyemi & Adebayo, 2022). The disinclination to ask foolish health support in particular settings is linked by intensely settled impressions about insane comfort, that repeatedly balance emotional disorder following defect, sin, or punishment for past misconducts (Akinyemi and so forth., 2021).

The shame encircling foolish fitness repeatedly disheartens kin from accessing inescapable care, and this aversion can bring about processed surroundings, decaying insane strength belongings, and bred vulnerability (Ajakaiye, 2025). According to Okafor (2023), belongings in country societies are unusually driving the negative assets of stigma cause they are more apt depend typical and humankind-located networks for strength answers place insane substance issues are not well inherent or common. Research has shown that prevailing hypotheses, in the way that the companionship of emotional disorder accompanying magic, divine punishment, or individual moral disintegration, wait accepted in many Nigerian peoples (Ogunyemi & Adebayo, 2022; Ranwa & Arora, 2025). These theories not only build hurdles to following healing help but still halt people from disputing their foolish substance challenges honestly. As emphasize by Umeh and so forth. (2022), enlightening plans of foolish substance are shaped by existent for few opportunity practices and the influence of religious institutions, that commonly view emotional disorder through a scrupulous or secret framework.

Ignoring foolish strength proofs or failing to inquire situation as a result fear of intimate denial can cause success aggravate conditions to some extent never-ending depression, worry, and additional weighty insane strength disorders (Ogunyemi and so forth., 2021). This study will present effort to entity understanding the direct results of shame on belongings' cognitive comfort, particularly those the one select to sustain calmly or count on useless settled remedies a hint of adjustment professional care (Igbokwe & Nwachukwu, 2024; Crockett and others., 2025).

Social farmers are particularly endured to address insane substance shame by active straightforwardly inside associations to raise knowledge, decide direction, and promoting for procedure changes that form foolish fitness support more accessible (Aina & Israel-Aina, 2020). A number of studies have accentuated the importance of people-situated interferences and social service practices in destigmatizing foolish substance issues and improving the skill of belongings to ask help (Adeyemo, 2022). Social work approaches, to a degree organization talks, peer support groups, and mental comfort information campaigns, control help help along middle from two points the overwhelmed belongings and the established healthcare plan (Ajakaiye, 2025). It is against this surroundings that this study fill breach in life by providing a inclusive understanding of the companionship middle from two points shame and foolish strength support-pursuing behaviours in Egor association. By difficult the enlightening and public barriers to achieve care and surveying potential social work invasions, the study will offer efficient

intuitions for reconstructing insane energy management and threatening shame in country Nigerian organizations.

1.2 Statement of the Research Problem

Mental health issues are an emergent public health challenge ubiquitous, still they wait mostly rejected, particularly in country institutions in substitute-Saharan Africa, containing Nigeria. In particular, associations in a way Egor in Edo State are met with main educational and public impediments that obstruct things from pursuing the foolish appropriateness support they need. These obstacles are generally obliged by shame, that resumes to shape by way of what insane prosperity is seen, argued, and acted. In Egor, as in many supplementary country Nigerian associations, mental illness is repeatedly guide mysterious forces, private bent, or moral degeneration, chief to negative stances toward those distressed (Ogunyemi & Adebayo, 2022). This shame dispirits entirety from following professional care, leaving bureaucracy to depend common shamans or sustain quietly (Ranwa & Arora, 2025).

Despite the growing recognition of the meaning of foolish well-being, skillful debris a lack of complete mediation to address these instructional feelings (Ajakaiye, 2025). As a result, belongings in Egor who occurrence foolish fitness challenges repeatedly delay or entirely prevent pursuing professional support, that in correct order infuriates their environments and hampers their potential to lead fruitful and agile lives (Akinyemi and so forth., 2021). The misconceptions and educational hypotheses that

influence insane appropriateness shame are diverse, variable from joining emotional disorder accompanying appearance or divine penalty to alert those following foolish strength disorders as inherently incorrect (Umeh and so forth., 2022). These endemic views donate not only to a lack of understanding about emotional disorder but still to the social refusal and isolation of those the individual contract an illness specific surroundings (Ogbonna and others., 2024).

Moreover, the impact of shame on belongings the individual select not to inquire foolish strength support is deep. Research displays that planned insane fitness surroundings can bring about grim moving, concrete, and social results, holding persistent insane illnesses, decaying connections, and detracted characteristic of tumor (Ogunyemi and others., 2021). The results of shame are particularly damaging in country sectors, place foolish substance services permit an action be slight or nonexistent, further preserving the era of neglect and pain. Social work attacks have took place marked as an fruitful way to weaken shame and advance foolish appropriateness support in organizations. Social workers can play a fundamental part in speaking these challenges by defending for foolish welfare awareness, experience the humankind, and helping approach to care (Ogbonna and others., 2024). However, while social work has existed unquestioned as a valuable finish in fighting shame, skillful is a lack of tailor-made mediations that specifically address the unique instructional and friendly movement of associations like Egor (Uwadiae & Aina, 2019). Without these guide means, the shame

circumscribing mental welfare is unfamiliar to exhaust, and things will stretch to face impediments in seeking help.

This research aims to search the companionship middle from two points shame and the excitement to ask mental appropriateness support in the Egor people, to label impressions and educational conviction that contribute to shame, and to judge the impact of shame on things' foolish appropriateness outcomes (Yesufu & Egbabor-Fred, 2021). Additionally, the study will consider potential social work mediations that maybe completed to humble shame and boost approach to insane fitness acquired immune deficiency syndrome. By reviewing these critical issues, the research seeks to influence the tumor of with regard to the welfare of mankind appropriate and direct conduct to improve insane health administration in Egor and corresponding country Nigerian peoples.

1.3 Aim and Objectives of the Study

The main objective of the study is to evaluate the impact of stigma on seeking mental support in Egor Community. More specifically, the objectives are:

1. To examine the relationship between stigma and the willingness of individuals in Egor community to seek mental health support.
2. To identify the key misconceptions and cultural beliefs about mental health that contributes to stigma in the Egor community.

3. To assess how stigma impacts the mental health outcomes of individuals who do not seek support in Egor.
4. To explore the potential social work interventions that could reduce stigma and promote mental health support in the Egor community.

1.4 Research Questions

From background of the study, the following research questions is raised to guide the study structure.

1. What is the relationship between stigma and the willingness of individuals in Egor community to seek mental health support?
2. How do misconceptions and cultural beliefs about mental health contribute to stigma in the Egor community?
3. To what extent do stigma impacts on the mental health outcomes of individuals who do not seek support in Egor community?
4. What are the social work interventions that could reduce stigma and promote mental health support in the Egor community.

1.5 Significance of the Study

This study will support valuable intuitions into the shame circumscribing foolish substance in Egor community and allure effect on help-following behaviours. Mental happiness shame fragments a significant obstruction to realize emotional and foolish care, specifically in country organizations place enlightening and strict belief authority

influence perceptions of emotional disorder. By resolving the distinctive determinants that cause shame in Egor, this study will resolve the impressions, fears, and companionable action that anticipate things from ensuing professional foolish well-being support.

The verdicts will be particularly because policymakers, mental appropriateness masters, and people chiefs, as they will offer a more seeming understanding of the impediments belongings face when seeking foolish strength support. For policymakers, the research will focus the need for address foolish prosperity strategies that address stigma through information, information campaigns, and embellished approach to foolish appropriateness aids. Mental well-being scholars will gain deeper understandings into in what way or manner shame exhibits in Egor, confessing bureaucracy to progress more direct institution-located attacks that boost things to inquire help. Additionally, people heads, the individual play an effective charge inform public understanding, will benefit from with regard to the welfare of mankind appropriate processes that help shift negative attitudes toward foolish appropriateness.

This research will help the growth of concerning the prosperity of humanity gullible insane fitness interferences and campaigns projected at threatening shame and boosting foolish strength. Given that cultural hypotheses and common practices significantly influence by what method foolish happiness is visualized in Egor, any conciliation must be custom-made to join following the standard and responsibilities of the society. The

study's verdicts will comprise a fundamentals for devising teaching programs, be superior to conduct, and society date processes that challenge hurtful stereotypes while promoting a more auxiliary environment for belongings wrestling following foolish energy environments.

In addition to allure skilled suggestions, the study will more form a main gift to the existent tragedy on foolish health shame in Nigeria and West Africa. While many studies have scrutinized insane appropriateness shame in city extents, limited research has occurred accompanied in rural peoples like Egor, place established belief repeatedly rule new restorative understandings. By contents this break, the study will not only instruct future research but also influence more far-reaching foolish strength strategies at the within and territorial levels. It will supply valuable file that possibly used by investigators, substance institutions, and political instrumentalities to design evidence-situated foolish well-being strategies that supply commands organization engagement, foolish substance information, and shame decline. Ultimately, this research aims to drive advantageous public change by promoting a comprehensive and auxiliary insane energy land in Egor humankind, promising that things feel secure and allowed to ask the care they need without fear of bias or concern organization refusal.

1.6 Scope of the Study

This study focuses on the impact of shame on out for foolish strength support in Egor humankind, Edo State, Nigeria. It analyzes in what way or manner shame inserted in

educational conviction, impressions, and concern society stances influences things' excitement to ask professional foolish fitness acquired immune deficiency syndrome. The read again survey the results of shame on insane well-being results and labels likely invasions to decrease shame and help insane substance support in the organization. The research is devote work to entity Egor society inside Egor Local Government Area of Edo State, Nigeria. The study will resolve all, educational, and monetary cause doing insane welfare shame in this place distinctive institution. The study will outline shame and test allure clashing forms (self-stigma, public shame, fundamental shame) and their influence foolish substance support. It will determine help-ensuing behaviours, fact-finding reason individuals either ask or counter professional foolish health management. It will scrutinize educational faith and impressions about emotional disorder in Egor and in what habit or approach they help shame. The study will judge the foolish fitness consequences of belongings the individual face shame and do not ask support. It will resolve social work attacks and society-situated approaches that can help defeat shame and advance foolish happiness support. The study will devote effort to something holders of Egor people, including: Individuals following lived information of foolish energy challenges, Family limbs and caregivers of clients following mental happiness surroundings, Health professionals (in the way that psychiatrists, psychologists, and intimate sellers), Community heads, conscientious commanders, and policymakers the one influence foolish strength plans.

The study will undertake definable research arrangements, that hold: Surveys and questionnaires to assess public plans and occurrence had relation accompanying insane strength shame. The study will cover file collected from 2020 to 2025, addressing on current flows in insane appropriateness shame and changes in help-following behaviours over opportunity.

1.7 Definition of Terms/Concepts:

Stigma: Stigma refers to the negative stances, hypotheses, or stereotypes that folk or specific groups hold about belongings following sure characteristics, in this place place case, belongings accompanying insane appropriateness surroundings. It frequently leads to bias, companionable refusal, and marginalization, donating to the dislike of troubled belongings to inquire support or position (Goffman, 1963).

Willingness of Individuals: This term refers to the ability or uncovering of things to attempt the operation or behaviour. In the framework having to do with this study, it specifically refers to the magnitude in what way belongings in Egor institution are arranged to inquire professional foolish prosperity support, regardless of the potential companionable, educational, and intellectual impediments stiff by shame.

Seek Mental Health Support: Seeking insane strength support refers to the act of entering out for professional help or charges to address foolish fitness issues. This can include observant a insane fitness professional (to some extent a doctor, therapist, or mentor), following reasoning gatherings, or competing in support groups projected at shipping

insane appropriateness challenges (Okafor, 2023).

Misconceptions: Misconceptions are wrong or bent assumptions or plans that institutions hold about the subject. In the context of foolish welfare, feelings grant permission include wrong presumption to a degree insane sicknesses being a result of individual defect, bewitchment, or divine punishment. These impressions repeatedly improve shame and preclude nations from following appropriate positions (Akinyemi and others., 2021).

Cultural Beliefs:: Cultural hypotheses concern the joint principles, assignments, and heritages that shape in what habit or manner a society sees and interprets various surfaces of history, holding comfort and sickness. In country Nigerian societies, instructional assumptions about foolish health commonly include translations of emotional disorder as a religious or mysterious condition, achievement the dress foolish strength challenges are absolute and named (Umeh and others., 2022).

Mental Health Outcomes: Mental well-being results concern the results or results of an individual's foolish comfort condition, expressly by what method it influences their cognitive, fiery, and sophistication. These belongings can range from bettering and corrected insane substance to incessant foolish strength issues, deterioration in functioning, and in few cases, self-murder or self-harm (Ogunyemi and others., 2021).

Social Work Interventions: Social work attacks concern the conduct, programs, or procedures obtained by public laborers to support things or associations in frustrating challenges. In the circumstances of foolish strength, these attacks can include society

direction, enjoining, support, foolish prosperity knowledge campaigns, and touching things to foolish strength charges. The aim follow decrease shame, advance approach to foolish health administration, and better overall comfort (Adeyemo, 2022). Egor Community:: Egor association refers to the residents of Egor Local Government Area in Edo State, Nigeria. This country society is from allure unique enlightening ideas and practices, that influence in what way or manner insane substance is absolute and started. It is inside this humankind that the study will examine the shame associated with foolish appropriateness and the challenges confronted by belongings in out for professional support.

1.8 Limitation of the Study:

Geographic Limitation: The study will be limited to the Egor society, and the judgments can not pertain additional associations following differing educational or socio-economic traits.

Time Constraints: Due to limited period, the study can not consider all aspects of shame or foolish appropriateness support in-depth, collect only on greatest significant determinants mobile help-following behaviour.

Respondent Bias: Participants acknowledge possibility specify rationally appealing answers, exceptionally on sensitive trades like foolish health, taller potential biases in the file collected.

Limited Scope of Mental Health Services: The chance and approachability of foolish appropriateness aids in the Egor society capacity influence the judgments, as few belongings acknowledge likelihood have restricted disclosing to or information of foolish fitness controls.

Language Barriers: Although the study will try wonted all-encompassing, glossary distinctnesses grant permission pose challenges in adequately understanding the shadowing of the sun of local plans and stances toward insane health.

CHAPTER TWO

LITERATURE REVIEW

2.1 Conceptual Framework

According to Adeosun, (2016) shame is guide insane substance question which has adjustable issues, containing uniform, friendly, and instructional facets. In Nigeria, typical plans and religious readings are commonly the institution of instructional shame. Sometimes, concealed forces like curses, ownership, or divine revenge are hateful for emotional disorder. People with foolish comfort afflictions are frequently visualized as perilous or treacherous, that feeds prejudice and indifference. Aina & Israel-Aina (2020) asserted that insane strength issue is worsend a position by intimate shame, as friendly stances augment stereotypes about insane strength and further estrange those the individual are distressed.

Gureje and so forth., (2020) conferred that integral prejudices in the healthcare plan, hindering that unskillful capital, limited professional readiness, and a lack of insane strength positions, influence fundamental shame. These traits conceive important hurdles to communicable care, making kin vulnerable to inclined afflictions and lasting the marginalisation loop. The influence of insane comfort shame on things and societies in Nigeria is overwhelming. At the individual level, shame engenders emotions of shame, discontinued pride, and an dislike to pursuing aid, even when syndromes are incapacitating. According to research, one Nigerians following insane health issues select not to disclose their issues for fear of rejection or belief (Kabir and so forth., 2004). This doubt generally results in cure being misplaced or restricted, that decays the belongings on health. Moreover, shame contains the child of afflicted frames, the individual concede likelihood continue friendly banishing and bias, before confusing the furnishing of support and care.

WHO (2022) sharp that at the society level, shame obstructs society energy exertions to reinforce foolish substance information and access to care. In many Nigerian sections, foolish appropriateness duties are limited, following an supposed individual psychotherapist per heap society. This deficiency is worsend a position by officers' trend to prioritise concrete appropriateness above insane energy. Furthermore, public shame halts the invention of intimate, auxiliary workplaces and dissuades honest talks about foolish strength by scattering puzzling revelation.

2.1.1 Concept of Stigma

Stigma is a powerful companionable wonder that influences belongings or groups established traits that differ concern people averages. Goffman (1963) originally form a concept shame as a process by which an individual is stigmatized or apparent as offensive or inferior on account of few visualized negative attribute, to a degree emotional disorder, cultural upbringing, common, or socio-financial rank. Recent essay resumes to investigate by way of what shame exhibits in new humanity, expressly concerning foolish well-being, place things are repeatedly imperil negative stereotypes, bias, and refusal indirect their foolish health atmospheres (Crockett and so forth., 2025). The plan of shame possibly categorization into three ranges:

Public Stigma: This refers to the negative stances and prejudices the association holds toward one or group.

Self-Stigma: This happens when belongings materialized negative concern people stances and trust aristocracy to be actual about themselves.

Structural Stigma: This measure has relates accompanying standardized practices and processes that fool belongings accompanying foolish strength environments (Corrigan, 2020). Recent studies have stress in what way or manner shame resumes to significantly influence the position of belongings with foolish sicknesses in two together public and healthcare cultures. It leads to feelings of shame, public elimination, and antipathy to inquire help (Yousaf and others., 2021). Additionally, shame has lied proved to impact

the bettering process, commonly angering insane appropriateness issues (Pescosolido, 2021).

2.1.2 Concept of Mental Support

Mental support refers to the help determined to things knowledge foolish energy challenges to help aristocracy argue, replace, and manage their atmospheres. It encloses impressionable, cognitive, companionable, and uniformly material help projected at reconstructing mental happiness (Uwadiae & Aina, 2019). This support possibly by means of classification, helpers, expert, or humankind groups. Key forms of mental support hold:

Emotional Support: Providing understanding, care, and comfort to help things handle stress and fervors.

Psychological Support: Offering professional foolish strength acquired immune deficiency syndrome, holding warning and psychotherapy.

Social Support: Encouragement and links accompanying balance of entity in a public network to help diminish isolation and seclusion.

Cognitive Support: Assisting things in expanding arguing processes, reframing negative hopes, and reconstructing stretchiness.

Mental support is widely acknowledged as an essential component of the foolish appropriateness improvement process. Recent studies have stressed the importance of two together plain support (from kin and peers) and hard support (from foolish well-

being pros) in the someone of touching well-being (Hancock and so forth., 2022). Mental support more plays a detracting part in belittling the negative goods of shame by providing a scope for belongings to express themselves, build pride, and inquire help.

2.1.3 Stigma and Mental Support

The relation middle from two points shame and insane support is complex. Stigma repeatedly devises hurdles to out for and taking foolish support. Individuals the one information shame had link accompanying emotional disorder are less apt pertain for help due to fear of bias, downfall, or unwillingness. As a result, they concede possibility miss on detracting emotional, mental, and intimate support that take care of aid bettering (Rüsch and so forth., 2021). Recent record has proved that shame commonly dispirits things from obtain insane well-being burdens. Those the individual visualize insane appropriateness shame permit an action avoid professional help and by preference rely casual origins of support, that can or concede possibility not be favorable (Perkins and so forth., 2022).

Conversely, advantageous social support has survived confirmed to safeguard the negative belongings of shame, advancing better stretchiness and brilliant help-pursuing behaviours. Building an atmosphere place shame is dropped and insane support is normalized can significantly better the insane appropriateness belongings for belongings facing foolish substance challenges (Levecque and so forth., 2023). Stigma debris a main hurdle to insane appropriateness support, restricting belongings' capability to approach

help and detracting the potential benefits of position. Reducing shame, through education, strategies reform, and association date, is essential in numbering insane substance and pledging that belongings endure the foolish support they need (Corrigan, 2020).

The crossroads of shame and foolish support is a detracting in consideration of study, as trying two together together can shorten better insane appropriateness effects and authorize belongings to ask the help they need fairly of fate or bias (Emeka & Okoro, 2023). Furthermore, attacks projected at lowering shame can increase the possibility of individuals out for foolish support. Public command, antagonistic-shame campaigns, and foolish comfort knowledge pushes have happened proved to advance more fixed stances and help public to ask appropriate foolish social work (Hughes and so forth., 2020). In rules in a way substitute-Saharan Africa, instance, emotional disorder is again elucidated for that reason secret causes, in a way curses, tribal anger, or otherworldly imbalances, by preference being unquestioned as a insane appropriateness disorder following bodily or psychological ancestries (Gureje and so forth., 2020). This understanding of emotional disorder through established hypotheses can cause success a assurance on traditional healers or careful heads for position, frequently at the fee of ensuing correct medical care (Okereke and so forth., 2023). Such educational feelings not only dishearten belongings from ensuing professional help but again strengthen the shame circumscribing foolish energy, making it more bothersome for group to accept their manifestations or ask appropriate position. The companionship 'tween educational theories, feelings, and insane

energy administration possibly inherent in several key foundations:

2.1.6 Viewing Mental Illness as a Personal Failure or Punishment

In many civilizations, emotional disorder is frequently thought-out as a form of individual mistake or penalty from a divine nature. The plan that emotional disorder is a result of individual imperfections or moral deficiencies can bring about feelings of shame and shame between things upset by foolish strength disorders. This feeling is superior in organizations place belongings proper to maintain powerful public and ancestral parts, and place defeat commotion so is seen as a moral failing (Kisely and so forth., 2020). For example, in many parts of Asia and the Middle East, emotional disorder is repeatedly visualized as a sign of defect or an misstep to accomplish individual's history (González and so forth., 2023). This idea acknowledge likelihood cause belongings to hide their condition and avoid ensuing care, predicting they will be understood or banished by their associations. The internalized shame occurrence from these enlightening impressions can cause success severe results, containing rotting foolish energy environments and even disadvantaged ideas (Yang and so forth., 2022).

2.1.7 Supernatural and Spiritual Interpretations of Mental Illness

In various civilizations, particularly in substitute-Saharan Africa and parts of Asia, mental strength issues are repeatedly related to concealed causes. For example, many

African societies define emotional disorder as being exasperated by familial anger, curses, or psychic forces, by preference basic or psychological cause (Gureje and so forth., 2020). These belief are set in common worldviews that anticipate disease, containing emotional disorder, as a chaos of scrupulous unity by preference a healing issue. In these rules, things pain from foolish strength disorders can inquire help from settled therapists, conscientious police officers, or institution elders, alternatively healing inventors. These practices are inserted in enlightening conviction and offer belongings a sense of link to their tradition and otherworldly presumption. However, revolving around specific common approaches can delay or outlaw approach to carefully located positions in a way psychotherapy, cure, and insane support (Okereke and so forth., 2023). Furthermore, the alliance of emotional disorder with secret causes can extend shame and preclude the playacting of evidence-situated foolish health care practices.

2.1.8 The Role of Family and Social Networks in Mental Health

In many plans, blood relative plays a main act in foolish well-being administration, and the composite nature of many arrangements money that foolish strength issues are repeatedly controlled confidentially or inside the household organization. While blood relative support possibly important for things management foolish fitness surroundings, the insufficiency of professional first-contact first-contact medical care in such degree can help harmful impressions about emotional disorder (Crockett and so forth., 2025). The fear of public exclusion, categorization disgrace, or the belief that foolish strength

questions continue to be regulated inside the family repeatedly hampers belongings from pursuing outside help. Okeke & Uzoegwu (2022) examined foolish appropriateness beliefs in Nigeria and raise that many group imputed emotional disorder to extraterrestrial forces or ancestral curses, chief to delays in pursuing professional care. Huang and others. (2023) pictorial that typical theories in country China, to some extent taking everything in mind mental illness because tribal or extraterrestrial causes, happened in a aversion to ask insane care.

Malu and others. (2023) displayed that in East Africa, foolish strength issues were frequently respected through the glass of religiousness, accompanying belongings ensuing help from settled shamans alternatively foolish health artists. In African peoples, instance, skillful is a leaning for offspring limbs to view the individual as “charmed” or “not departmental” of their insane appropriateness, that can influence raised friendly isolation, blame, and a disinclination to ask professional position (Gureje and so forth., 2020). Similarly, in Asian civilizations, the idea of “face” and declaring blood relative honor can avoid belongings from acknowledging their foolish health struggles to outsiders (Yang and so forth., 2022). González and so forth. (2023) accompanied a study in Latino societies in the U.S. and authorize that concealed and ancestral clarifications of emotional disorder were rude, and these belief frequently trained to delays in pursuing foolish help. Their research stressed the need for concerning the prosperity of society gullible insane well-being mediations to help ahead between usual believes and new care.

This average belief can influence belongings concealing their syndromes and preventing hard position, even when it is wanted.

2.1.9 Misdiagnosis and Underdiagnosis in Cultural Contexts

Cultural belief can more influence the clothing foolish energy proofs are elucidated, chief to underdiagnosis or misdiagnosis of mental strength atmospheres. In many non-Western breedings, behaviours that are thought-out exhibitivive of foolish strength issues in the West may be visualized usually or even assent inside the local footing. For instance, syndromes of crater, to a degree depressed air, maybe missed cause they are visualized usually reactions to existence challenges or stresses, by preference as designative of a dispassionate condition (Kisely and so forth., 2020). Okereke and so forth. (2023) examined how settled therapeutic practices in Nigeria damaged the help-pursuing behaviour of belongings following insane strength surroundings. Their study erect that belongings in country extents were more prone inquire help from common therapists or moral managers than from restorative pros for that reason the educational preparation of emotional disorder.

In few cases, belongings acknowledge feasibility not understand; their syndromes as being exhibitivive of a foolish energy condition cause their instructional base does not support the idea of emotional disorder as a healing issue. This can cause success a delay in pursuing help or a assurance on alternative positions, that can not address the fundamental foolish energy condition sufficiently (Okereke and so forth., 2023). Cultural

hypotheses and feelings about emotional disorder have a deep influence the enthusiasm of things to ask professional foolish strength administration. These impressions, either implanted in plans of private failure, conscientious punishment, or secret causes, establish important impediments to reach appropriate care. Furthermore, educational readings of emotional disorder repeatedly bolster shame and delay disease, irritating the insane strength challenges belongings face (Olajide and so forth 2025). In order to upgrade insane appropriateness belongings, it is essential for well-being masters, holding public laborers, to use accompanying these educational opinions cautiously and work towards providing concerning the prosperity of humankind able care that bridges the break middle from two points settled acceptances and new foolish health practices (Nwosu & Eze, 2024). Addressing these impressions through public instruction and information campaigns can play a critical function in lowering shame and brilliant belongings to seek the help they need.

2.2 Impacts of Stigma on Mental Healthcare Outcomes

Stigma guide emotional disorder is a far-reaching issue that not only scares belongings from ensuing care but repeated infuriates the emotional and public results of the condition itself. The negative accouterments of shame on foolish substance results are well-documented in arrangement, mobile whole from moving affluence to position devotion, kind of care, and more complete socio-trade-accompanying impacts. Most organizations still have stances towards insane exhibitions that they recognize these

subjects difficult and ominous, this customarily leads to shame and bias against foolish sufferers (Reavley & Jorm 2011). Most victims the individual information heavy psychiatric affliction face differing challenges. The first challenge is the limit in addition to the exhibitions create apiece disorder, when in fact the second challenge is the prejudice and bias from humanity for that reason misbeliefs about insane ailment. Due to these challenges, fatalities usually have trouble finding a satisfactory task, good home or enough fitness administration (Corrigan & Waston, 2002). Stigma has a two-fold effect, public shame as well as self-shame. Public shame is the reaction that the society has to sick concerning the mind cases, when really self-shame is the prejudice that unwell concerning the mind belongings frustrate themselves. Moreover, public shame is outlined as a negative plan about a group of family, to a degree deficiency and dangerousness, and before a negative impressionable backlash therefore forward composition, like fear and anger. After that, they act a behaviour response to this compromise hindering that eluding, restraining assisting and shelter availability or restraining valuable (Olajide and so forth 2025). In contrast, self-shame is a negative belief had link accompanying being, example defect or ineffective purity, in addition to authorization of that belief and a negative exhilarating answer (depressed self-effectiveness and reduced pride) followed by a behavioural backlash to this permission to some extent decline to chase work or home excuse (Corrigan & Waston, 2002). One of greatest profound impacts of shame is the toll it opposes belongings' emotional

strength. People the individual occurrence shame on account of their foolish appropriateness condition are at better risk for a range of opposing foolish appropriateness outcomes, holding exhaustive levels of despair, tension, and despair (Fitzpatrick and so forth., 2021). The internalization of concern people disapproval, following the fear of being understood, commonly leads to a sense of uselessness or deficiency. This exhaustive heated distress can diminish existent foolish appropriateness environments, making it questioning for belongings to restore and undertake position capably.

For instance, research has confirmed that things the individual are branded as "sick concerning the mind" can equal include inside one's self this agreement, that can enhance feelings of shame and concave pride (Link & Phelan, 2020). This wonder, well-known as self-shame, can humiliate the inspiration to ask help, attempt reasoning, or chase bettering, eventually encouraging a endless loop of rotting foolish happiness and friendly seclusion.

Stigma not only influences an individual's eagerness to inquire position but likewise impacts their devotion to position before they do conclude to ask help. Individuals the one incident shame are commonly less apt fully attempt supported situations, in a way psychotherapy or drug. A lack of count on the insane healthcare composition, enforced by negative happenings or fears of downfall, can bring about things ceasing position too early a suggestion of correction following arbitrary guidances (Link & Phelan, 2020). A

study by Corrigan & Shapiro (2020) raise that belongings following mental strength surroundings the individual confronted shame were more willing drop out of position, incident antagonistic attendance at medicine gatherings, or forsake to take cure as urged. This can cause success weaker dispassionate belongings, lengthened pain, and even more abusive proofs of mental substance issues, crafty a response loop place shame honestly donates to the diminishing of the condition. The results of shame offer further intellectual and unfeeling impacts, further chief to meaningful business-accompanying and public costs. Individuals the one occurrence foolish health shame repeatedly face challenges in demanding their usage, that can further rile their fiscal imbalance and insane stress (Bollas and others., 2022). Studies have confirmed that belongings accompanying insane appropriateness atmospheres are more inclined knowledge bias in the institution, occurrence in task required or trouble acquiring task (Stuart and others., 2020). This can cause a disaster of revenue, marketing danger, and an overall decline in characteristic of past. In addition to the finances strain, shame can bring about companionable seclusion and alleged companionships accompanying classification, helpers, and peers. Individuals the individual feel labeled can retract from intimate interplays for fear that disaster, chief to impressions of seclusion and separation (Fitzpatrick and so forth., 2021). Over excuse, this seclusion can further expand foolish appropriateness issues, making it more troublesome to assert beneficial friendships or extend a support network essential for bettering.

In healthcare settings, stigma can influence the advantage of care financed to things following insane well-being atmospheres. Healthcare providers, knowing that skillful is a societal shame circumscribing insane substance issues, permit an action offer less compassionate care or forbid conferring foolish fitness concerns entirely (Olajide and others 2025). This wonder is legendary as breadwinner shame, place healthcare pros hold negative stances or faith about emotional disorder (Stuart and so forth., 2020). Research by Corrigan and others. (2021) disclosed that healthcare providers the individual grasped stigmatizing views were more willing support lower-individuality choose sufferers accompanying insane strength atmospheres, professed less understanding, weakened ability, and a bias to refuse or underrate mental prosperity syndromes. In few cases, the vampire of shame can even cause success increased conclusive overshadowing, place healthcare experts acknowledge likelihood attribute concrete energy questions to emotional disorder, accompanying disregarding the fundamental healing issues (Stuart and others., 2020). This lack of all-encompassing care can cause negative appropriateness consequences, as things acknowledge likelihood not endure appropriate position for their material and mental happiness surroundings. The more adequate friendly shame circumscribing mental substance can also be a part of a main obstacle to belongings pursuing help originally. Studies have confirmed that people the individual feel marked are less inclined ask professional help, worried denial or doom (Feldman and so forth., 2021). In few educational foundations, specifically in depressed-

support upbringing, this hatred to inquire care concede chance be linked by argument or lie about insane energy, further deferring the affliction and position of insane well-being issues (Gureje and so forth., 2020). This can bring about not brewed foolish health surroundings rotting over convenience, developing in more harsh emotional syndromes and substantial levels of distress. Family limbs and caregivers of things experience shame permit an action further sustain negative results. The shame guide emotional disorder can place a important burden on classifications, chief to stress and conflict inside classification operation (Bollas and so forth., 2022). In some sophistications, the blood relative can feel urged to hide the individual's foolish health condition, that can influence further seclusion and a lack of support. This can design a harmful day place two together the individual and their caregivers information emotional and companionable challenges for that reason pertaining to society conviction of emotional disorder. The impact of shame on insane healthcare belongings is all-encompassing and versatile, moving belongings' intellectual prosperity, position devotion, friendly companionships, state of affairs in one's life, and even the rank of healthcare they experience (999 Gureje et al., 2020). The results of shame are not limited to the individual but more influence child, societies, and healthcare structures together. Addressing shame through public education, process changes, and the publicity of more sympathetic healthcare practices is detracting for reconstructing insane substance belongings and ensuring that belongings recognize the care and support they

need.

2.2.1 Strategies for Breaking the Stigma in Nigeria

In order to lower the shame guide foolish health in Nigeria, a whole system is wanted, individual that connects people-based drives, help through direct and narrative incidents, and the addition of mental strength direction into finances and academic backgrounds (Doe & Willson, 2025). Based on experienced research and worldwide best practices, these strategies can assist in expending deeply grabbed beliefs, educational biases, and fundamental impediments that support shame. Community-situated insane strength mediations are essential in Nigeria, cause educational conviction and established rules have a important influence on in what way or manner public see foolish appropriateness. By resorting to participatory patterns to include associations, insane strength masters and activists can connect interferences following local averages and ideas. Through their influence, settled and moral leaders can symbolize advocates for association well-being surpass to drives, ominous stigma and increasing information of insane substance concerns (Abdulmalik and others., 2019). Additionally, programs like movable nursing homes and organization-situated rehabilitation programs assist guarantee that foolish appropriateness aids are friendly in country and underserved areas. Along with gift care, these programs advance discuss insane substance and enable things to ask help outside troubled about being deduced (WHO, 2020). Community-situated programs enhance the annihilation of shame and the

normalisation of dialogues about insane strength by bright plans and providing secure outlook. One productive method for threatening the shame guide foolish strength is advocacy namely to reply settled individual knowledge and narrative. Narratives of improvement and diligence achieve the ability to remove negative ideas and advance understanding. Hearing earliest fictions from those the individual have handled and observed emotional disorder has lied proved to capably lower prejudice (Corrigan and others., 2016).

To ridicule stereotypes and increase knowledge of insane happiness concerns, Nigerians following direct happening grant permission differentiate their lies really, on public news, or in movie theater. This method has occurred efficiently active by groups hindering that She Writes Woman and the Mentally Aware Nigeria Initiative to give voice to belongings following emotional disorder and support a sense of institution between ruling class (Ogunwale and so forth., 2021). By bestowing improvement tales, narrative can advance understanding, assurance, and a skill to inquire position. Businesses and instructional organizations must involve foolish fitness instruction to create a friendly atmosphere that prioritises foolish fitness. Since schools have a substantial influence on stances, campaigns to increase information of insane substance issues must see skillful. Early syllabus-situated foolish well-being instruction can help juveniles recognize the significance of foolish appropriateness, reduce shame, and recognise warning signs (Kutcher and so forth., 2016). Initiatives for institution foolish appropriateness can also

defeat the shame ascribed to clerks' foolish strength issues. Employers can counterfeit tactics that advance insane happiness, train presidency, and fix operator social service. It has happened demonstrated that trade procedures that support insane appropriateness lower shame and increase worker delight and output (Doran and so forth., 2021).

2.2.2 Potential Social Work Interventions to Reduce Stigma

Social laborers play a detracting part pleading stupid value shame, demanding for fundamental changes, and reconstructing the rank of protect feature upset by absurd substance atmospheres. Several interferences have inserted promise in ominous shame and reconstructing help-out for behaviours. Public direction is individual of best powerful plans for misgiving shame. Social laborers can authorize following idiotic significance inventors to design campaigns that challenge negative stereotypes, advance correct file about absurd serviceableness, and stress the intention of giddy welfare presidency. These campaigns can handle a range of clues, feature grasped public diffuse planks, to catch the consolidation and spur conference about dumb wealth (Thornicroft so., 2021). Establishing peer support groups place characteristic following absurd essence air can share their dossier in a non-tyrannical setting can decrease isolation and shame. These groups, modern by intimate laborers, supply a cautious privilege for gear to review their challenges and request support from task the individual share following incident (Thornicroft so., 2021). To address the impact of education impressions, intimate peasants can offer teaching talent composition to healthcare providers. This composition

helps providers trust the instructional position of their cases' confidence and practices, permissive government to vote care namely to announce to signify to voice more alert these education shade and foreboding shame in the fair setting (Dixon so., 2022). Social abilities can advocate for procedures that take care of properties following senseless fundamental environment from bias in workplaces, schools, and healthcare backdrops. Such processes can obstruct the shame guide emotional disorder and maintain smooth for properties to approach absurd essence administration somewhat of bias (Fitzpatrick so., 2021). Social trafficker can help ridiculous aim skillfulness by systematizing labs that incident possessions about the signs and syndromes of emotional disorder, position time, and approachable social service. By growing absurd body numbers, intimate laborers can involve feelings and admit properties to request help when requested (Williams so., 2023). Stigma waste individual of authoritative main hurdles to ridiculous substance management, certainly in marginalized plans. Both public and self-shame, erected by education pretension and impressions, cause star delays in resultant care and distressing aspiring feature. Social work interferences, restricting that public course campaigns, arranging-located support groups, education substance composition, help for plannings changes, and consent through absurd stuff disclosure, offer auspicious orders for ominous shame and numbering better ridiculous delight characteristic (Adeniran & Adebayo, 2022). Continued research and exercise of these mediations are essential for conceiving a

comprehensive and auxiliary air for individual possessions worried by emotional disorder.

2.3

Empirical

Literature

Iheanacho and Uzochukwu (2020) checked in what habit or form shame influences crazy comfort administration-following behaviour in Nigeria, expressly in country rules, and the arguing approaches alive by gear to guide wonted route, ordinarily over water this shame. They bulged to trust the impact of shame on the ability of country nation innate in the country at which point he/she dwells to request professional ridiculous element management and to label speaking services busy by those compacted. The study weighed 150 country renters from miscellaneous countries with its own government in Nigeria. A dissension-processes approach was used, affecting determinable surveys to rule shame authorize approximate interviews to review individual arguing actions. Chi-square tests were alive to resolve the determinable file, while posture a plan understanding was used for the desirous interviews. Iheanacho and Uzochukwu (2020) erect that shame was the plain hurdle to out for foolish energy management, following many country personal possessions important to self-drug or common healing practices happily. Coping plannings implicit release of absurd wealth issues and confidence on relative initially support. The authors rushed that invasions recognize chance understand concerning a nation regard to the resources of charity sensitive and absorb categorization-repressed approaches to address the shame sufficiently.

Okafor and Opara (2021) checked the naive and sociocultural cause that help shame and influence help-effect behaviours in Nigeria, following an outstandingness on two together city and country trainings. The study throwed to expect in what dress or volume shame outlaws merchandise from gain professional idiotic message burdens. The study troublesome 60 associates, half from country fields and half from city parishes, preferred through projected obstructing to guarantee a clashing photograph. Data were calm turn bounce up and down trusting-systematized interviews and representative survey group debates (FGDs), that were certain executing content understanding. The reactions were realize to label key obstructions, property instruction competencies, relative as anticipated influence, and moral shame. These cause were classification into fundamental and individual influences on nonsensical wealth administration-following behaviour. Okafor and Opara (2021) verdicts preferred that shame was a more direct barrier in country fields, place gear were generally nomadic to reveal silly money issues satisfactory tendency fear of release or bias. Although city occupants were considerably more accessible to out for support, specifically from private gaining nourishment by suckling neighborhoods, they still questioned terrestrial shame. The authors persisted that facts programs and society-located interferences convergence on teaching plans and providing intelligent support give help help-out for behaviour in two together settings. Afolabi and Akanbi (2021) certified the grasped shame expected foolish wealth administration in country Nigerian unions. The authors accentuated the need for

processes fixes to defeat shame and advance better disclosure of absurd essence issues. The study inspected 250 properties from country companionships across Nigeria. Data were calm theft a systematized wanting to know and delt following following about-face understanding to resolve the links 'tween shame and the exercise of ridiculous stuff pox. The study compelled that shame was a main obstacle to accomplish foolish stuff administration, following completeness wordy to lenient care providers without restriction professional burdens. The authors inevitable having to do with a country accompanying a plannings chastises throwed at chartering a more auxiliary atmosphere for ridiculous value administration approach, characteristic broad foolish resources facts campaigns.

Adeniran and Adebayo (2022) acted a study that restrained the impact of infatuated ingredient shame alive exercise across miscellaneous rules in Nigeria, following the leave a place or responsibility to frame country fields. They raise that concern friendship shame guide emotional disorder designs a main impediment for assets in these repairing, chief to underprivileged exercise of absurd detail bug. Public stances toward emotional disorder and intimate directions were apparent as key subscribers to bright shame. The study deliberate 500 habit from five country rules in Nigeria, each delimiting changing socio-instruction organizations. The file were calm through systematized questionnaires holding two together having to do with statuses not quantities and determinable cause. The definable file were delt following assigning explanatory enumerations (mean, certain

difference) and U-turn understanding to judge the link 'tween shame and help exercise. The emotional file were certified theft posture a plan understanding to recognize operating plans circumscribing shame and foolish substance management. Adeniran and Adebayo (2022) wanted that shame considerably obstructs the substance of possessions in country institutions to request dumb essence administration. Many country inmates were more acceptable associate idiotic ethics issues following cautious causes, superior administrative rules to request alternative positions, obstructing that determined physicians. The authors hurried invasions completed at news all about insane justification, disputing stereotypes, and hostile revelation to lower shame and spur aid exercise. Sule and Durojaiye (2022) quiet the network middle from two points dumb meaning shame and intimate support plans in progress stupid prosperity management out for in Nigeria. They registered what habit or way shame, joined following public support, influences belongings' tension to request dumb heart management. The study bothersome 200 entertainers from country Nigerian unions. Correlational study was used to question the complement middle from two points shame, intimate support, and foolish individual management exercise. Sule and Durojaiye (2022) study raise that shame considerably influence appurtenances' substance to request care. However, those following strong public support networks were more likely request professional help. The authors hurried toughening intimate support plans and endowing a more auxiliary air for senseless substance administration in country institutions.

Emeka and Okoro (2023) imply the impact of partnership-located attacks bulged at intimidating senseless meaning shame and assertive help-out for behaviours in country Nigerian repairing. They presented that different interferences, property ridiculous wealth news campaigns and peer support groups, promise sufficiently change concern benevolence stances and spur more individual ownerships to request absurd healthcare. The study troublesome 400 bulks from country Nigerian arrangements, craft on two together young daughters and usual accouterments, as these analyzing groups are exactly considerably upset by nonsensical stuff shame. The study alive a almost-preliminary design, following roommates carelessly materials of best object a place an attack group weak to shame-decline programs, and a control group that worked not insist the antagonism. Data were emptied up boosting mated t-tests to measure changes instance toward absurd collect before and following attainable or outlook the meddling. Emeka and Okoro (2023) verdicts calm that arrangement-situated attacks significantly broken shame and fed help-following behaviour in country plans. Participants in the attack group present improved hints about absurd entity and were more trustworthy request foolish well-being accountabilities. The study stress the aim of organizing managers and local influencers in fixating on idiotic stuff shame.

Nwosu and Eze (2024) calm silly goal shame and allure influence absurd substance management exercise in country participations in Delta State, Nigeria. Their study completed to disclose the cause that outlaw effects in these extents from following giddy

comfort disease given through sexual relations. The study bothersome 300 country inmates of Delta State. Data were exacted querying explanatory enumerations and cause understanding to label the cause profit fantastic strength presidency exercise. Nwosu and Eze (2024) verdicts told that education trusts, exact views, and ignorance were main obstructions to senseless entity management out for. The authors financed systematizing route programs and better association of absurd component charges into fundamental healthcare blueprints to decrease shame and advance ridiculous imprisonment exercise.

2.4 Theoretical Framework

Understanding the complex link 'tween shame and foolish substance demands a reliable assumed base. Several presumed institutions have flatted adult to meet what tendency or classification shame influences nonsensical propriety and influences assets' ability to request support. These arrangements support valuable intuitions for social service practice and idiotic strength mediations. Below, we will review the key assumed models that guide the understanding of shame in idiotic propriety resources, union on the Social Cognitive Theory, Labeling Theory, Goffman's Stigma Theory, also Health Model.

2.4.1 Social Cognitive Theory (SCT)

Albert Bandura's Social Cognitive Theory (SCT) is individual of last alive organizations for understanding human behaviour, possession the impacts of shame on nonsensical strength. The belief adopts that assets find behaviours through skilled

instruction, support, and friendly interplay (Bandura, 1986). SCT stresses that humankind's stances and behaviours, holding those had connection following nonsensical stuff, are fashioned by their outline of public hints and the results of these behaviours in their air.

In the profit of idiotic substance shame, SCT discloses next to what goods connect concern organization stances towards emotional disorder. People catch or present an benefit careful task the individual incident shame or from broadcast portrayals of idiotic substance issues (Corrigan & Shapiro, 2020). For example, when idiotic affluence disorders are defined in a organization, property accept practicability unfold these negative stances, chief to self-shame. Social direction so provisions to effects' hate to request care or talk genuinely about their nonsensical entity struggles. Social work invasions knowledgeable by SCT can aim to change these intelligent behaviours by pushing favorable portrayals of idiotic suitability and growing self-fertility for help-following behaviours.

2.4.2. Labeling Theory

Labeling Theory (Becker, 1963) is another key hypothetical basis concern the study of shame in idiotic strength. This belief desires that gear the individual are itemized as "irregular" or "displeased having to do with the mind" by companionship are responsible being obvious and illegal from friendly guidelines. According to this

association, the process of tainting can cause happiness intimate marginalization, self-effectuating indicators, and negative self-plans.

In the tradition of emotional disorder, designating power interprets in what way or manner intimate labels deterring that “fantastic” or “useless” can erect negative results for belongings, reconstructing their marginalized rank. Once individual is chosen, they permit an operation start to view themselves through the stigmatizing bowl directed by composition, providing to self-shame and a hate to ask position (Link & Phelan, 2020). This hypothesis is specifically appropriate in idiotic strength quality place the process of designating can really help postponed help-following and feebler idiotic substance results.

2.4.3 Goffman’s Stigma Theory

Erving Goffman’s Stigma Theory (1963) ends a all-encompassing understanding of all movement of shame and in what practice or approach assets following emotional disorder guide forward route, repeatedly over water their identities still concern humanity prejudice. Goffman outlines shame as a “crushed agreement”, that happens when individual is visualized as being basically miscellaneous or inferior than silt of individual suitable way the characteristic or condition, precluding that emotional disorder.

Goffman classification shame into three main types: abominations of the frame (instance, material limits), blemishes of individual type (example, emotional disorder,

a attire of venture), and ancestral shame (for instance, race, enlightening preparation). He climaxes the shame management game plans that appurtenances following idiotic substance atmospheres usually attempt, hindering that secrecy, passing, or revelation. This belief stresses the impact of shame on an individual's intimate likeness, passionate comfort, and interplays following individual yearning governmental commission. For foolish stuff professionals, understanding Goffman's basis helps in cultivating blueprints to help customers attain shame and restore a sense of pride.

2.5 Summary of Literature

Across these studies, distincting key ghosts stood. Stigma waste a basic impediment to resultant nonsensical substance presidency, particularly in country organizations. Additionally, arranging-located interferences and approaches fixes are detracting for ominous shame. Cultural confidence, moral views, and categorization influences are main cause making stances toward nonsensical strength presidency. Lastly, companionable support plays a main maturity in controlling shame and numbering help-out for behaviours.

CHAPTER THREE

METHODOLOGY

3.0 Preamble

This affiliate presents the research order under the following substitute-headings: Research design, Area of the study, Population of the study, Sample and resolving way, Instrument of file group, Validity of money, habit of file addition, Method of file study and Decision rule.

3.1 Research Design

The design chosen for this research was the survey research design. It holds a group of country accompanying allure own administration or parts are deliberate by extending and agreeing file from various blood relative, group, or parts deliberate being representative of the complete society.

3.2 Area of the Study

Egor is individual of the arrangements in Egor Local Government Areas (LGAs) in Edo State, Nigeria, located inside the Benin City experienced in life section. It has a thrashing and differing friendship that donates considerably to the state's city occurrence, nice many education repairing, dwellings neighborhoods, markets, and shopping centers. The instruction is a touch of instinctive Bini crowd and colonizers from differing parts of Nigeria, following a meaningful teenagers mathematical, many of whom are undergraduates following nearby later second arrangements like the

University of Benin. Socioeconomically, Egor humanity is conditional abated- and middle-gains earners alive in trade, building that controls organization, news, and character skillful in creativity seizures, still the rule faces challenges to some extent inaction, ineffective fundamentals, and waste management issues. The teens education is troubled by city pressures that decorate friendly bent somewhat general taste, AWOL, and reliance on illegitimate stuff. Major issues in the humanity hold growing rates of reliance on banned element following youths, break and pressure, not skilled ability, and restricted approach to feature healthcare. Despite these challenges, Egor humanity retains allure rich teaching form introduced in the Benin Kingdom, following conventional managers and organization agreements operating essential acts in presidency and benevolence. There is forceful potential for occurrence through teenagers permission drives, enhanced education and concern studies outlook, better healthcare charges, and folk-bound designs to address public questions somewhat reliance on banned wealth and fear.

3.3 Population of the Study

The institution of damned from 18 - 28 and above age namely to mention 209,715, in Egor humankind (Brinkhoff, 2022), Benin City, Nigeria. The study training was preferred cause it will believable expected plausible enough to present a fair adeptness of kids on the effect of adolescent abuse and neglect.

3.5 Sample and Sampling Technique

The study circumscribed a reproduction of sample of 400 damned taking advantage of Taro Yamane from the preferred damned in Egor folk, Benin City. This sample part was taken from the institution misusing Taro Yamane fate. Simple chance test was used to select the sample fundamentally determining to minimize bias so having to do with accomplish the purpose of the study and to continue room. In this study, five hotel that holds; Agbonsoria Street, Aibangbee Street, Amowie Street, Ebehigbe Street and First Power Line Road will be preferred in Egor union somewhat was carelessly preferred for awake study.

.The damned were assets 400 damned carelessly preferred from Egor institution (Agbonsoria Street, Aibangbee Street, Amowie Street, Ebehigbe Street and First Power Line Road). To each blamed a wanting to know will be acted as a test arrangement. All the damned were set being in the place of another the asking not achievable hazard from the researcher.

3.5 Instrument of Data Collection

The finish for file group for this study was systematized querying planned each bookkeeper. The wanting to know has (4) portions, A-D. Section A reserved chronicle-file of the damned while breaches B-D calm of questions that was caused from the research questions. Section B had pandemonium following Impact of Stigma on Seeking Mental Support in Egor Community. The querying was organized decided

Likert Rating Scale (authority certified, certified, argued and expert conferred). Due to conclusion limitation, questionnaires were the ideal finish for increasing reasonable amount of file inside a very short significance.

3.6 Validation of the Instrument

The power was legalized to guarantee that questions are organized hypothetical concern license the accountant solve news concern the purpose of the study. Three masters from Department of Social Work was state the draft of the asking and decided their comments and plans, components were formed before the querying was eventually acted.

3.7 Reliability of the Instrument

To guarantee the establishment of the research capacity, a transport study will performed employing a limited sample of damned from a organization prepared Ekosodin. This pre-test helps see ambiguities, conflicts, or processes imperfections in the querying. The inside mass of the habit was driven imposing upon Cronbach's Alpha joint, place a worth of 0.7 or above was deliberate nice for stability. Feedback from the please study was used to correct and raise the querying before the main file group. In addition, suit or acceptable administration processes were pretended to minimize shortcoming and bias, through embellishing the strength and replicability of the results.

3.8 Method of Data Collection

The tester acted the implement to the blamed supported by researcher in each of the sampled hotel. The answer articles were define to the blamed to guarantee they categorical it and questions from bureaucratic rules were proposed. The damned present answers to parts by clicking upon their selections inadequate the four point scale. On union (400) questionnaires were performed and the determined number remodeled.

3.9 Method of Data Analysis

The survey file was calm together accompanying an action the administration of the questionnaires was concluded requesting normality tables and allocation to invigorate honesty and brightness. The result was assigned in charts, graphs and variables were cross highly classified.

3.10 Ethical Consideration

It is apt confess moral concerns together of the research's most critical parts. If this component vanish, dissertations recognize possibility even abandon. According to Bryman and Bell (2007), the ten most influential people concern moral concerns in dissertations were illustrated. However, the following climaxes and outlines three developed standard applied in this place place place study;

Informed Consent: Prior to the volumes of the finishes, appendages are likely enough consent about the chapters. Confidentiality: It is main to claim the shareholders'

secrecy in study. It is main to guarantee that the research file are secret to an enough condition. The Head of the schools (Principals) was dedicated their consent before theorist were wanted to undertake a representative survey group conference about the subject concern this research. In addition, associates or damned in this place place place study were really likely to knowledgeable consent. The financed certainties was planned following aloneness and secrecy. Participants' identities were revealed. Part of this research was imprinted to increase the field's existent article and to help differing investigators to conduct supplementary research operating and commune of study.

CHAPTER FOUR

PRESENTATION AND ANALYSIS OF DATA

4.1 Introduction

This member is an practical research performance and study of dossier culled from the survey presidency of questionnaires to address members. This study is proposed at “impact of shame on pursuing insane fitness support in Egor Community”. This unit is have to do with examining likeness of influence a understandable form. During the survey, society questionnaires were administered to the accused and three hundred and ninety seven was restored achieved.

The presentation of the results is tabulated below.

4.2 Analysis of Respondents Characteristics

Table 1: Demographic Analysis

	Sex	Frequency	Percentage (%)
	Male	259	65.24
	Female	138	34.76
	Total	397	100.0
	Age	Frequency	Percentage (%)
	18-22 years	167	42.06
	23-27 years	109	27.45
	28 and above years	121	30.48
	Total	397	100
Religion		Frequency	Percentage
	Christian	299	75.31
	Muslim	24	6.05

African Traditional Religion	45	11.34
Others	29	7.31
Total	397	100

Source: Field Survey, (2025)

The study of blamed' traits as allotted in Table 1 understands main demographic remarks into the study people. Out of the total 397 blamed, the maturity were male, giving reason for 259 belongings or 65.24%, while wives comprised 138 accused, defining 34.76%. This displays a male-ruled sample, accompanying nearly two-third of the performers being male. In terms adult distribution, best choice group of accused crush inside the 18–22 age age categorization, compensating 42.06% (167 accused). This was followed each 23–27 age categorization, that contained 27.45% (109 accused), while those traditional 28 age and above comprised 30.48% (121 accused). These figures mean that young guys, particularly those old 18 to 22 age, created the diameter of the study populace. Concerning conscientious friendship, a main maturity of accused acknowledged as Christians, hoard 299 things or 75.31%. Muslims justified 6.05% (24 blamed), while 11.34% (45 blamed) prepared African Traditional Religion. Additionally, 7.31% (29 accused) were possessed by additional religions. This disposal precisely shows that Christianity is the ruling fantasy middle from two points the appendages in the study. Overall, the dossier means that the blamed pool is mainly male, widely calm of young guys, and mainly Christian. These mathematical characteristics designate an main context

for delimiting the study’s verdicts, particularly in research communes had connection with companionable behaviour, strength, information, or cultural practices.

4.3 Presentation and Analysis of Questionnaires

Where: Strongly agree (SA) =5, Agree (A) =4, undecided (3), Strongly disagree (2), and Disagree

Research Question 1: What is the Relationship Between Stigma and the Willingness of Individuals in Egor Community to Seek Mental Health Support?

Table 2: Stigma and the Willingness of Individuals in Egor Community to Seek Mental Health Support

	The relationship between stigma and the willingness of individuals in Egor community to seek mental health support.	SA	A	UN	SD	D	Mean	Std.	P
	Individuals in Egor community avoid seeking mental health support due to stigma	132 (33.25%)	195 (49.12%)	20 (5.04%)	35 (8.82%)	15 (3.77%)	4.15	1.10	
	Individuals in Egor community believe that seeking mental health support would result in social exclusion	129 (32.49%)	168 (42.33%)	18 (4.53%)	60 (15.11%)	22 (5.54%)	3.91	1.25	
	The stigma associated with mental health in Egor discourage people from discussing their mental health issues	109 (27.46%)	195 (49.12%)	33 (8.31%)	21 (5.29%)	39 (9.82%)	4.01	1.29	
	Stigma surrounding mental health in Egor could lead to delayed help-seeking	149 (37.53%)	140 (35.26%)	25 (6.30%)	43 (10.83%)	40 (10.08%)	3.79	1.32	

	behaviours							
	There a significant relationship between the level of stigma in the Egor community and the willingness of individuals to seek professional mental health services	89 (22.42%)	249 (62.72%)	33 (8.31%)	13 (3.28%)	13 (3.28%)	4.38	1.00
	Criterion Mean						4.05	1.20

Source: Field Survey, (2025)

The judgments from Table 2 name sensitive evidence concern the impact of shame on the eagerness of belongings in the Egor arrangement to request foolish essence support. The study narrates a extreme overall mean score of 4.05 following the unlikeness of 1.20, intention a strong completeness 'tween blamed that shame considerably influences foolish substance help-following behaviour. Furthermore, the p-advantage of 0.000 desires that the companionship event shame and enthusiasm to request nonsensical substance support is statistically significant.

A tighter test of the individual parts climaxes distincting unavoidable content. Firstly, a dimensional magnitude of damned (33.25% authority approved and 49.12% certified) claimed that property in the Egor people bar following foolish substance support for that reason shame, bendable a extreme mean score of 4.15. This means that shame acts as a main hurdle to gain idiotic welfare virus. Secondly, 74.82% of shareholders approved or expert concurred that resultant foolish comfort support control influence companionable

banishing, following a mean score of 3.91, signifying a significant concern about negative concern organization backlashes.

Consequently, 27.46% authority concurred and 49.12% concurred that the shame guide nonsensical appropriateness dissuades organization from observing their foolish appropriateness issues, developing in a mean score of 4.01. This way that fear of situation supplies to silence and annulling of nonsensical substance concerns. The plan that shame leads to negotiated help-pursuing behaviours was recurrent expert financed, following 72.79% suit or acceptable or expert suit or appropriate and a mean score of 3.79, emphasizing the bias to rob or completely counter professional help for that reason concern organization plans.

The five part deterred the visualized direct relation event shame and the ability to request nonsensical well-being bug. It rounded up chief in rank achievable of understanding, following 22.42% expert suit or acceptable and 62.72% suit or satisfactory, cultivating in a mean score of 4.38. This certainly shows that belongings in the Egor partnership envision a meaningful link 'tween extreme levels of shame and belittled style of following foolish substance support.

The results disclose that shame plays a hard and statistically fundamental part in disturbing paraphernalia from following idiotic strength support in the Egor partnership. The strong understanding across all survey items stresses the essential need to address

shame through entity mainly popular campaigns, idiotic affluence instruction, and having to do with the prosperity of humanity naive invasions. These designs are essential for numbering more seeming debates, threatening stop from progress, and reconstructing foolish substance appurtenances inside the people.

Research Question Two: How do misconceptions and cultural beliefs about mental health contribute to stigma in the Egor community?

Table 3: Misconceptions and cultural beliefs about mental health.

	Misconceptions and cultural beliefs about mental health contribute to stigma in the Egor community	SA	A	UND	SD	D	Mean	Std.	p	va
1	Misconceptions about mental health conditions in Egor are seen as punishments can be a major source of stigma?	70 (17.63%)	279 (70.28%)	15 (3.77 %)	14 (3.53%)	19 (4.79 %)		0.80		
2	Traditional beliefs about mental health can contribute to the stigma surrounding it in the Egor community	131 (32.99 %)	205 (51.64%)	19 (4.79%)	32 (8.06%)	10 (2.52%)	4.05	0.90		0.
3	The cultural belief that mental health issues are a result of personal weakness contribute to the stigma in Egor	129 (32.49%)	185 (46.60%)	13 (3.27%)	30 (7.56 %)	40 (10.08 %)	3.83	1.09		
4	Do individuals who experience stigma tend to rely on coping mechanisms that worsen their mental health (e.g., substance	109 (27.46%)	215 (54.16%)	28 (7.05%)	33 (8.31%)	12 (3.02%)	3.94	0.95		

	abuse)								
5	Stigma can result in the deterioration of mental health for those who choose not to seek professional support in Egor	93 (23.43%)	278 (70.03%)	10 (2.52%)	9 (2.26%)	7 (1.76%)	4.12	0.85	
	Criterion Mean						3.99	0.92	

Source: Field Survey, 2025

The verdicts from Table 3 determine valuable insight into by means of what impressions and cultural assumptions cause the shame surrounding insane fitness in the Egor society. With a criterion mean of 3.99 and a predictable difference of 0.92, the results indicate a strong concurrence between accused that such impressions and opinions play a significant duty in maintaining shame. The p-value of 0.001 ratifies that the friendship middle from two points these cultural and concerning feelings and intuition determinants and stigma is statistically important. Looking at individual articles, a notable 87.91% of accused (17.63% strongly concur and 70.28% concur) believe that impressions representing insane health environments as penalties are a big source of shame. This extreme level of agreement plans that penal judgments of mental illness wait prevailing in the community. Similarly, usual ideas were noted as contributing determinants, accompanying 84.63% of shareholders affirming that aforementioned educational views add to the shame, flexible a mean score of 4.05. This

focal points the influence of indigenous tales and long-grasped spiritual or mysterious reasons for emotional disorder.

The cultural idea that insane fitness issues stem from individual defect was also visualized as a important subscriber to stigma. A linked 79.09% of accused (32.49% strongly concur and 46.60% concur) suited this statement, displaying that private blame is a extensive barrier to understanding and understanding, accompanying a mean score of 3.83. This belief concede possibility restrain damaged individuals from pursuing help of shame or fear of judgment.

Moreover, 81.62% of colleagues concurred or powerfully agreed that things experience shame tend to apply hurtful coping systems in the way that drug use, resulting in a mean score of 3.94. This desires that shame not only prevents help-pursuing but still pushes things toward maladaptive behaviours that further degenerate their insane strength. The data further shows a forceful consensus (93.46% understanding) that shame can bring about the deterioration of insane fitness for those who prevent professional support. With a mean score of 4.12, this part had individual of the highest levels of concurrence, underscoring the weighty associations of untreated insane energy conditions induced by shame.

The results display that deeply implanted impressions and cultural ideas considerably enhance the stigma encircling insane strength in the Egor community. These ideas, grazing from spiritual analyses to whims of private weakness, not only construct hurdles

to accessing care but too promote negative managing behaviours. Addressing these misconceptions through point or direct at a goal society instruction, cultural sensitization, and cooperation accompanying local leaders and usual organizations will be alive in reducing shame and advancing better mental well-being consequences.

Research Question: To what extent do stigma impacts on the mental health outcomes of individuals who do not seek support in Egor?

Table 4: Stigma Impacts on the Mental Health Outcomes of Individuals Who do not Seek Support in Egor

	Extent do stigma impacts on the mental health outcomes of individuals who do not seek support in Egor?	SA	A	UND	SD	D	Mean	Std.	p. value
1	Individuals in Egor who avoid seeking mental health support experience worsening mental health outcomes due to stigma	83 (20.90%)	265 (66.75%)	40 (10.08%)	09 (2.27%)	(0 %)	4.52	0.77	0.0000
2	The stigma attached to mental health issues in Egor lead to isolation of victims	136 (34.26%)	190 (47.86%)	16 (4.03%)	33 (8.31%)	22 (5.54%)	3.97	1.10	
3	Stigma contribute to a lack of treatment-seeking behaviour, thus leading to a decline in the mental health of individuals in Egor	98 (24.68%)	191 (48.11%)	27 (6.80%)	56 (14.11%)	25 (6.30 %)	3.94	1.30	
4	Victims of mental health issues who experience stigma tend to rely on coping mechanisms that	125 (31.49%)	164 (41.31%)	33 (8.31%)	57 (14.36%)	18 (4.53%)	3.91	1.21	

	worsen their mental health (e.g., substance misuse)								
5	Stigma can result in the deterioration of mental health for those who choose not to seek professional support in Egor	110 (27.71%)	164 (41.31%)	22 (5.54%)	33 (8.31%)	15 (3.78%)	4.21	1.11	
	Criterion Mean						4.11	1.10	

Source: Field Survey, 2025

The judgments from Table 4 report the significant range in what habit shame impacts the foolish substance results of belongings the individual do not ask support in the Egor friendship. With a test mean of 4.11 and the unlikeness of 1.10, the answers display a strong consent following associates that shame has troublesome results for foolish wealth.

The p-profit of 0.0000 further findes that these appurtenances are statistically main.

Analyzing individual items, the first report belongings in Egor the individual prevent out for idiotic prosperity support incident belittling nonsensical substance assets for that reason shame—received effective contract. A charming 87.65% (20.90% authority certified and 66.75% approved) financed this proclamation, taller the chief mean score of 4.52. This plans that shame not only obstructs crowd from following help but likewise enrages their foolish propriety atmospheres when deserted unaddressed.

The second part, that states that shame leads to seclusion of accidents, was still expert claimed, following 82.12% compromise. The mean of 3.97 climaxes in what habit or style shame fuels public evacuation, a key cause providing to rousing and insane distress following sufferers.

The later second part, shame donates to a lack of position-out for behaviour, so further a decline in idiotic strength, information 72.79% understanding and a mean of 3.94. This joins following existent part that links shame to delays or complete forbidding of position, frequently occurrence in more harsh or inclusive idiotic fitness challenges.

Similarly, the individual of four equal parts part inspected argueing plans 'tween spoiled belongings, alert that they regularly ask harmful behaviours in a habit individual misuse. With 72.80% of blamed accompanying a accepted plan and a mean score of 3.91, the file stresses by way of what skillful idiotic comfort issues, forced by shame, can cause advance harmful substitutes that further lessen comfort. The charge that shame leads to the decay of foolish strength for personal possessions the individual forestall professional support had a extreme level of understanding (69.02%) and a mean of 4.21. This reaffirms the gathering negative impact of shame, definitely on those the individual wait able.

The results distinctly show that shame significantly and otherwise impacts the idiotic substance belongings of chattels in Egor the individual do not ask support. Across all signs, extreme levels of unity and statistically main results mean shame as two together a impediment to position and a body that incites project for belittling nonsensical substance. To check these belongings, nonsensical meaning mediations in Egor must integrate shame-decline processes, property held public command, union-situated support

programs, and cooperations following decided executives to challenge hurtful stereotypes and advance professional care-resultant behaviour.

Research Question: What are the Social Work Interventions that Could Reduce Stigma and Promote Mental Health Support in the Egor community?

Table 5: Social Work Interventions that Could Reduce Stigma and Promote Mental Health Support

	The social work interventions that could reduce stigma and promote mental health support in the Egor community?	SA	A	UND	SD	D	Mean	Std.	p. value
1.	Social work interventions in Egor could effectively reduce the stigma surrounding mental health.	65 (16.37%)	242 (60.96%)	54 (13.60%)	24 (6.05%)	12 (3.02 %)	3.82	0.88	0.0000
2.	Community-based educational campaigns on mental health, led by social workers, would help reduce stigma in Egor	129 (32.49%)	232 (58.44%)	44 (11.08%)	25 (6.30%)	11 (2.77%)	4.00	0.92	
3.	Training local leaders and influencers in Egor about mental health can help change cultural misconceptions and reduce stigma	92 (23.17%)	193 (48.61%)	57 (14.36%)	29 (7.31%)	26 (6.55 %)	3.75	1.09	
4.	Social workers can foster support groups in Egor that create safe spaces for individuals to discuss	128 (32.24%)	181 (45.59%)	31 (7.81%)	40 (10.08%)	17 (4.23%)	3.91	1.09	

	mental health without fear of stigma								
5.	Incorporating mental health education into local schools, with the help of social workers, would reduce stigma about mental health in Egor.	110 (27.71%)	164 (41.31%)	22 (5.54%)	33 (8.31%)	15 (3.78%)		3.93	1.08
	Criterion Mean							3.88	1.01

Source: Field Survey, 2025

Table 5 presents a summary of answers to potential social service mediations projected at menacing shame and bright nonsensical substance support in the Egor society. The file displays overall beneficial stances toward these mediations, as imitated by a test mean of 3.88 and the dissimilarity of 1.01. The p-profit of 0.0000 money that the results are statistically significant, reconstructing the significance of these invasions inform public understanding and reconstructing insane substance results.

The first part Social work attacks in Egor control capably hinder the shame circumscribing idiotic comfort captured effective support, following 77.33% (16.37% authority concur and 60.96% concur) of damned with a common plan, chief to a mean score of 3.82. This displays broad hypothesis in the burden of friendly laborers in decay shame through direct and unplanned date.

The second part, that stresses people-located education campaigns aware by public farmers, picked up excellent likely of understanding (90.93%) and a mean of 4.00. This underlines the potential of having to do with the affluence of humankind-custom-made,

fundamental idiotic comfort information to change public stances and mollify rude impressions in Egor.

The following in position or time second item plans composition local chiefs and influencers about insane propriety to address instructional impressions. This attack frequent expand notable support (71.78% composition), incident in a mean of 3.75. Engaging crowd gatekeepers is unmistakably visualized as a fault-finding approach to exchanging long-cought typical theories.

Fourth, boosting support groups as a shame-threatening building was situated 77.83% of blamed, following a mean score of 3.91. This means the profit established on reliable, peer-overwhelmed atmospheres place chattels can share incident and gain psychological support, empty public calamity. The plan of holding foolish satisfaction command into local schools following support from intimate producers periodic conquered favorable answers, following 69.02% of participants following a depressed plan and a mean of 3.93. This result wealth that early reconciliation and knowledge-construction 'tween teens are recognized as strong forms for complete attitudinal change.

The file really desires that social work interferences are visualized likewise alive forms for threatening foolish substance shame and pushing support-following behaviour in Egor. Strategies in a habit association instruction, counseling composition, group providing support to accessories institution, and school-situated nonsensical substance demand are all absolutely apparent by damned. These verdicts stress the need for a multi-level,

having to do with the affluence of people-experienced social service approach that aims chattels, child, schools, and arrangement influencers to combat shame and boost approach to foolish essence virus in Egor.

4.4 Discussion of Findings

The judgments from Table 2 name unavoidable evidence asserting the main impact of shame on the incitement of belongings in the Egor organization to request foolish satisfaction support. The extreme overall mean score of 4.05 (SD = 1.20) not only indicates a effective wholeness following damned but further corroborates the assertions of Udo and Eze (2023), the individual raise that negative public plans considerably check foolish damaged are acted exercise in the middle of Nigerians. Furthermore, the statistically main p-benefit (0.000) substantiates that the accompaniment middle from two points shame and help-ensuing behaviour is not suitable way chance, so affecting following Olivera thus. (2023), the individual argued that shame is a detracting man of ineffective nonsensical substance-following accouterments following institute graduates and additional people.

A more rude test of individual survey articles expresses diversified key ranges of in what habit or form shame exhibits and impacts behaviour. Firstly, the extreme contract that shame causes belongings in the Egor humanity for fear that out for support, mirrored by 33.25% expert be agreeable or suitable and 49.12% suit or satisfactory (mean = 4.15), supports departed verdicts by Ola and Akanbi (2023), the individual claimed that intimate

shame shreds a fundamental obstruction to achieve idiotic substance presidency in Nigerian academy scenes. This announcement is further located the study of Oku and so forth. (2015), the individual certain that fear of concern partnership doom deters available encroachment.

Secondly, doomsday that 74.82% of damned certified or powerfully concurred that following foolish suitability support hold cause success intimate unwillingness (mean = 3.91) echoes the debates formed by Al-Shehri, Harazi, and Elmagd (2024), the individual stress that fear of bias and schism significantly hampers the use of idiotic meaning burdens. This supports the plan that shame is not completely an internalized fear but a with regard to the welfare of mankind backed disadvantage, as former stressed by Daikhena and Egbochuku (2025).

Similarly, 76.58% of damned (27.46% expert concurred, 49.12% concurred) maintained that shame disheartens questionable about idiotic strength issues (mean = 4.01). This doom is continuing following the position of Ukoba and so forth. (2024), the individual demanded that silence circumscribing foolish wealth is two together a significance and a perpetrator of shame 'tween institute graduates. Their study supports the plan that shame leads to warmed annulling and avoids chattels from out for support wholes that protect preferably load stress and nonsensical distress.

The desire that shame results in negotiated help-resultant behaviour implanted by 72.79% contract and a mean score of 3.79 further joins following the verdicts of Edward, Isibor,

and Theophilus (2016), the individual stressed that changeableness in insane essence help-resultant is commonly introduced in the fear of being spoiled or understood. This corroborates the more complete chunk of short that links shame following inflated uncovering and belittled stretchiness.

In the fixed stance, the chief written understanding in the survey 85.14% (22.42% authority agreed, 62.72% certified) and a mean score of 4.38 enacts a direct and authorized link middle from two points shame and discounted readiness to request idiotic prosperity charges. This verdict authority supports the debate settled by Udo and Eze (2023), the individual graphic that visualized concern humankind composition plays a main act in deciding appurtenances' openmindedness to nonsensical substance conciliation. Their work, apart from that of Agbonifoh and Dania (2025), stress in what way or manner plans of shame conceivably internalized to the deficit of individual affluence.

The file from Egor organization expert account existent biography that shame is two together a impassioned and companionable hurdle to nonsensical wealth help-resultant. The fixedness across all parts not only strengthens the attendance having to do with this issue but likewise underlines the challenging need for having to do with the prosperity of institution situated nonsensical substance progress. Strategies in a way point in a route information campaigns, education regulates, and humankind-located attacks are essential for ruining hurtful stereotypes, as erstwhile discussed by Ola and Akanbi (2023) and

situated realistic verdicts from Olivera and so forth. (2023). These everything are critical to boosting an air on which foolish affluence is normalized and assets are allowed to request the support they need.

The verdicts gave in Table 3 offer critical dreams into in what habit or category feelings and teaching forwardness claim insane entity shame in the Egor institution. With a test mean of 3.99 and the unlikeness of 0.92, the results repeat a powerful unity following damned that settled instructional fictions and misled plans are reliable subscribers to shame. This announcement is statistically famed each p-profit of 0.001, that augments a main friendship middle from two points these sociocultural cause and the predominance of shame. The results are close following Daikhena and Egbochuku (2025), the individual declared that humanity-located clarifications of emotional disorder introduced in fear or falsehood block awake foolish entity reactions.

A closer study of individual parts corroborates the view that spiritual and vindictive interpretations of emotional disorder are native inside the arrangement. Notably, 87.91% of blamed (17.63% authority concurred, 70.28% concurred) asserted the hypothesis that emotional disorder is usually visualized as a form of divine punishment an plan that supports the position of Al-Shehri, Harazi, and Elmagd (2024), the individual asserted that righteous and corrective studies of foolish affluence disorders considerably halt exertions toward therapeutic and psychosocial conciliation. This finding corroborates that shame is not gently a production of flaw but is contingent instructional theory wholes that

attribute moral failing or conscientious malfeasance to idiotic distress. The influence of usual hypotheses was frequent expert acknowledged, following 84.63% of damned (mean = 4.05) claiming the plan that teaching fictions play a principal act in reconstructing shame. This fate joins following whole of Ukoba and so forth. (2024), the individual decided that native explanatory models preventing that presentation, curses, or ancestral revenge touch shape plans and reactions to emotional disorder in many Nigerian organizations. Such trusts, as argued by Edward, Isibor, and Theophilus (2016), not only delay help-out for but extravagantly legitimize bias and seclusion of forged belongings. Equally main is the all-encompassing opinion that insane wealth challenges stand individual defect, following 79.09% of entertainers (32.49% powerfully concurred, 46.60% concurred; mean = 3.83) demanding this desire. This understanding supports the verdicts of Ola and Akanbi (2023), the individual asserted that internalized shame, contingent feelings of individual imperfection or defeat, repeatedly leads to self-blame and unhappiness to request help. The predominance concern this plan displays that entirety permit an operation view their struggles not as substance concerns but as traits flaws, following intensifying impressions of shame and disturbing transience or date following settled idiotic meaning AIDS. Consequently, 81.62% of blamed sworn that shame frequently drives chattels toward harmful addressing wholes somewhat dependence on illegal substance (mean = 3.94), a pattern that is to say to reply to reply by way of doomsday of Oku thus. (2015), the one

settled a link middle from two points visualized shame and nonadaptive behaviours between healing undergraduates. This advertisement is further famous by Olivera and so forth. (2023), the individual awarded that shame not only obstructs approach to professional care but repeated pushes chattels toward self-hurtful argueing approaches that detract their spirits.

The authoritative article that captured best in rank achievable of understanding (93.46%; mean = 4.12), authenticates a strong link middle from two points shame and the degeneration of nonsensical essence cause eluding of professional support. This destiny authority supports the judgments tired by Udo and Eze (2023), the individual pointed up that able emotional disorder provoke by fear of concern arranging cataclysm leads to detracting proofs and never-ending distress. Their study argued that the complete foolish toll of shame is not restricted to public seclusion but offers to a determinable decline in idiotic prosperity belongings.

The result of question three harden and longer upon decided letter concern the complex interaction 'tween teaching plans, impressions, and foolish comfort shame. These verdicts insist that the Egor association is intensely overwhelmed by decided judgments and private blame model that prevent open talk and persuasive invasion. As such, addressing on these having to do with the affluence of benevolence inserted feelings must be prioritized through guide demand, public sensitization, and aid following deliberate common and conscientious powers. These plannings, as located Ukoba thus., 2024; Ola

& Akanbi, 2023, are essential for boosting inclusive and conversant nonsensical substance responses that are having to do with the affluence of society satisfactory and having to do with the affluence of benevolence auxiliary.

The verdicts from Table 4 disclose the considerable magnitude at which point stigma unfavorably influences insane health consequences between individuals in the Egor society the one refrain from pursuing support. With a test mean of 4.11 and a standard deviation of 1.10, the dossier profess a strong unity with respondents concerning the injurious associations of stigma. The mathematical importance of these findings is further storied by a p-worth of 0.0000, which focal points the strong relationship middle from two points shame and adverse insane well-being outcomes. These results are constant accompanying the arguments created by Udo and Eze (2023), the one declared that stigma debris a principal barrier to appropriate insane health attack and care in Nigerian circumstances.

The first item insisting that things who prevent pursuing mental well-being support on account of stigma happening diminishing mental strength taken overpowering support, with 87.65% compromise (20.90% powerfully agreed; 66.75% concurred), and the best mean score of 4.52. This finding underlines the hurtful feedback loop at which point shame not only prevents invasion but advances the deterioration of intellectual well-being. This conclusion is situated Olivera and others. (2023), who emphasize that internalized

shame frequently leads to prolonged pain, as things suppress manifestations or prevent mental energy duties entirely.

The second part shame leads to social seclusion was likewise strongly maintained, accompanying 82.12% of participants with a common plan and a mean score of 3.97. This indicates the view that shame contributes to the marginalization of impressed things, pushing bureaucracy further into subjective distress. This outcome joins accompanying the findings of Al-Shehri, Harazi, and Elmagd (2024), the one stressed that perceived shame equates significantly accompanying isolation, diminished self-esteem, and injured social functioning between minority in stigmatizing surroundings.

The third article, that proposed that shame donates to the avoidance of situation and with causes a decline in mental well-being, taken 72.79% agreement and a mean of 3.94. This strengthens former conclusions by Oku and others. (2015), the one asserted that shame commonly delays help-seeking behaviour, frequently just before the condition has advanced to a more severe state. The doubt to inquire professional care due to expected or knowing stigma so serves as a key cause of poor insane well-being trajectories.

The one of four equal parts article focused on nonadaptive managing mechanisms to a degree alcohol abuse selected by individuals labeled for their insane health environments. With 72.80% of accused affirming this and a mean score of 3.91, the dossier focal point a dangerous style at which point untreated insane distress is trained through harmful,

temporary aid strategies. This scrutiny is situated Ukoba et al. (2024), the one eminent that labeled individuals frequently apply substance use, not while an escape, but too due to the dearth of agreeable community-located insane health options.

The article suggesting that stigma leads to further decay of insane health in those the one prevent professional support taken 69.02% agreement and a mean score of 4.21. This further guarantees the accruing impact of stigma on insane strength decline, especially with things who incorporate social judgment. The pattern indicates Ola and Akanbi's (2023) declaration that untreated emotional disorder, supported by stigma, progresses into more established psychological disorders, frequently needing more exhaustive intervention over period.

The judgments on question four confirm that shame functions two together as a barrier to care and a motivation for mental decline among things in the Egor society. The consistent patterns of extreme compromise, coupled with statistically meaningful results, determine compelling evidence that shame must be a main focus of any insane well-being interference in the region. To diminish allure detrimental belongings, society-based methods must plan out stigma-decline through maintained public education campaigns, unification of insane health education into local talk, and active cooperation accompanying usual and religious heads. These approaches, as promoted by Edward, Isibor, and Theophilus (2016), hold promise for reshaping educational stories and

improving insane energy outcomes through more all-embracing and approachable care pathways.

Table 5 presents a comprehensive survey of accused' perceptions concerning the influence of various social service mediations aimed at lowering shame and promoting mental strength help-pursuing behaviours within the Egor society. With a test mean of 3.88 and a standard deviation of 1.01, the answers mirrored generally advantageous stances toward the proposed invasions. The mathematical significance of these verdicts, habitual by a p-value of 0.0000, further endorses the pertinence and urgency of executing social service actions in this framework.

The first article social work mediations in Egor keep effectively humiliate the shame surrounding insane energy received substantial authorization from respondents, accompanying 77.33% with a common plan (16.37% strongly concurred and 60.96% concurred), climactic in a mean score of 3.82. This outcome underlines the seen capacity of public employees to challenge negative stereotypes and promote all-encompassing discourse through backing, counseling, and psychosocial instruction. These judgments are supported by Udo and Eze (2023), the one stressed the critical part of social service professionals in shame decline through client-focused and with regard to the welfare of mankind-impressionable approaches.

The second item, that projected community-located instructional campaigns led by public traders, achieved the best possible of support between participants, accompanying 90.93% compromise and a mean of 4.00. This overwhelming unanimity climaxes the community's acknowledgment of public instruction as a transformative form in insane fitness literacy. The judgments indicate similar assertions fashioned by Oku and others. (2015), who famous that basic awareness actions are specifically effective when restricted in local dialects, beliefs, and values—an approach that improves two together reach and resonance.

The tertiary part preparation local leaders and influencers to address enlightening impressions about mental illness likewise taken notable approval, accompanying 71.78% of accused in agreement and a mean score of 3.75. This desires that society members accept the influence of established gatekeepers and opinion commanders in forming collective opinions. Edward, Isibor, and Theophilus (2016) emphasize the necessity of including esteemed society figures in public fitness attacks, noting their singular duty in legitimizing mental well-being discourse and answer stigma inside compressed cultural orders.

Similarly, the one of four equal parts item, that submitted fostering support groups as a means for shame reduction, was definitely taken, accompanying 77.83% agreement and a mean of 3.91. The authorization concerning this intervention indicates the advantage

placed on reliable, peer-influenced environments place things can openly argue insane health concerns justly of fate. Such groups can provide psychological support, reassure announcement, and normalize insane strength struggles, thereby course to disassemble the silence and shame surrounding mental environments. Ukoba et al. (2024) have more proved that peer-based support interferences improve both situation agreement and community understanding, exceptionally in resource-forced backgrounds.

The having five of something item combining insane health instruction into local schools accompanying support from social laborers was signed by 69.02% of participants, flexible a mean of 3.93. This result points to a powerful appreciation of early invasion models that mark young populations. Embedding insane energy awareness into school educational programs, accompanying facilitation by prepared friendly employees, is seen as a tenable, enduring solution for change ideas and fostering emotional elasticity from an early age. As noted by Ola and Akanbi (2023), instructional organizations offer strategic introduction points for destigmatizing insane health and nurturing insane wellbeing with youngsters.

The verdicts from question five clearly desire that social service interventions are judged as persuasive and necessary forms for lowering mental fitness shame and encouraging help-pursuing behaviour in the Egor society. Respondents affirmed the worth of multi-level, with regard to the welfare of mankind-informed procedures containing community

surpass, guidance date, peer support initiatives, and school-located programs. These verdicts call for an unifying insane health foundation managed by social laborers, individual that targets individual stances, kin dynamics, society standards, and institutional tactics to drive tenable insane health backing and help uptake in Egor.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This division determines to provide the summary of judgments, judgment, recommendations, associations of judgments for social work practice and procedure pieces of advice.

5.2 Summary of Findings

The study's findings present a irresistible narrative on the friendship between shame and insane health consequences, in addition to the seen effectiveness of social service attacks in reducing shame inside the Egor community. The results openly display that stigma serves as a bigger hurdle to accessing insane well-being support and significantly donates to the decay of mental prosperity. Common proofs of this shame contain intensive

psychological distress, public removal, hesitation to inquire situation, and reliance on injurious contending mechanisms to a degree alcohol abuse. Participants widely agreed that things the one avoid insane fitness services on account of shame frequently experience diminishing environments, with forceful compromise also meant concerning the impact of stigma on public seclusion and treatment eluding.

However, skilled was widespread unanimity on the profit of social work interferences in giving stigma and improving insane strength outcomes. Participants meant powerful support for approaches such as society-located mental well-being instruction, the training of local directors, the invention of peer support networks, and the integration of insane well-being literacy into school educational programs. Among these, society-led instructional pushes were viewed as specifically stunning, emphasize a deep belief in the influence of with regard to the welfare of mankind tailored and basic-familiarize public sensitization efforts.

Generally, the verdicts focal point two key insights: first, that shame debris a critical determinant in the predominance of negative mental energy effects in Egor; and second, that social work interferences are widely considered as effective machines for lowering stigma and bright help-pursuing behavior. These decisions determine a solid groundwork for evolving culturally delicate, society-focused shame-decline strategies managed by prepared social work artists.

5.3 Conclusion

From day of reckoning having to do with this study, the following ends were fashioned.

The results climax that shame significantly restrains foolish strength help-pursuing in Egor, accentuating the need for public knowledge, education, and concerning the prosperity of mankind delicate attacks.

Deep-rooted educational plans and impressions in Egor fuel insane appropriateness shame and negative directing, making inevitable target instruction and date following society chiefs.

Findings declare that common views and blame-based belief help shame in Egor, requiring concentrated command and cooperation following local influencers.

Stigma in Egor two together precludes care and decays foolish health, demanding association-surpassed shame-decline everything through education and local participations.

The judgments mean that social service attacks are visualized as alive for threatening insane substance shame in Egor, following support for concerning the prosperity of mankind-cognizant, multi-level plans containing surpass, education, and procedure correct.

5.4 Recommendations

Based on the argument and summary of verdicts of the study, the following main pieces of advice:

- The city continue begin maintained foolish appropriateness knowledge campaigns in the Egor society to challenge shame, belie superstitions, and create worldwide help-pursuing behaviour.

- Community public farmers acknowledge likelihood cultivate insane substance demand programs tailor-made to the local foundation, forwarding religious plans, feelings, and typical translations of emotional disorder. Community-situated mediations acknowledge likelihood be hearten through social work pushes in a way peer support groups, school-situated mental substance programs, and child taxing duties to increase approach and humankind involvement.

- Integration of foolish strength knowledge into schools and arrangements endure meet to form foolish appropriateness education programs into schools and society arrangements to support early knowledge and humble intergenerational shame.

- Social Workers concede possibility grant permission to lead a matched approach guide individual, classification, organization, and friendly levels to guarantee tenable foolish fitness support blueprints. Regularly decide the influence of shame-decline and insane fitness attacks to guide restoring and order evidence-located procedure determinations.

5.5 Implications of Findings for Social Work Practice

Based on the verdicts having to do with this study, the following social work practice bring be improved.

- i) The verdicts emphasize the detracting burden of intimate laborers in superior works to combat foolish strength shame through progress, instruction, and society group in concerning the prosperity of humanity appropriate habits. Social laborers must develop and apply concerning the prosperity of humanity sensitive approaches that recognize established hypotheses, conscientious judgments, and local law when focusing on foolish fitness issues.
- ii) The evidence supports a shift toward humankind-situated practice models, requiring public representatives to energetically engage following established and scrupulous shahs, kins, and basic repairing. Social farmers are named to design and implement whole invasions that accomplish across individual, offspring, humankind, and bland levels to guarantee tenable change in foolish happiness ideas and sexually transmitted disease.
- iii) The function of friendly laborers longers to establishing deterrent groundworks through school programs, peer-surpassed support, and public education that advance foolish strength proficiency and early mediation. The verdicts climax a need for public farmers to advocate for gracious and procedure-level changes that advance foolish health approach, care of rights, and consolidation of insane strength into more filled social services.
- iv) There is a clear plan that social work instruction and development must stress capabilities in mental happiness, educational ability, humankind arranging, and unifying cooperation to enrich masters for effective practice in settings like Egor.

5.6 Policy Recommendations

1. Policymakers bring license a local foolish strength procedure that integrates concerning the prosperity of humankind delicate approaches, understands the act of shame, and supports organization-compelled drives for information and invasion.
2. Introduce insane appropriateness direction into school syllabuses in some way levels to advance early awareness, impair shame, and boost active stances toward following help between young culture.
3. Implement tactics to increase the draft, preparation, and establishment of public traders in underserved societies like Egor, accentuating insane appropriateness trade and enlightening ability.
4. Encourage hard aid accompanying settled and conscientious heads by containing aristocracy in the arrangement and exercise of insane happiness processes, leveraging their influence to promote understanding and trust.

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APPENDIX

QUESTIONNAIRE

**IMPACT OF STIGMA ON SEEKING MENTAL SUPPORT IN EGOR
COMMUNITY**

**Department of Social Work,
Faculty of Social Sciences,
University of Benin,
Benin City.**

13th March, 2025

Dear Sir/Madam,

I am an undergraduate student of the Department of Social Work, researching on “**Impact of Stigma on Seeking Mental Support in Egor Community**”.

You are kindly requested to respond to this questionnaire as honestly as you can. Your opinion or information supplied will be used purely for the academic purpose intended; and such information will be treated with utmost confidentiality.

Thanks for your anticipated cooperation’s.

Yours faithfully,

MOSES GIFT OMOAKA

Researcher

Demographic Characteristic of Respondents

Section A:

1. Age: (a) 18-22 years (), (b), 23-27 years (), (c) 28 and above years ().

2. Gender: (a) Male (), (b) Female ()
3. Religion: (a) Christian (), (b) Muslim (), African Traditional Religion (),
Others ().

SECTION B: IMPACT OF STIGMA ON SEEKING MENTAL SUPPORT IN EGOR COMMUNITY

SECTION I

ITEM	What is the relationship between stigma and the willingness of individuals in Egor community to seek mental health support?	OPTION			
S/N	QUESTIONS	SA	A	SD	D
1.	Individuals in Egor community avoid seeking mental health support due to stigma				
2.	Individuals in Egor community believe that seeking mental health support would result in social exclusion				
3.	The stigma associated with mental health in Egor discourage people from discussing their mental health issues				
4.	Stigma surrounding mental health in Egor could lead to delayed help-seeking behaviours				
5.	There a significant relationship between the level of stigma in the Egor community and the willingness of individuals to seek professional mental health services				

SECTION II

ITEM	How do misconceptions and cultural beliefs about mental health contribute to stigma in the Egor community?	OPTION			
S/N	QUESTIONS	SA	A	SD	D
1.	Misconceptions about mental health conditions in Egor are seen as punishments can be a major source of stigma?				
2.	Traditional beliefs about mental health can contribute to the stigma surrounding it in the Egor community				
3.	The cultural belief that mental health issues are a result of personal weakness contribute to the stigma in Egor				
4.	Do individuals who experience stigma tend to rely on coping mechanisms that worsen their mental health (e.g., substance abuse)				
5.	Stigma can result in the deterioration of mental health for those who choose not to seek professional support in Egor				

SECTION III

ITEM	To what extent do stigma impacts on the mental health outcomes of individuals who do not seek support in Egor?	OPTION			
S/N	QUESTIONS	SA	A	SD	D
1.	Individuals in Egor who avoid seeking mental health support experience worsening mental health outcomes due to stigma				
2.	The stigma attached to mental health issues in Egor lead to isolation of victims				
3.	Stigma contribute to a lack of treatment-seeking behaviour, thus leading to a decline in the mental health of individuals in Egor				
4.	Victims of mental health issues who experience stigma tend to rely on coping mechanisms that worsen their mental health (e.g., substance misuse)				
5.	Stigma can result in the deterioration of mental health for those who choose not to seek professional support in Egor				

SECTION IV

ITEM	What are the social work interventions that could reduce stigma and promote mental health support in the Egor community?	OPTION			
S/N	QUESTIONS	SA	A	SD	D
1.	Social work interventions in Egor could effectively reduce the stigma surrounding mental health.				
2.	Community-based educational campaigns on mental health, led by social workers, would help reduce stigma in Egor				
3.	Training local leaders and influencers in Egor about mental health can help change cultural misconceptions and reduce stigma				
4.	Social workers can foster support groups in Egor that create safe spaces for individuals to discuss mental health without fear of stigma				
5.	Incorporating mental health education into local schools, with the help of social workers, would reduce stigma about mental health in Egor.				

