

Abstract

Adolescence is a transformative period marked by rapid physical, emotional, and social changes. During this time, individuals often encounter various stressors, including academic pressures, social dynamics, and the onset of mental health issues. Despite these challenges, many adolescents exhibit remarkable resilience, effectively

***Corresponding author:** Taylor Lawrence, Department of Psychology, Université Adventiste d'Haiti, Haiti, E-mail: taylorlawrence23@hotmail.com

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