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SELF EMPOWERMENT: A STRATEGY FOR REDUCING ILL-HEALTH AMONG NIGERIAN YOUTHS

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Keywords: Self-empowerment, knowledge, Ill-health, Youths, Strategies, sustainability

Abstract

The paper envisaged that acquisition of knowledge, skills and competencies can enhance self sustainability and daily living which will build and create a sense of respect, contentment and relief in the youthful years through to adulthood. Improved socio-economic status through selfempowerment is expected to facilitate good health and as well as reduce the rate of social and health vices that may arise as a result of pressure associated with meeting basic daily needs and means of livelihood among Nigerian youths. Unemployment and inability to compete measurably socioeconomically in the society may increase the involvement in risky behaviours like substance abuse, unprotected/multiple sex partners and promiscuity, poor dietary habits and unnecessary worries that are detrimental to good health in youthful years. The paper therefore stressed on some concepts, social determinant of health, priority areas of self empowerment programme, strategies for self empowerment, importance of self empowerment to health and implications on public health.

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Published

2014-12-26

Issue

[Vol. 2 No. 1 & 2 \(2014\)](#)

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