

## The Efficacy of Psycho-Education in Improving the Emotional Well-Being of Visually Impaired Adolescents in Nigeria

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**Abstract :** Emotional well-being in adolescents is an important psychological factor that can enhance positive living, but if it is not well groomed, it can have adverse impacts on their development. Therefore, the present study examined the efficacy of psycho-education on the emotional well-being of adolescents who are visually impaired in Nigeria. A total of twenty-eight (28) participants, which comprised nineteen (19) males and nine (9) females ( $M=15.82$ ,  $SD=2.23$ ) from a Nigerian School for the Blind, participated in the quasi-experimental study. Randomized clinical trial design was used to assign the participants into three (Complete Psycho-education, Incomplete Psycho-education, and No Psycho-education) groups. Standardized scales were used to gather data from the respondents. The formulated hypotheses were tested using Dependent T-Test and Analysis of Co-Variance. The results showed that there was a significant effect of Psycho-education on the emotional well-being of the Visually Impaired Adolescents. Those who received complete Psycho-education had the highest level of emotional well-being compared to those in the other groups. In order to enhance the emotional well-being of the Visually Impaired Adolescents, the study recommended that complete Psycho-education programme should be incorporated into the school activities of the Visually Impaired Adolescents.

**Keywords :** emotional well-being, psycho-education, visually impaired adolescents, Nigeria

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