

Athens Journal of Psychology

Quarterly Academic Periodical, Volume 1, Issue 1

Published by the Athens Institute

URL: <https://www.athensjournals.gr/ajpsy> Email: journals@atiner.gr

e-ISSN: 3057-4412 DOI: 10.30958/ajpsy

March 2025

Athens Journal of Psychology

Quarterly Academic Periodical, Volume 1, Issue 1, March 2025

Published by the Athens Institute

URL: <https://www.athensjournals.gr/ajpsy> Email: journals@atiner.gr

e-ISSN: 3057-4412 DOI: 10.30958/ajpsy

Front Pages

LLOYD HAWKEYE ROBERTSON & TEELA ROBERTSON

[The Evolved Self: Mapping an Understanding of the Self in Psychotherapy](#)

*JOSEPH NASONGO, LYDIA WAMOCHA, EDWARD KHASAKHALA,
MOSES POIPOI, GEOFFREY MUSERA, UMULKHER ALI &
JOSEPHAT KEMEI*

[The Psychosocial Support offered to Pregnant Teenage Girls and Teenage Mothers in Bungoma County, 2019-2021](#)

LANA BADAWI & ULAŞ BAŞAR GEZGIN

[Motivation of Academic Success and its Relation to Smartphone Addiction and Stress Related to Academic Expectations in Turkish High School Students](#)

TATENDA DUTIRO & ROSEMARY CHIGEVENGA

[Psychological Challenges Experienced by Rural Women due to Climate Change in Chimanimani, Zimbabwe](#)

Athens Journal of Psychology

Published by the Athens Institute

Editor-in-chief

- **Dr. Jim Clark**, Head, [Psychology Unit](#), Athens Institute & Professor, University of Winnipeg, Canada.

<https://www.athensjournals.gr/ajpsy/eb>

Administration of the Journal

1. Vice President of Publications: Dr Zoe Boutsioli
2. General Managing Editor of all Athens Institute's Publications: Ms. Afrodete Papanikou
3. ICT Managing Editor of all Athens Institute's: Mr. Kostas Spyropoulos
4. Managing Editor of this Journal: Ms. Eirini Lentzou

Athens Institute is an Athens-based World Association of Academics and Researchers based in Athens. Athens Institute is an independent and non-profit Association with a Mission to become a forum where Academics and Researchers from all over the world can meet in Athens, exchange ideas on their research and discuss future developments in their disciplines, as well as engage with professionals from other fields. Athens was chosen because of its long history of academic gatherings, which go back thousands of years to Plato's Academy and Aristotle's Lyceum. Both these historic places are within walking distance from Athens Institute's downtown offices. Since antiquity, Athens was an open city. In the words of Pericles, Athens "... is open to the world, we never expel a foreigner from learning or seeing". ("Pericles' Funeral Oration", in Thucydides, The History of the Peloponnesian War). It is Athens Institute's mission to revive the glory of Ancient Athens by inviting the World Academic Community to the city, to learn from each other in an environment of freedom and respect for other people's opinions and beliefs. After all, the free expression of one's opinion formed the basis for the development of democracy, and Athens was its cradle. As it turned out, the Golden Age of Athens was in fact, the Golden Age of the Western Civilization. Education and (Re)searching for the 'truth' are the pillars of any free (democratic) society. This is the reason why Education and Research are the two core words in Athens Institute's name.

The *Athens Journal of Psychology* (AJPSY) is an Open Access quarterly double-blind peer reviewed journal and considers papers from all areas of psychology. Many of the papers in this journal have been presented at the various conferences sponsored by [Psychology Unit](#) of the Athens Institute. All papers are subject to Athens Institute's [Publication Ethical Policy and Statement](#).

Athens Journal of Psychology
ISSN NUMBER: 3057-4412 - DOI: 10.30958/ajpsy
Volume 1, Issue 1, March 2025
Download the entire issue ([PDF](#))

Front Pages i-viii

[The Evolved Self: Mapping an Understanding of the Self in Psychotherapy](#) 9

Lloyd Hawkeye Robertson & Teela Robertson

[The Psychosocial Support offered to Pregnant Teenage Girls and Teenage Mothers in Bungoma County, 2019-2021](#) 25

Joseph Nasongo, Lydia Wamocha, Edward Khasakhala, Moses Poipoi, Geoffrey Musera, Umulkher Ali & Josephat Kemei

[Motivation of Academic Success and its Relation to Smartphone Addiction and Stress Related to Academic Expectations in Turkish High School Students](#) 37

Lana Badawi & Ulaş Başar Gezgin

[Psychological Challenges Experienced by Rural Women due to Climate Change in Chimanimani, Zimbabwe](#) 57

Tatenda Dutiro & Rosemary Chigevenga

Athens Journal of Psychology

Editorial and Reviewers' Board

Editor-in-chief

- **Dr. Jim Clark**, Head, [Psychology Unit](#), Athens Institute & Professor, University of Winnipeg, Canada.

Editorial Board

- Dr. C.M Adendorff, Professor, South Africa Institute of Futures Literacy and Communications, South Africa.
- Dr. Rajendra Mhaske, Professor, S. P. Pune University, Pune, India.
- Dr. Lloyd Robertson, Adjunct Professor, University of Regina, Canada.
- Dr. Aisha Hasona, Assistant Professor, Ahfad University for Women, Sudan.
- Dr. La Toya Patterson, Assistant Professor, Chicago State University, USA.
- Dr. Sandra Velez-Candelario, CEO/Consultant, Family Organizational Psychology.Org, USA
- Dr. Mateus Pranzetti Paul Gruda, Paulista State University, Brazil.

- **Vice President of Publications:** Dr Zoe Boutsoli
- **General Managing Editor of all Athens Institute's Publications:** Ms. Afrodete Papanikou
- **ICT Managing Editor of all Athens Institute's Publications:** Mr. Kostas Spyropoulos
- **Managing Editor of this Journal:** Ms. Eirini Lentzou

Reviewers' Board

[Click Here](#)

President's Message

All Athens Institute's publications including its e-journals are open access without any costs (submission, processing, publishing, open access paid by authors, open access paid by readers etc.) and is independent of presentations at any of the many small events (conferences, symposiums, forums, colloquiums, courses, roundtable discussions) organized by Athens Institute throughout the year and entail significant costs of participating. The intellectual property rights of the submitting papers remain with the author. Before you submit, please make sure your paper meets the [basic academic standards](#), which includes proper English. Some articles will be selected from the numerous papers that have been presented at the various annual international academic conferences organized by the different divisions and units of the Athens Institute for Education and Research. The plethora of papers presented every year will enable the editorial board of each journal to select the best, and in so doing produce a top-quality academic journal. In addition to papers presented, Athens Institute will encourage the independent submission of papers to be evaluated for publication.

The current issue is the first of the first volume of the *Athens Journal of Psychology* (AJPSY), by the published by the [Psychology Unit](#) of the **Athens Institute**. All papers are subject to Athens Institute's [Publication Ethical Policy and Statement](#).

Gregory T. Papanikos
President
Athens Institute

Athens Institute for Education and Research

A World Association of Academics and Researchers

19th Annual International Conference on Psychology 26-29 May 2025, Athens, Greece

The [Psychology Unit](#) of Athens Institute organizes its **19th Annual International Conference on Psychology, 26-29 May 2025, Athens, Greece** sponsored by the [Athens Journal of Social Sciences](#). The aim of the conference is to bring together scholars and students of psychology and other related disciplines. You may participate as stream leader, presenter of one paper, chair a session or observer. Please submit a proposal using the form available ([https:// www.atiner.gr/2025/FORM-PSY.doc](https://www.atiner.gr/2025/FORM-PSY.doc)).

Academic Members Responsible for the Conference

- **Dr. Thanos Patelis**, Head, Psychology Unit of Athens Institute & Research Scholar, Fordham University, USA.

Important Dates

- Abstract Submission: **4 February 2025**
- Acceptance of Abstract: 4 Weeks after Submission
- Submission of Paper: **28 April 2025**

Social and Educational Program

The Social Program Emphasizes the Educational Aspect of the Academic Meetings of Athens Institute.

- Greek Night Entertainment (This is the official dinner of the conference)
- Athens Sightseeing: Old and New-An Educational Urban Walk
- Social Dinner
- Mycenae Visit
- Exploration of the Aegean Islands
- Delphi Visit

Conference Fees

Conference fees vary from 400€ to 2000€
Details can be found at: <https://www.atiner.gr/fees>

Athens Institute for Education and Research

A World Association of Academics and Researchers

19th Annual International Conference on Sociology 5-8 May 2025, Athens, Greece

The [Sociology Unit](#) of Athens Institute is organizing its 19th Annual International Conference on Sociology, 5-8 May 2025, Athens, Greece sponsored by the [Athens Journal of Social Sciences](#). The aim of the conference is to bring together academics and researchers from all areas of Sociology, Social Work and other related fields. Theoretical and empirical research papers will be considered. You may participate as stream leader, presenter of one paper, chair a session or observer. Please submit a proposal using the form available (<https://www.atiner.gr/2025/FORM-SOC.doc>).

Important Dates

- Abstract Submission: **21 January 2025**
- Acceptance of Abstract: 4 Weeks after Submission
- Submission of Paper: **7 April 2024**

Academic Member Responsible for the Conference

- **Dr. Domenico Maddaloni**, Head, Sociology Research Unit, Athens Institute & Associate Professor, University of Salerno, Italy.
- **Dr. Philip G. Cerny**, Director, [Social Sciences Division](#), Athens Institute & Professor Emeritus, University of Manchester (UK) and Rutgers University (USA).
- **Dr. George S. Tsagaris**, Associate Professor, Cleveland State University, USA.
- **Dr. Sharon Claire Bolton**, Head, Management Research Unit, Athens Institute & Professor, The Management School, University of Stirling, Scotland.

Social and Educational Program

The Social Program Emphasizes the Educational Aspect of the Academic Meetings of Athens Institute.

- Greek Night Entertainment (This is the official dinner of the conference)
- Athens Sightseeing: Old and New-An Educational Urban Walk
- Social Dinner
- Mycenae Visit
- Exploration of the Aegean Islands
- Delphi Visit
- Ancient Corinth and Cape Sounion

More information can be found here: <https://www.atiner.gr/social-program>

Conference Fees

Conference fees vary from 400€ to 2000€

Details can be found at: <https://www.atiner.gr/fees>