



LIST OF REFERENCES

Adult Basic Education and Training. (<https://abet.co.za/>)

Akinola, A.O., & Uzodike, U.O. (2018). Ubuntu and the quest for conflict resolution in Africa. *Journal of Black Studies*, pp. 1 – 23.
<https://doi.org/10.1177/0021934717736186>

Booyesen, F., & Botha, F. (2014). Family functioning and life satisfaction and happiness in South African households. *Social Indicators Research*, 119: 163 – 182. doi: 10.1007/s11205-013-0485-6

Burke, A., Austin, T., Bezuidenhout, C., Botha, K., Du Plessis, E., Du Plessis, L., Jordaan, E., Lake, M., Moletsane, M., Nel, J., Pillay, B., Ure, G., Visser, C., Von Krosigk, B., & Vorster, A. (2014). *Abnormal psychology: A South African Perspective*. (2nd Revised Ed., pp. 68 – 72, 75 – 77, 159 – 161, 174 – 175, 190 – 191, 270 – 276, 386 – 406, 553 – 555, 559). Cape Town: Oxford University Press Southern Africa (Pty) Ltd.

Calderon, D. (2021, February 4). *Biopsychosocial Model For Mental Health*. Self-love rainbow. <https://www.selfloverainbow.com/the-biopsychosocial-model-for-mental-health/>

Career Planet. (<https://careerplanet.co.za/>)

Corey, M.S., Corey, G., & Corey, C. (2007). *Groups: Process and Practice* (8th Ed., pp. 5 – 14, 17 – 20, 38 – 54, 70 – 103, 110 – 125, 132 – 174, 180 – 219, 228 – 259, 266 – 276, 279 – 280, 322 – 335, 388 – 396). Wadsworth: Cengage Learning

Dangarembga, T. (2004). *Nervous Conditions*. Oxfordshire: Abeyia Clarke Publishing Ltd.

Dangarembga, T. (2021). *The Book of Not*. London: Faber & Faber Limited.

Department of Higher Education and Training (n.d.). *National Skills Development Strategy 3*. Republic of South Africa.
https://www.gov.za/sites/default/files/gcis_document/201409/national-skills-development-strategyiiiia.pdf

Go Study South Africa (<https://www.gostudy.net/occupations>)

Indeed Editorial Team, & Taylor, S. (2024, April 25). *What are the 16 Career Clusters? Definition and Guide*. Indeed. <https://www.indeed.com/career-advice/finding-a-job/what-are-the-career-clusters>

Jaharuddin, N. S., & Zainol, L. N. (2019). The Impact of work-life balance on job engagement and turnover intention. *The South East Asian Journal of Management*, (13)1, Article 7. doi: 10.21002/seam.v13i1.10912

Kochalumchuvattil, T. (2010). The crisis of identity in Africa: A call for subjectivity. *Kritike: An Online Journal of Philosophy*, 4(1), 108-122.

Kotter, J. & Rathgeber, H. (2006). *Our Iceberg is Melting: Changing and Succeeding Under Any Conditions*. St. Martin's Press

Leitão, J., Pereira, D., & Gonçalves, Â. (2019). Quality of work-life and organisational performance: Workers' feelings of contributing, or not, to the organisation's productivity. *International Journal of Environmental Research and Public Health*, (16)3803. doi:10.3390/ijerph16203803

Louw, D. & Louw, A. (2013). *Adult Development and Ageing* (4th Ed., pp. 18 – 19, 143 – 148, 158 – 183, 242 – 252, 265 – 268, 281). Psychology Publications.

Mafini, C. & Dlodlo, N. (2014). The relationship between extrinsic motivation, job satisfaction and life satisfaction amongst employees in a public organisation. *SA Journal of Industrial Psychology/SA Tydskrif vir Bedryfsielkunde*, 40(1). <http://dx.doi.org/10.4102/sajip.v40i1.1166>

McDonald, A. (2018). *The Complete South African Careers Guide*. Cape Town: Bright Eyes Publishing (PTY) Ltd.

Monteiro, N.M. (2015). Addressing mental illness in Africa: Global health challenges and local opportunities. *Community Psychology in Global Perspective*, (1)2, 78 – 95. doi: 10.1285/i24212113v1i2p78

Moore, C., Viljoen, H.G., Meyer, W.F., Hurst, A., Painter, D., & Shantall, T. (2017). *Personology: From Individual to Ecosystem* (5th Ed.). Cape Town: Pearson South Africa.

National Government of South Africa: SETA's.
(<https://nationalgovernment.co.za/units/type/8/seta>)

National Planning Commission (n.d.). *National Development Plan – Vision 2030*. Department: The Presidency, Republic of South Africa.
https://www.nationalplanningcommission.org.za/National_Development_Plan

Nyowe, A. (2017). An Africentric theory of human personhood. *Psychology in Society*, (54), 42 – 66. <http://dx.doi.org/10.17159/2309-8708/2017/n54a4>

Perry, E. (2024, October 25). *What is Ikigai and How Can it Change My Life?*. Better Up. <https://www.betterup.com/blog/what-is-ikigai>

Potgieter, M.C. (1998). *The Social Work Process: Development to Empower People*. (pp. 38 – 45, 99 – 106, 110, 117 – 118, 120 – 121, 124 – 138, 167 – 170, 176 – 179, 182 – 185, 204 – 211, 216 – 224, 228 – 238, 264 – 274). Prentice Hall South Africa (PTY) Ltd & SAGT-Media





Reader's Digest (1997). *You and your rights*. Cape Town: The Reader's Digest Association South Africa (Pty) Ltd.

Schenck, R., Nel, H., & Louw, H. (2010). *Introduction to Participatory Community Practice*. UNISA Press.

South African Government (2009). *Human Resource Development Strategy for South Africa (HRD-SA) 2010 – 2030*.

https://www.gov.za/sites/default/files/gcis_document/201409/doehrds-sa22022010.pdf

South African Government (2014). *Employment Services Act 4 of 2014*. Republic of South Africa. <https://www.gov.za/documents/employment-services-act>

South African Government (2018). *Labour Relations Amendment Act 8 of 2018 (English/Afrikaans)*. Republic of South Africa.

<https://www.gov.za/documents/acts/labour-relations-amendment-act-8-2018-english-afrikaans-27-nov-2018>

South African Qualifications Authority. (<https://www.saga.org.za/>)

Taukeni, S.G. (2020). Biopsychosocial model of health. *International Conference on Natural Products and Traditional Medicine*, (4)1.

<https://www.researchgate.net/publication/344844447>

The Government of Japan (2022, March 18). *Ikigai: The Japanese Secret to a Joyful Life*. JapanGov.

https://www.japan.go.jp/kizuna/2022/03/ikigai_japanese_secret_to_a_joyful_life.html

Therapy In A Nutshell (2023, July 23). *Break the Anxiety Cycle: Free Online Anxiety Course*. YouTube.

<https://www.youtube.com/playlist?list=PLiUrrliqidTVqab7pZivzb-e-tMA8qjd->

West, A. (2014). Ubuntu and business ethics: Problems, perspectives, and prospects.

Journal of Business Ethics, 121(1), pp. 47-61. <http://doi.org/10.1007/s10551-013-1669-3>

Weyers, M.L. (2011). *The Theory and Practice of Community Work: A South African Perspective* (2nd Ed.). Potchefstroom: Keurkopie.

