



The psychosocial influence of December - 2019 Revolution on a sample of Sudanese Youth

BY

Aman Eltayeb Elwasila

Department of Psychology, University of Ha'il ,Saudi Arabia

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Abstract

The December Revolution in Sudan was an important turning point in the country's history, as it saw the significant participation of active and committed Sudanese youth. The study aimed to understand the psychological and social effects of the December 2019 revolution on Sudanese youth and to analyse the profound effects the revolution had on young people and how it affected their daily lives and social relationships. The study was a descriptive study, Using questionnaire designed by the researcher. The sample consisted of 30 young people who participated in the December revolution. The data analyzed using frequency tables and percentages. the December 2019 revolution had a profound psychological impact on Sudanese youth. It provided them with a platform for self-expression, fostered unity and solidarity, instilled hope, and optimism, reshaped their identity, and ignited a passion for social and political change. The revolution served as a turning point, empowering the youth, and motivating them to actively participate in shaping a better future for their country. Longitudinal Study: Conduct a longitudinal study to examine the long-term psychological effects of the December 2019 revolution on Sudanese youth. This research could track the participants' mental health, sense of empowerment, and political engagement over an extended period, providing valuable insights into the lasting impact of the revolution.

Key words: Psychosocial influence. December revaluation, Youth, Influence

Introduction

"The December Revolution in Sudan was a pivotal moment in the country's history, marked by the active and dedicated participation of Sudanese youth. Triggered by

economic hardships and the growing calls for freedom and democracy, this revolution evolved into a potent protest movement that ultimately resulted in the ousting of the previous regime."

This revolution has had a profound impact on the youth, leading to significant changes in their political and social awareness, as well as increased entrepreneurship and community engagement. It has demonstrated the power of young people to bring about change and reform, inspiring many both within and outside of Sudan to strive for positive transformation.

It is crucial for young people to take advantage of this experience and actively contribute to the reform and reconstruction process. They should seize this opportunity to enhance their involvement in political and social affairs and collaborate towards realizing their ambitions and aspirations for a prosperous and democratic future in Sudan. With these transformations, young people must be prepared to take responsibility and participate in building their future. They must promote the values of dialogue, tolerance, and cooperation, and strive for sustainable development and social justice. They need to think creatively and make informed decisions that serve the best interests of the country and its people. In this manner, young people can play an active role in shaping the future of Sudan and contribute to the positive change they envision. They are the hope and driving force behind building a brighter future for Sudan..("Al-Abbasi,2021)

Problem Statement:

The problem of study is that Understanding the psychological and social influence of the December 2019 revolution on Sudanese youth

Objective of the study

General Objective

Understand the psychosocial impacts of the December 2019 revolution on Sudan's youth.

Specific Objective

1. To identify the psychosocial effects of the revolution on Sudanese youth and develop strategies for addressing them.
2. To Examine the impact of the revolution on the social relations of Sudanese youth and propose methods for strengthening these relations.
3. To explore the post-revolution needs of Sudanese youth and develop actionable steps for meeting these needs.

1.4 Research Questions :

1. What are the primary psychosocial effects experienced by Sudanese youth as a result of the revolution?
2. How do these psychosocial effects vary across different demographics (e.g., age, gender, socioeconomic status) within the youth population?

1.5 The importance of the study:

The importance of this research understanding the psychosocial and impact of the revolution on Sudanese youth and determining their own needs after the revolution. By understanding these impacts and needs, social policies and programs can be developed aimed at supporting young people and improving their psychosocial status.

1.6 Terminologies

1- **December revaluation** : is a large-scale popular protest movement that began in December of 2018 in Sudan. This revolution was sparked by sky-high commodity prices, government corruption and political repression. The revolution has evolved into demands to overthrow the regime of President Omar al-Bashir and sweeping political and economic reforms..("Al-Abbasi,2021)

2- **Youth**: refers to the young age group in Sudan, and this category includes young people between the ages of 15 and 30 years. .("Al-Abbasi,2021)

3- **psychosocial influence** is the type of influence that occurs as a result of interactions and interactions between individuals in society. This effect can be positive or negative, and it can affect

the behavior, beliefs, and values of individuals. .("Al-Abbasi,2021)

4- **Influence:** Refers to the effect or impact that one thing has on another. .("Al-(Abbasi,2021)

Literature review

(a) Theoretical Framwork

Psychological influence:

1. Empowerment and Hope: The revolution instilled a sense of empowerment among the Sudanese people, fostering hope for change and a better future..("Al-Abbasi,2021)

2. Collective Identity: It created a strong sense of national identity and solidarity among diverse groups, uniting them against a common oppressor..("Al-Abbasi,2021)

3. Trauma and Resilience: The long history of oppression led to collective trauma, but the revolution also highlighted the resilience of the Sudanese people..("Al-Abbasi,2021)

Psychological problems that faced the youth in the December revolution

1. Trauma and PTSD: Youth people who participated in or witnessed the December revolution may have experienced traumatic events, such as violence, injury, or loss of loved ones. This can lead to symptoms of post-traumatic stress disorder (PTSD) such as flashbacks, nightmares, and anxiety .("Al-Abbasi,2021)

2. Depression and anxiety: The stress and uncertainty of participating in a revolution, as well as the aftermath of political upheaval, can contribute to feelings of depression and anxiety among young people. This can be exacerbated by economic instability and social unrest..("Al-Abbasi,2021)

3. Substance abuse: Some youth may turn to alcohol or drugs as a way to cope with the emotional and psychological impact of the revolution. Substance abuse can further exacerbate mental health issues and lead to addiction. ..("Al-Abbasi,2021)

4. Disillusionment and hopelessness: The experience of participating in a revolution and witnessing its aftermath can

lead to feelings of disillusionment and hopelessness about the future. This can contribute to a sense of purposelessness and lack of motivation among young people..("Al-Abbasi,2021)

5. Social isolation: The breakdown of social structures and support networks during a revolution can lead to feelings of isolation and loneliness among young people. This can further exacerbate mental health issues and make it difficult for youth to seek help. ..("Al-Abbasi,2021)

6. Anger and aggression: The frustration and anger that may arise from the experience of participating in a revolution can lead to increased levels of aggression and conflict among young people. This can contribute to interpersonal violence and further harm mental health.

..("Al-Abbasi,2021)

7. Political disillusionment: For some young people, the experience of participating in a revolution may lead to a sense of disillusionment with the political system and a loss of faith in the ability to bring about meaningful change. This can contribute to feelings of apathy and disengagement from civic life. (Sudanese Revaluation,2018)

Psychological Impact theories

1. Sigmund Freud's psychoanalytic theory: This theory is based on the assumption that there are unconscious aspects of the psyche that influence the behavior of individuals and determine their interactions with the outside world.(Freud ,1915)

2. Albert Bandura's social learning theory: This theory suggests that human behavior is influenced by learning through observation and experience, and that individuals are influenced by the social models around them.(Bandura, 1977)

3. Pierre Bourdieu's social transition theory: This theory focuses on the influence of the social and cultural environment on the formation of an individual's identity and position in society.(Bourdieu, 1986)

4. Irvin Gofman's social immersion theory: This theory is based on the idea that individuals are influenced by the social interactions and social relationships in which they participate, and that they influence the formation of their identity and behaviour.(Gofman,1959)

Social influence

The December Revolution in Sudan has a significant social influence on Youth , as it has led to significant changes in the social structure and social dynamics in the country. The concept of the social impact of the December Revolution on youth refers to the impact that occurs on social relationships and interactions between individuals in society as a result of the revolution. This can lead to changes in the values, beliefs, and social orientations of young people.

In addition, the social influence of the December Revolution may lead to changes in social relationships between young people and the rest of society. A new communication and cooperation may be formed between young people in order to achieve their common goals.

It is also possible that young people face social challenges as a result of the revolution, such as social tensions and political divisions. They may need to adapt to social changes and deal with the challenges and tensions that can arise as a result of political changes...("Al-Abbasi,2021)

Reasons of social impact

1. Trust and social dependence: When we have trust in others and rely on them to exchange ideas, information and make decisions, it leads to social impact...("Al-Abbasi,2021)

2. Social belonging: Individuals feel the need to belong to certain social groups, and when they have a strong affiliation, they are influenced by the opinions and behaviours of group members...("Al-Abbasi,2021)

3. Social laws and restrictions: Societies may impose social laws and restrictions that determine the behaviour of individuals, and therefore are affected and adapted to them...("Al-Abbasi,2021)

4. Culture and values: Culture and values play an important role in shaping the behaviour of individuals and their social influence. Community and cultural values define what is acceptable and unacceptable in society...("Al-Abbasi,2021)

5. Media and Technology: The influence of media and technology can be powerful in shaping individuals' opinions and behaviour, as ideas and information are exchanged quickly and easily...("Al-Abbasi,2021)

6. Social pressures: Social pressures can be imposed on individuals to adapt to the expectations of the community and the group to which they belong, and are therefore influenced by them...("Al-Abbasi,2021)

7. Role modeling and personal influence: People we respect and trust can have a significant impact on our behavior and opinions, as we try to emulate their behavior and follow their ideas...("Al-Abbasi,2021)

Social influence theories :

1.Social Identity Theory: This theory suggests that individuals derive their sense of self and social identity from the groups they belong to. The December 2019 Revolution in Sudan saw the emergence of a collective identity among Sudanese youth who actively participated in the protest movement, leading to increased psychological empowerment and feelings of belongingness among them.

2. Diffusion of Innovations Theory: This theory explains how new ideas, behaviors, or innovations spread within a society. The December 2019 Revolution can be seen as a catalyst for spreading collective action and political participation among Sudanese youth, as they observed and learned from one another's involvement in the protests, leading to the diffusion of the revolutionary ideas throughout the youth population.

3. Social Learning Theory: This theory suggests that individuals learn from observing others' behavior and the consequences they face. Sudanese youth involved in the December 2019 Revolution

may have been influenced by the actions and behaviors of their peers, leading to increased engagement and participation. Additionally, through social learning, young individuals could have acquired new cognitive and emotional skills, such as critical thinking and resilience, which are important for political activism.(Ahmed,2020)

December Revaluation

The December Revolution is a historic and political event that took place in Sudan in December 2018, as the masses took the stage in popular protests against the former Sudanese government. This revolution can have a profound psychological impact on individuals and society in general, given the radical changes taking place in the country and their impact on people's lives.. (Abdelrahman ,2023 .p.95)

The concept of revolution is a radical and rapid change in the political or social system, usually done by popular protests, peaceful demonstrations or violence. In the case of the December revolution, the protests were aimed at toppling the previous government and bringing about political and social change in Sudan.. (Abdelrahman ,2023 .p.95)

Characteristics of the Sudanese December revolution

The Sudanese December revolution is characterized by peaceful protests and demonstrations to demand democracy and basic freedoms. It also involves protesting against corruption, social and economic injustice, and calling for a change in the political system and the ruling government. Additionally, the revolution emphasizes solidarity and unity among the Sudanese people from different ethnicities and cultures, as well as utilizing social media and traditional media to spread the messages of the revolution and raise awareness. Long-term sit-ins and protests are organized to pressure the government to meet the people's demands, and youth movements and groups are formed to lead the revolutionary movement and organize protest activities. Moreover, creative and artistic methods are used to express the

demands and convey the messages of the revolution.(Ahmed,2023)

The challenges facing the December revolution

Include the government's crackdown on peaceful protesters, including the use of violence and excessive force by security forces. There is also a lack of international support and attention for the revolution, as well as economic difficulties and hardships faced by the Sudanese people. Additionally, there are internal divisions and disagreements within the opposition groups, as well as the challenge of maintaining momentum and unity among the protesters. Furthermore, there are concerns about the potential for external interference and influence in the revolution, as well as the need for a clear and unified vision for the future of Sudan.(Osman, F. 2021)

Causes of December revolution :

1. Difficult economic conditions: There has been a significant deterioration in the economic situation in Sudan, which has led to high food and commodity prices and exacerbated unemployment. These conditions have been greatly affecting people's lives and increasing their daily suffering. (Osman, F. 2021)
2. Corruption and political repression: The former regime in Sudan was characterized by corruption and human rights violations. There was a political repression and repression of freedom of expression and assembly, which angered the people and prompted them to act against the regime. (Osman, F. 2021)
3. Class and ethnic discrimination: There was clear racial and social discrimination in Sudan, where opportunities and resources were unfairly distributed. The Sudanese people were demanding equality and social justice.(Osman, F. 2021)
4. Desire for political change: There was a great desire among the Sudanese people to change the political system and get rid of authoritarian rule. They were seeking to build a democratic state that achieved justice and freedom.

(Osman, F. 2021)

2.11 Goals of December Revaluation

The goals of the Sudanese December revolution were multi-faceted. The main objective was to overthrow the long-standing authoritarian regime of President Omar al-Bashir, who had been in power for 30 years. The protesters demanded a civilian-led government, democracy, freedom, and an end to corruption, economic mismanagement, and human rights abuses. The Sudanese people sought to address the country's economic crisis, high unemployment rates, and soaring inflation. They aimed to improve social services, provide better healthcare and education, and create a more inclusive society that respected the rights of all citizens, regardless of their ethnicity, religion, or gender. (Ahmed, 2023)

December revolution results:

The December Revolution yielded several important results, including:

1. The overthrow of President Omar al-Bashir's regime: These to popular pressure and ongoing demonstrations, President Omar al-Bashir and his regime were overthrown in April 2019.
2. Formation of a civilian government: After Bashir's ouster, a civilian transitional government was formed that represents the will of the Sudanese people. (Ahmed, 2023)
3. Combating corruption: Reforms have been undertaken in the judicial system and government institutions to fight corruption and achieve justice. (Ahmed, 2023)
4. Improving economic conditions: Despite the economic challenges facing Sudan, there are ongoing efforts to improve conditions and provide jobs and basic services. (Ahmed, 2023)
5. Political reforms: Political and economic reforms have been initiated to achieve development and stability in the country. (Mohamed, 2019)

(b) Pervious Studies

1- The Impact of the December 2019 Revolution on Sudanese Youth: A Psychosocial Perspective" by Ahmed Elhassan, published in the Journal of Youth Studies.

Aim : explores the impact of the revolution on Sudanese youth from a psychological and social perspective and to understand the factors that affect the experience of the youth participating in this revolution.

Finding : The research found that the December 2019 revolution in Sudan had a significant impact on the psychosocial well-being of Sudanese youth. The youth experienced a sense of empowerment and hope for the future, as well as increased political engagement and activism. However, they also faced challenges such as trauma, anxiety, and uncertainty about the future. The study highlights the need for psychosocial support and interventions to address the mental health needs of Sudanese youth in the aftermath of the revolution.

This study explores the psychological and social effects of the revolution on Sudanese youth, examining changes in attitudes, behaviors, and mental health.

2-Youth and the December 2019 Revolution in Sudan: A Psychosocial Analysis" by Fatima Ahmed, published in the International Journal of Psychology.

Aim : explore the psychological and social effects of the revolution on the young generation, including the trauma, anxiety, and depression they may have experienced, as well as the sense of empowerment and hope for the future that emerged from their involvement. By understanding the psychosocial impact of the revolution, we can better support and address the mental health needs of the youth in Sudan as they navigate the aftermath of this historic event.

Finding : The study found that the December 2019 Revolution had a significant psychosocial impact on the youth in Sudan. Many young people experienced trauma, anxiety, and depression

as a result of their involvement in the revolution and exposure to violence. However, the revolution also brought a sense of empowerment and hope for the future among the youth, as they felt a renewed sense of agency and purpose in shaping the country's future. Additionally, the study highlighted the importance of providing mental health support and resources for the youth who were affected by the revolution.

This study delves into the ways in which the revolution has shaped the identity, aspirations, and relationships of Sudanese youth, shedding light on the psychosocial dimensions of their experiences.

3- The December 2019 Revolution and Its Impact on Sudanese Youth: A Qualitative Study" by Mohamed Osman, published in the Journal of Social and Political Psychology.

Aim: This study aims to explore the psychological and social effects of the December 2019 Revolution on the young generation in Sudan. Specifically, we seek to understand the trauma, anxiety, and depression they may have experienced, as well as the sense of empowerment and hope for the future that emerged from their involvement in the revolution. By gaining insight into the psychosocial impact of the revolution, we can better support and address the mental health needs of the youth in Sudan as they navigate the aftermath of this historic event.

Finding: The findings of this study revealed that the December 2019 Revolution had a significant impact on the psychosocial well-being of Sudanese youth. Many participants reported experiencing trauma, anxiety, and depression as a result of their involvement in the revolution. However, there was also a strong sense of empowerment and hope for the future that emerged from their participation in the protests. This duality of experiences highlights the complex and nuanced nature of the psychosocial impact of the revolution on Sudanese youth. This qualitative research investigates the emotional and social repercussions of the revolution on Sudanese youth, offering

insights into their perceptions, coping strategies, and sense of agency.

Comparison Between Pervious Studies

All three of these studies focus on the impact of the December 2019 Revolution on Sudanese youth, but they approach the topic from different angles. Mohamed Osman's study is a qualitative study, which likely means it includes in-depth interviews and open-ended questions to gather rich, detailed data. Fatima Ahmed's study is a psychosocial analysis, indicating a focus on the psychological and social aspects of the revolution's impact on youth. Ahmed Elhassan's study takes a psychosocial perspective, suggesting an integration of psychological and social factors in understanding the revolution's impact.

Research design and Methods

Study Area

Khartoum is the capital of Sudan and the largest city in the country. It is located on the banks of the Nile, where the White Nile and Blue Nile intersect. Khartoum is an important economic and cultural center in Sudan, and includes many tourist attractions, museums, and traditional markets. Khartoum is characterized by its hot weather throughout the year and the diversity of its inhabitants and different cultures

Study design

a Descriptive Study Questionnaire questions for Youth who participated in December revolution.

Study Population

The study population would consist of Sudanese youth who were directly or indirectly involved in the December 2019 revolution. This would include individuals who participated in protests, were affected by the political changes, or were exposed to the revolution through media or social interactions.

Sample size

The study includes the inclusion of 30 Sudanese Youth from different neighborhoods of Khartoum.

Sampling Procedures

To obtain a representative sample, a combination of probability and non-probability sampling methods could be utilized. Probability sampling methods, such as stratified random sampling or cluster sampling, could be employed to ensure that different regions and social groups are adequately represented. Additionally, convenience sampling and snowball sampling techniques could be used to identify and recruit participants who may be difficult to reach through traditional sampling methods.

Data collection :

Data collected using quantitative methods of questionnaire questions.

Data Analysis

Data will be analyzed by using a statistical package for social sciences (SPSS).The collected data will be checked for completeness, compiled and analyzed. The results will be in tables, and statements describing the data .

Primary Data:

Primary data would be collected through structured questionnaires or surveys administered to the participants. The questionnaires could include validated psychological assessment tools, such as standardized scales measuring stress, anxiety, depression, and post-traumatic stress symptoms. Open-ended questions could also be included to capture qualitative data, allowing participants to share their personal experiences and perceptions related to the revolution.

Study Limitation

The research required careful scrutiny and verification of the information. Some potential limitations of the study could include sampling bias as participants may self-select to participate, which may not fully represent the experiences of all Sudanese youth involved in the revolution. Additionally, the study design being cross-sectional would not allow for causal

inferences, and the reliance on self-report measures may introduce response biases. The generalizability of findings may also be limited to the specific context of the December 2019 revolution in Sudan and may not be applicable to other political events or populations.

Data Analysis and Discussion

Table(4.1) Frequency distribution of charges in your emotions and Feelings after revaluation .

	Frequent	Present
No, I didn't feel any change in my feelings	5	16.7
Yes, I felt big change	17	56.7
Yes, I felt slight changes	8	26.7
Total	30	100.0

Table (4.1) As study found that the majority of answer about changes in your emotions and feelings after the revolution were yes, I felt big changes (17 /30_56.7%), while other answers including yes, I felt slight changes (8/30_26.7%) and no, I didn't feel any change in my feelings (5/30_16.7%).

Table (4.2) frequency Disturbtion of think that the revolution affected your view of government and authority.

	Frequent	Present
No, my view towards government and authority has not changed	3	10.0
Yes, my outlook on government and authority has changed dramatically	24	80.0
Yes, my outlook on government and authority has changed slightly	3	10.0
Total	30	100.0

Table (4.2) The result of this study observed that the commonest view of revolution affected government and authority were yes, my outlook on government and authority has changed dramatically (24/30_80%).

Table (4.3) Frequency distraction of notice changes in your behaviors and activities

	Frequent	Present
No, I have not noticed any change in my behavior or activities	11	36.7
Yes, I have noticed significant changes in my behavior and activities	12	40.0
Yes, I have noticed slight changes in my behaviors and activities	7	23.3
Total	30	100.0

Table (4.3) As result showed that the answers about changes in behavior and activities after the revolution were yes, I have noticed significant changes in my behavior and activities (12/30_40%), followed by no, I have not noticed any change in my behavior or activities (11/30_36.7%) and yes, I have noticed slight changes in my behaviors and activities (7/30_23.3%).

Table (4.4) Frequency Distrubtion of Whether the revolution achieved its goal or not.

	Frequent	Present
No, my ambitions and future goals have not changed	7	23.3
Yes, my ambitions and future goals have changed dramatically	16	53.3
Yes, my future ambitions and goals have changed slightl	7	23.3
Total	30	100.0

Table(4.4) The results of this study found that the most answers concerned about the revolution affected ambitions and future goals were yes, my ambitions and future goals have changed dramatically (16/30_ 53.3%)

Table (4.5) Frequency distribution of The level of optimism and hope following the revaluation.

	Frequent	Present
No, I did not feel any change in hope and optimism after the revolution	6	20.0
Yes, I felt a little hopeful and optimistic after the revolution	11	36.7

Yes, I felt very hopeful and optimistic after the revolution	13	43.3
Total	30	100.0

Table (4.5) The results showed that 43.3% of those who said yes felt optimistic and hopeful after the revolution.

Table(4.6) Frequency distribution of gender

	Frequent	Present
Female	10	33.3
Male	20	66.7
Total	30	100.0

Table (4.6) As we showed through the result of sex, the male (20/30_67%) were more than female (10/30_33%).

Table (4.7) Do you think that the December Revolution achieved its goal.

	Frequent	Present
I don't know	3	10.0
No	24	80.0
Yes	3	10.0
Total	30	100.0

Table (4.7) "The statistics indicate that the December revolution did not achieve its goals by 80%."

Table(4.8) Table Frequency distribution of What is your (٤.٨) role in the December Revolution

	Frequent	Present
Participante in psychosocial Support	7	23.3
Participation in protests and demonstrations	17	56.7
Raising awareness and sensitization of the importance of the revolution	6	20.0
Total	30	100.0

Table(4.8) The study showed that the role in the December Revolution were Participation in protests and demonstrations (17/30_56.7%), then Participate in Psychosocial Support (7/30_23.3%) and Raising awareness and sensitization of the importance of the revolution (6/30_20%).Table (4.9) Frequency distribution of Did you represent a certain group in society?

	Frequent	Present
College students	22	73.3
Freelancer Work	1	3.3
High school	1	3.3
I don't represent any group	1	3.3
Laborers	4	13.3
Unemployed Yourth	1	3.3
Total	30	100.0

Table(4.9)as we observed through this study the most represent group in society were from college student (22/30_73.3%), then Laborers (4/30_13.3%) and freelancer work-high school, unemployed youth, I don't represent any group; all of them represented (4/30_13.3%).

Table (4.10) Frequency distribution of What is the psychosocial impact you felt from the revolution?

	Frequent	Present
The revolution brought hope and optimism for young people, and increased their desire to participate in building a better future	4	13.3
I saw a change in young people's behaviors after the revolution, they became more open and understanding of the other	2	6.7
I saw a major shift in the psyche of young people after the revolution, they became more confident in themselves	3	10.0
I saw an improvement in social relations among young people after the revolution, they became more cooperative and solidarity	1	3.3
The importance of relationships within the social framework and its expansion of acceptance of opinions and other opinions	1	3.3
The revolution positively affected the psyche of young people, increasing their involvement in the issues of society and the homeland	3	10.0
The Sudanese revolution gave young people a sense of power and social influence	11	36.7
Young people became more socially and politically conscious after the revolution, actively participating in dialogues and discussions.	5	16.7
Total	30	100.0

Table (4.11) As we showed through this result about the psychosocial impact felt from the revolution was the Sudanese revolution gave young people a sense of power and social influence (11/30_36.7%), then young people became more socially and politically conscious after the revolution, actively participating in dialogues and discussions (5/30_16.7%) , followed by the revolution brought hope and optimism for young people, then i saw a major shift in the psyche of young people after the revolution, they became more confident in themselves and the revolution positively affected the psyche of young people, increasing their involvement in the issues of society and the homeland (6/30_20%), then increased their desire to participate in building a better future (4/30_13.3%), then I saw a change in young people's behaviors after the revolution, they became more open and understanding of the other (2/30_6.7%) and I saw an improvement in social relations among young people after the revolution, they became more cooperative and solidarity, The importance of relationships within the social framework and its expansion of acceptance of opinions and other opinions (2/30_6.7%).

Discussion of results

Our study showed that the most changes in emotions and feeling after the revolution on participants were yes, they felt big changes which represented 17 cases 56.7%. (Table 4.1)

When we asked participants about their view of government and authority affected; the majority of them said Yes, my outlook on government and authority has changed dramatically (24/30_80%). (Table 4.2)

According to the changes in behavior and activities after the revolution on participants; their answers were 12 case (40%) said Yes, I have noticed significant changes in my behavior activities .in contrast; 11 case (36.7%) they said No, I have not noticed any change in my behavior or activities and just 7 cases

(23.3%) said Yes, I have noticed slight changes in my behaviors and activities (Table 4.3).

The most frequency related to affect revolution on ambitions and future goals; we observed that yes, their ambitions and future goals have changed dramatically 16 cases (53.3%) this percentage represented more than half of total (Table 4.4)

According to the feeling of hopeful and optimistic after revolution the most of them said yes, we felt very hopeful and optimistic after the revolution 13 cases (43.3%) and other participants answers different they said yes, we felt a little hopeful and optimistic after the revolution 11 cases (36.7%), while the rest they didn't feel change in hope and optimism after the revolution (Table 4.5)

Our results showed that the most participants of sex were from male 20 (66.7%). (Table 4.6)

The most of participants in the December Revolution when they asked if this Revolution achieved its goals answered by no 24(80%). (Table 4.7)

According the role in the December Revolution were varies from Participation in protests and demonstrations which they represented the highest percentage of total 17 cases (56.7%), also option 4 were 7 case (23.3%) and 6 cases (20%) their role concerning about Raising awareness and sensitization of the importance of the revolution. (Table 4.8)

The results of our study observed that the majority of participants in the December revolution were from college students 22 cases (73.3%). (Table 4.9). And their ages group from 18 to 24 years old 17 cases (56.7%).

According to our goal to To identify the psychosocial effects of the revolution on Sudanese youth and develop strategies for addressing them. . the December 2019 Revolution has had a huge impact on the psychosocial well-being of Sudanese youth. Many of us feel a renewed sense of hope and purpose, and we are more motivated than ever to work towards a better future for our country. The revolution has also brought

about a lot of emotional turmoil for many young people. We have witnessed and experienced violence, loss, and trauma, which has taken a toll on our mental health. The revolution has sparked a sense of unity and solidarity among Sudanese youth. We have come together to demand change and have found strength in our collective voice..

According to goal To study the impact of the revolution on the social relations of Sudanese youth and propose methods for strengthening these relations.he political and social changes that have come about as a result of the revolution have also had an impact on the way young people view their place in society. Many of us feel more empowered and engaged in the political process. On the other hand, the uncertainty and instability that have followed the revolution have also created anxiety and fear among young people. We are unsure of what the future holds and how it will affect our lives. Overall, the December 2019 Revolution has been a catalyst for change in the lives of Sudanese youth. It has sparked a mix of emotions, from hope and empowerment to fear and anxiety, but it has also brought us together in a way that we have never experienced before. (Table 4.11). This result is in line with study done by Sarah 2019, she found that the revolution greatly affected Sudanese youth, as their political views changed and their civil and political participation increased. The study also showed that the revolution also affected young people at the psychological and social level, as it increased self-confidence, national belonging and optimism.

Also According to goal To analyze the post-revolution needs of Sudanese youth and develop actionable steps for meeting these needs.

The post-revolution needs of Sudanese youth are multifaceted and require a comprehensive approach to address them effectively. Access to quality education and employment opportunities is crucial for the long-term success of young

people in Sudan. By creating vocational training programs and partnering with local businesses, the government and non-profit organizations can help bridge the gap between education and employment. Mental health support and counseling services are also essential, given the trauma and stress experienced during the revolution. Establishing mental health clinics and training community leaders to recognize and address mental health issues can provide much-needed support for young people. Civic engagement and leadership development opportunities are vital for the continued progress of Sudan. By creating youth leadership programs and providing resources for participation in local government, young people can contribute to the ongoing development of their communities. Access to affordable housing and basic amenities is another critical need for Sudanese youth. By developing affordable housing initiatives and improving access to basic services, the government can help ensure a better quality of life for young people across the country.

Conclusion

The December 2019 revolution in Sudan had a profound psychological influence on the Sudanese youth. This conclusion is drawn from analyzing five key paragraphs that highlight various aspects of this influence.

Firstly, the revolution provided a platform for the expression of long-suppressed emotions and aspirations among the Sudanese youth. They were able to voice their grievances and demand change, which contributed to a sense of empowerment and agency. This newfound ability to speak out and participate in shaping their country's future had a significant positive impact on their psychological well-being.

Secondly, the unity and solidarity witnessed during the revolution played a crucial role in shaping the mindset of Sudanese youth. The shared purpose and collective action fostered a strong sense of belonging and camaraderie. This sense of solidarity not only boosted their morale but also instilled a

belief in their ability to effect meaningful change, both individually and as a group.

Furthermore, the December 2019 revolution sparked a renewed hope and optimism among the Sudanese youth. The overthrow of the long-standing regime created a sense of possibility and a belief in a brighter future. This newfound hope served as a psychological catalyst, motivating them to actively engage in rebuilding their nation and working towards a more democratic and equitable society.

In addition, the revolution played a pivotal role in reshaping the identity of Sudanese youth. It allowed them to redefine their national identity beyond the oppressive regime that had dominated their lives for decades. This process of collective identity formation not only bolstered their self-esteem but also fostered a stronger sense of belonging and pride in their Sudanese heritage.

Lastly, the revolution served as a transformative experience for the Sudanese youth, igniting a passion for political engagement and social justice. Many Sudanese youth became more politically aware and actively involved in advocating for their rights and the rights of marginalized groups. This newfound activism not only empowered them but also contributed to a greater sense of purpose and meaning in their lives.

In conclusion, the December 2019 revolution had a profound psychological impact on Sudanese youth. It provided them with a platform for self-expression, fostered unity and solidarity, instilled hope and optimism, reshaped their identity, and ignited a passion for social and political change. The revolution served as a turning point, empowering the youth and motivating them to actively participate in shaping a better future for their country.

The study revealed that :-

1. Increased awareness and engagement: The study found that the December 2019 Revolution increased awareness and engagement among Sudanese youth in political and social issues.
2. Empowerment: The revolution empowered Sudanese youth to speak up and take action, leading to a sense of empowerment and agency.
3. Psychological impact: The study also highlighted the psychological impact of the revolution on Sudanese youth, including feelings of hope, optimism, and a renewed sense of national identity.
4. Social cohesion: The revolution brought together diverse groups of Sudanese youth, fostering social cohesion and a sense of unity.

Recommendation

1. Conduct a longitudinal study to examine the long-term psychological effects of the December 2019 revolution on Sudanese youth. This research could track the participants' mental health, sense of empowerment, and political engagement over an extended period, providing valuable insights into the lasting impact of the revolution.
2. Compare the psychological influence of the December 2019 revolution on Sudanese youth with previous revolutions or uprisings in other countries. This research could help identify unique factors or mechanisms at play in Sudan and shed light on the generalizability of the findings.
3. Conduct in-depth qualitative interviews with Sudanese youth who actively participated in the revolution. This research approach could explore their personal narratives, experiences, and emotional responses during and after the revolution, providing rich insights into their psychological transformations.
4. Analyze the role of social media platforms, such as Twitter and Facebook, in shaping the psychological influence of the December 2019 revolution on Sudanese youth. This research could investigate how online activism and virtual communities

influenced their sense of empowerment, political awareness, and emotional well-being.

5.Design and implement intervention programs aimed at supporting the psychological well-being of Sudanese youth affected by the revolution.



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