

**CHALLENGES IN ADDRESSING GENDER BASED VIOLENCE. A CASE
OF ARUSHA DISTRICT TANZANIA**

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**A DISSERTATION SUBMITTED IN PARTIAL FULFILMENT OF THE
REQUIREMENTS FOR THE DEGREE OF MASTER OF SOCIAL WORK
OF THE OPEN UNIVERSITY OF TANZANIA**

2020

CERTIFICATION

The undersigned certifies that she has read and hereby recommends for acceptance by The Open University of Tanzania a dissertation entitled; "Challenges in Addressing Gender Based Violence in Arusha Region Tanzania" in partial fulfilment of the requirements for the degree of Master of Social Work of The Open University of Tanzania.

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DECLARATION

I, Grace Nkya, do hereby declare that, this dissertation is my original work and that; it has not been presented and will not be presented to any other University for a similar or any other academic award.

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Signature

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Date

DEDICATION

This research is dedicated to the Family of Nkya Grace my lovely husband Gerald Mushi, my children Clara, Jairous, Emanuel and my lovely housemaid Lea Joseph for their encouragement and humility when I was busy day and night for this work.

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I would like to thank God for enabling me to complete this study successfully. I also thank my family members for their moral and spiritual support during the whole period of my studies. Their encouragement, advice and support enabled me to successfully conclude this study.

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Lastly, but not least my kind appreciations to women in Arusha District in Ngaramtoni and Englalaoni wards who participated in this study as respondents.

ABSTRACT

The study explored the challenges for addressing gender based violence in Arusha, Tanzania. The study had three objectives including: To identify the various forms of Gender Based Violence in Arusha, Tanzania; to find out challenges for addressing Gender Based Violence in Arusha, Tanzania and to assess the measures taken to address Gender Based Violence in Arusha, Tanzania. This study employed questionnaires and a sample of 100 respondents where both secondary and primary data collection methods were used. Data was analysed through descriptive statistics so as to produce frequencies, tables and graphs by using Statistical Package for Social Sciences Results revealed several forms of violence including: physical violence, sexual violence, emotional violence, economic violence, and the cultural violence. Also major challenges found were Traditional beliefs and practices, low literacy level, shame, poverty, breakdown, and fear of retribution, Furthermore, results showed that the following measures are taken to address gender based violence in Arusha: one is education that is to educate the society raise their voice to fight violence in their families, communities, work place, institutions and countries; second Capacity building to different actors to address Gender Based Violence and just to mention a few this may take a form of raising public awareness on human rights and community level training for attitudinal change on violence against women; third to create a strong laws to ensure the laws are implemented effectively so as to reduce Gender Based Violence; forth is advocacy and change for example advocate including interventions to change or improve legislations also advocate for policies to fulfill all level of commitments to combat Gender Based Violence and deal with root causes of gender inequalities and lastly most of the women to be

participated in the political process so as to raise their voices in the parliament based on the Gender Based Violence so as the international organizations and world in general to understand quickly in order to conduct research in order to identify the extent to which communities see violence as a problem for further actions to be taken. The study recommend that, sustainable education is needed so as to empower women, also the Government, individuals and the private sector must ensure awareness and the implementation of the laws are practiced. Again Ministry of Health, Community Development, Gender, Elderly and Children must be engaged in the research based on Gender Based Violence to understand the problems effectively and translate the policy into action. Also the social workers must play their roles in the society to reduce Gender Based Violence through their roles, theories, ethics, conduct a research to show the effects of Gender Based Violence to the individual and community and strengthening individual and community knowledge and skills.

TABLE OF CONTENTS

CERTIFICATION.....	ii
COPYRIGHT	iii
DECLARATION	iv
DEDICATION	v
ACKNOWLEDGEMENTS.....	vi
ABSTRACT	vii
TABLE OF CONTENTS.....	ix
LIST OF TABLES.....	xiii
LIST OF FIGURES.....	xiv
LIST OF ABBREVIATIONS.....	xv
CHAPTER ONE	1
BACKGROUND AND STATEMENT OF THE PROBLEM.....	1
1.1 Introduction	1
1.2 Background to the Study.....	1
1.3 Statement of the Problem.....	4
1.4 Research Objectives.....	5
1.4.1 Specific Research Objectives	6
1.5 Research Questions.....	6
1.6 Relevance of the Study	6
1.7 Organization of the Proposal.....	7
1.8 Scope of the Study.....	7
1.9 Limitation of the Study	8

CHAPTER TWO.....	9
LITERATURE REVIEW.....	9
2.1 Overview	9
2.2 Conceptual Definitions.....	9
2.2.1 Gender	9
2.2.2 Gender-Based Violence.....	9
2.2.3 Intimate Partner Violence.....	10
2.2.4 Sexual Violence	10
2.2.5 Female Genital Cutting.....	11
2.2.6 Child Marriage	11
2.2.7 Human Trafficking.....	11
2.3 Theoretical Analysis.....	13
2.3.1 The Ecological Model	14
2.4 Empirical Analysis of Relevant Studies	15
2.4.1 Forms of Gender Based Violence	16
2.4.2 Challenges in Addressing Gender Based Violence.....	20
2.4.3 Measures Taken in Addressing Gender Based Violence	23
2.5 Research Gap	25
2.6 Conceptual Framework of the Study.....	26
CHAPTER THREE.....	29
RESEARCH METHODOLOGY.....	29
3.1 Overview	29
3.2 Research Design.....	29
3.3 Area of the Study	30

3.4	Study Population	31
3.5	Sample Size	31
3.6	Sampling Techniques	32
3.7	Data Collection Methods	32
3.7.1	Secondary Data	32
3.7.2	Primary Data	33
3.7.3	Questionnaires.....	33
3.8	Reliability and Validity of Data	34
3.8.1	Validity	34
3.8.2	Reliability	34
3.8.3	Ethical Considerations.....	35
3.9	Data Analysis	35
CHAPTER FOUR		36
RESEARCH FINDINGS AND DISCUSSION		36
4.1	Introduction	36
4.2	Demographic Characteristics of the Respondents	36
4.2.1	Marital Status	36
4.2.2	Occupation Level of the Respondents	37
4.3	Finding Based of Objectives	39
4.3.1	The First Objective: To Identify the Various Forms of Gender based Violence in Tanzania	39
4.3.2	The Second Objective: To Find Out Challenges in Addressing Gender Based Violence in Arusha, Tanzania	41

4.3.3	The Third Objective: To Assess the Measures taken in addressing Gender Based Violence in Arusha region, Tanzania	44
CHAPTER FIVE		48
SUMMARY, CONCLUSION AND RECOMMENDATION		48
5.1	Summary of the Findings.....	48
5.2	Conclusion	49
5.3	Recommendations	50
5.3.1	For Policy Makers	50
5.3.2	Recommendations for Ministry of Health, Community Development	50
5.3.3	To the Community.....	51
5.3.4	To the Social Workers	52
5.3.5	To the Individuals and Private Sector.....	52
5.3.6	Suggested Area for Further Research	53
REFERENCES		54
APPENDICES.....		58

LIST OF TABLES

Table 4.1: Marital Status of Respondents	36
Table 4.2: Occupation Level of the Respondents.....	38
Table 4.3: The Forms of GBV	39
Table 4.4: Challenges in Addressing GBV	42
Table 4.5: Suggested Measures to be Taken.....	44

LIST OF FIGURES

Figure 2.1: The Ecological Model.....	14
Figure 2.2: Conceptual Framework of the Study	27
Figure 3.1: Location of the Area of the Study.....	30
Figure 4.1: Marital Status of Respondents.....	37
Figure 4.2: Occupation Level of the Respondents	38
Figure 4.3: The Forms of GBV Experienced Most	40
Figure 4.4: Challenges in Addressing GBV.....	42
Figure 4.5: Suggested Measures to be Taken.....	45
Figure 4.6: Comments about GBV	46

LIST OF ABBREVIATIONS

CEDAW	Convention on the Elimination of all forms of Discrimination against Women
FGC	Female Genital Cutting
FGM	Female Genital Mutilation
GBV	Gender Based Violence
ICRW	The International Center for Research on Women
LAS	Legal Aid Services
LHRC	Legal and Human Right Centre
LSF	Legal Services Facility
MOHCDGEC	Ministry of Health, Community Development, Gender, Elderly and Children
NAFGEM	Network against Female Genital Mutilation
SDG	Sustainable Development Goal
TAMWA	Tanzania Media Women Association
TAWLA	Tanzania Women Lawyers Association
TDHS	Tanzania Demographic and Health Survey
UN	United Nation
USA	United States of America
USAID	United States Agency for International Development
VAW	Violence against Women
WHO	World Health Organization

CHAPTER ONE

BACKGROUND AND STATEMENT OF THE PROBLEM

1.1 Introduction

This chapter provides the background to the problem and the situation of gender based violence in the global, regional, and local contexts. It also covers the statement of the problem, the study objectives, and concludes with the conceptual framework of the study.

1.2 Background to the Study

Globally, gender based violence has been a problem since time immemorial. Efforts have been made by putting in place United Nations declarations on the rights of women and domesticated in municipal laws and policies but the said problem have never ended (WHO, 2013). The level of the Gender Based Violence is not the same around the world; its intensity differs from country to country. In developed countries, strict laws and policies have managed to reduce the problem to great extent but in developing countries like in Africa and Asia the story has been painted in black and white meaning that the problem is still high (Naker et al.,2004).

The GBV has remained a common form of human rights violation committed against women the rate of which has been alarming. Calls have been made for individual countries to take action to eradicate the problem. Mwinula (2006) suggested that, looking at the local challenges is one way of looking for solution. Generally, gender based violence subjected to women have been tolerated by members of community thus giving room for them to grow. The violence against women cuts across the race, class and ethnicity. The GBV stems from patriarchal system, which elevates men

over women. Men control women in most spheres of life from social, political and economic aspects. At the world level a man is still a breadwinner for the family. He determines the manner in which resources are shared among the members of a given society. At political level a man dominates the work relations (Mwinula, 2006).

Gender based violence come in many forms. The most common form of it is the domestic violence, that should be settled within the household and this has had some difficulties in ensuring laws are enforced and harsh sentences given to deter perpetrators. In their analysis of gender-based violence, Wies and Haldane (2011) explain that in order to fully address gender-based violence, there is need to note that gender-based violence is structural violence that is systematically perpetrated up to macro levels by entrenching oppression and exploitation. This means that even at household level, gender-based violence is deeply sustained using culture or tradition and this unfortunately transcends to the broader economy, for example when women have limited decision making in the household, this to some extent can be mirrored with low numbers of women in decision-making positions at higher levels including parliament (Haldane et al., 2011)

Gender based violence results from increasing modernity and social-economic transformation in the way of life in both rural and urban areas (WHO, 2013). The said changes have led to the disruption of social structures, men's loss of traditional roles, rapid changes in cultural traditions, poverty, frustration due to lack of productive work, decent or well-paid labour, alcohol and drug abuse and lack of respect for human rights (USAID, 2008). Information provided by UNFPA, shows that 1 in 3 women experience GBV and country-level population-based studies

indicate that prevalence rates of physical intimate partner violence vary from 13 percent in South Africa to as high as 49 percent in Ethiopia (WHO,2008). Levels of sexual violence vary from 7 percent in South Africa to 59 percent in Ethiopia while other countries range between 15-31 percent (USAID, 2008).

According to a study done by WHO (2005) 20-66 percent of women did not tell anybody about the violence they underwent before the interview. It also showed that between 55-80 percent of the women did not seek help from anybody due to the limited availability of formal services, financial constraints, empowerment and fear of stigma. Garcia-Moreno *et al.*, notwithstanding, indeed wife battering is prevalent and largely condoned by many communities in Kenya. Traditional culture permits a man to discipline his wife physically and condones spousal rape ref. A study by WHO (2005) found that 42 percent of women in Kenya were regularly beaten by their husbands.

Women continue to be subjected to various forms of human rights violation such as beating, genital mutilation and rape (WHO, 2013). To add on that, GBV increases women's vulnerability to reproductive health problems. GBV negatively affects women well-being and decreases their ability to freely participate in their families and communities. GBV also hurts children, men and families by creating a culture of fear and mistrust that leads to lack of intimacy and safety within familial and intimate relationships (WHO, 2005).

In East Africa, violence against women has gone high. Data from Gender Violence Recovery Center in Nairobi show that cases of gender violence have increased

steadily over the last four years. The recovery centre confirm that women were killed and impact on survivors is enormous causing mental, psychological and physical illnesses that require medical attention

In Tanzania, Gender Based Violence is widespread in the year 2010 according to Tanzania Demographic and Health Survey, over 20% of Tanzanian women, aged 15-49 years reported having experienced sexual violence in their lifetime and nearly 40% reported having experienced physical violence. The same survey showed that 44% of ever-married women had experienced physical or sexual violence from an intimate partner in their lifetime. Despite this high prevalence of violence, formal support services for survivors are inadequate (McCleary-Sills, 2013).

1.3 Statement of the Problem

GBV has become an international issue, the level of which is increasing at alarming rate. In line with the above scenario, the late Kofi Annan once said that gender based violence is the most shameful human rights violation in the world. Tanzania on its side has beefed up effort to contain the said problem that persists at varying levels in the country but relatively little has been on the ground especially in Arusha District. In short the dream for a zero gender-based violence remains a distant dream in Tanzania.

Several efforts have been made to address gender violence, for example, at the World Conference for the International Women's Year in 1975 in Mexico City, a World Plan of Action was adopted to address gender inequality and discrimination. This Plan of Action called for the adoption of a convention on the elimination of

discrimination against women. In 1979, with growing support around the world, the UN General Assembly adopted the Convention on the Elimination of All Forms of Discrimination (CEDAW) which is the International Bill of Rights for Women but little progress has been recorded on the ground. Again, 2030 Agenda by the UN has 17 goals and goal number 5 is to achieve gender equality and empowering all women and girls (UN, 2015). These unique goals are for all countries for the promotion of prosperity and it is the responsibility of every country to follow-up the progress.

According to the report of UN-Women in Africa, there is a gap in laws and policies on the integration of gender equality for sustainable development. Countries do not constitute gender equality and continue to maintain those discriminatory practices, which are in the favour of men, and Africa remains as a living example. The sustainable development goals (SDG) call for the preservation of gender equality for the sake of world peace and development. Research on challenges of eliminating GBV violence remains a priority for the enhancement of women rights and inclusive development for both men and women (UN, 2015). GBV has a greater impact on women and girls, as they are most often the survivors and suffer greater physical damage than men when victimized (WHO, 2005) This study therefore complements the previous studies by looking at challenges in addressing gender based violence. The study also shed light on the prevailing forms of Gender Based Violence in Tanzania and advocating ultimate measures to the problem

1.4 Research Objectives

The general objective of this study is to explore challenges in addressing gender-

based violence in Tanzania.

1.4.1 Specific Research Objectives

The study was guided by the following specific objectives

- i. To identify the various forms of gender based violence in Arusha
- ii. To find out challenges for addressing gender based violence in Arusha
- iii. To assess the measures taken to address gender based violence in Arusha

1.5 Research Questions

The following questions guided the study;

- i. What are the various forms of gender based violence found in Arusha?
- ii. What are the challenges for addressing gender based violence in Arusha?
- iii. What are the measures taken to address gender based violence in Arusha?

1.6 Relevance of the Study

The conduct of the study was important in effort to fight against gender based violence in a number of ways:- The findings of this study shows the gaps on the preventions so far in place to fight against gender-based violence to women and girls in Arusha District. The study findings would inform the Ministry of Health, Community Development, Gender, Elderly and Children in Tanzania on the interventions which need to be improved in order to make the life of women and girls better.

The findings would add to the current body of knowledge and debates about the concepts of gender-based violence and women and girls. The study results would

help to inform the government and NGOs in Tanzania on the strategies they need to promote so as to play active role in the fight against violence to women and girls in Tanzania. Findings would enlighten the government and other stakeholders to improve the existing interventions and response to gender-based violence and to design more effective strategies to eliminate sources of abuse and discrimination against women and girls.

1.7 Organization of the Proposal

The organization of this dissertation contains five chapters. The first chapter is dedicated to the introduction, which contains description of the background to the problem, statement of the problem, the establishment of research objectives and research questions, significance of the study. Chapter two presents literature review which covers conceptual definitions of important terms of the study, theoretical and empirical literature review and establishing the existing research gap and the theoretical framework which provides an overview of the main constructs used in the study. Also chapter two presents the theoretical model. Chapter three presents the research materials and methodology, Chapter four was provide the presentation of findings and results. Chapter five exhausts a descriptive discussion of findings or results, conclusion and recommendations.

1.8 Scope of the Study

The study was conducted in Arusha District. The selection of this area based on the fact that most of the institutions including Non-Governmental Institutions -NGOs- dealing with prevention and response to violence against women and girls located in

this area. In addition, it is more convenient to conduct this research in this area because it was easier to reach the institutions and the study participants.

1.9 Limitation of the Study

This study is expected to meet hurdles on the way; financial constraint is one of them. The meagre financial resources at the disposal of a researcher may negatively affect the timely preparation of the research report. Money is needed for stationery work and a paid third part (Language Editor) is needed for proof reading the entire document. Time is not friendly to a researcher, the short time available between proposal work and time of submission may negatively affect the depth of information presented in the final report.

Gender violence issues bear sensitivity and some respondents may feel shy to participate to the exercise. Some respondents are not used to filling the questionnaire as they equate to it as revealing their privacy. Moreover, some would demand money to participate in the study. Despite the above limitations, the researcher is confident that the data collected was reliable and valid.

CHAPTER TWO

LITERATURE REVIEW

2.1 Overview

This chapter presents literature review that covers the already existing conceptual definitions, theoretical and empirical literature reviews as a part of establishing the existing research gap in relation with the research topic. The basis of the theoretical and empirical literature reviews fall within the limits of the existing knowledge of the concept and perspectives on gender based violence.

2.2 Conceptual Definitions

2.2.1 Gender

The concept 'gender' is difficult to define because different people have different perceptions due to different cultural values. (WHO, 2001) defines the term gender as the economic, social and cultural attributes and opportunities associated with being male or female at a particular point in time. For the purpose of this study gender refers to the socially constructed roles, responsibilities, identities and expectations assigned to men and women (WHO, 2001). It contrasts with the fundamental biological and physiological differences between males and females, which are known as secondary sex characteristics. Gender roles differ between cultures and communities and over time.

2.2.2 Gender-Based Violence

Gender-based violence is 'any harmful act that is perpetrated against a person and that is based on socially ascribed (gender) differences between males and females' (IASC, 2005). GBV has a greater impact on women and girls, as they are most often

the survivors and suffer greater physical damage than men when victimized (WHO, 2005) suffer. In fact, the term 'gender-based violence' is often used interchangeably with the term 'violence against women.' The term is also used to point to the dimensions within which violence against women takes place: women's subordinate status (both economic and social) makes them more vulnerable to violence and 'contribute to an environment that accepts, excuses, and even expects violence against women.' In this study we consider only women GBV has a greater impact on women and girls, as they are most often the survivors and suffer greater physical damage than men when victimized (WHO, 2005)

2.2.3 Intimate Partner Violence

The above GBV covers 'any behaviour within an intimate relationship that causes physical, psychological, or sexual harm to those in the relationship. Such behaviour includes: Acts of physical aggression: such as slapping, hitting, kicking, and beating. Psychological abuse: such as intimidation, constant belittling, and humiliating. Forced intercourse and other forms of sexual coercion. Economic abuse such as withholding funds, controlling survivor's access to healthcare, employment, and so on (WHO, 2005).

2.2.4 Sexual Violence

'Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person's sexuality using coercion, by any person regardless of their relationship to the survivor, in any setting, including but not limited to home and work' (Krug et al., 2002).

2.2.5 Female Genital Cutting

Full or partial removal of girls' external genitals often performed under dangerous, unsanitary conditions and without anaesthesia for cultural or non-therapeutic reasons (Garcia-Moreno et al., 2000). Female Genital Cutting (FGC) is one of the GBV because the girls have got no decisions to avoid it because of his age and that female genital mutilation sometimes causes HIV/AIDS due to local instruments used.

2.2.6 Child Marriage

Marriage of a person at an age at which she/he is not fully able to consent to the marriage and/or marriage at an age which results in vulnerability to reproductive health problems, psychosocial damage, or denial of education. Many married children and adolescents have been forced into marriage or may be too young to make an informed decision about their marriage partner or of the implications of the marriage itself (UNICEF, 2001). Early child marriage is both a risk factor for GBV and a form of gender-based violence in and of itself because the child has got no the right decisions to do something based in her age majority is difficult to reasons (UNICEF, 2001).

2.2.7 Human Trafficking

The recruitment, transportation, transfer, harbouring, or receipt of persons, by means of threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual

exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs (WHO, 2013). In women and girls human trafficking creates GBV and GBV has a greater impact on women and girls, as they are most often the survivors and suffer greater physical damage than men when victimized (WHO, 2005)

Literature reveals that the most common forms of GBV against women practiced in Tanzania take different forms throughout women's and children's lives, including: wife beating, sexual violence such as marital rape, deprivation of basic necessities, early marriage, abuse of elderly, cultural practices like FGM, cleansing of widows/widowers and marriage between two women *önyumba nthobhu1ö* (Sikira *et al.*, 2010; NBS and ICF Macro, 2011; LHRC, 2012; LHRC, 2013) also Nyange *et al.* (2016) reported that, wife beating, deprivation of basic necessities and marital rape are the most common forms of GBV against women practiced in Kongwa and Morogoro Rural districts, Tanzania.

For the initiatives to eliminate GBV against women to be successful, it is crucial to change women's attitude, because positive attitude towards GBV is associated with actual occurrence of violence (Antai, 2008). The Government of Tanzania has made efforts in tackling GBV against women through ratification of legal instruments on the rights of women. These include: the Convention for the Elimination of All forms of Discrimination Against Women (CEDAW), the Sexual Offences Special Provision Act of 1998 (SOSPA) aiming at punishing the perpetrators of violence and the Protocol to the African Charter on Human and Peoples' Rights on the Rights of

Women in Africa (Maputo Protocol). Also various Legal Aid Services (LAS) providers were established with the aim of enhancing awareness of women on human legal rights including all forms of GBV against women such as FGM (Legal and Human Right Centre (LHRC), 2004). This study assumed that intervention programmes undertaken by LAS providers and other development actors, through dissemination of information about women legal rights and harmful practices such as FGM would enhance knowledge on the effect of GBV against women among victims and perpetrators.

Consequently, the knowledge contributes to one's attitude towards GBV against women. This assumption concurred with Ajzen (1991) who assumes that humans are essentially rational and can use information available to them to make reasonable behavioural decisions; such information induces one's attitude towards certain behaviour. In line with this background it is important to assess determinants of women attitudes towards GBV against women in context of LAS intervention. Flood and Pease (2009) highlighted various factors influencing attitude of women towards violence against women such as age, witness of violence, religion and education campaign. Several studies have been conducted on attitude of women towards GBV against women in Tanzania. For example, a study by Abeid *et al.*, (2015) determined knowledge of and attitude towards sexual rape and sexual abuse; while Sikira (2010) examined attitude of women towards GBV

2.3 Theoretical Analysis

This study was anchored on some basic theory/model, which supports the main theme of the study. The model includes the ecological model.

2.3.1 The Ecological Model

One theoretical base to understand violence against women is the Ecological Model. The model studies factors active in four distinct spheres: individual, family, communitarian and sociocultural, as shown in Figure 2.1. This model focuses on violence in the interaction among its distinct levels.

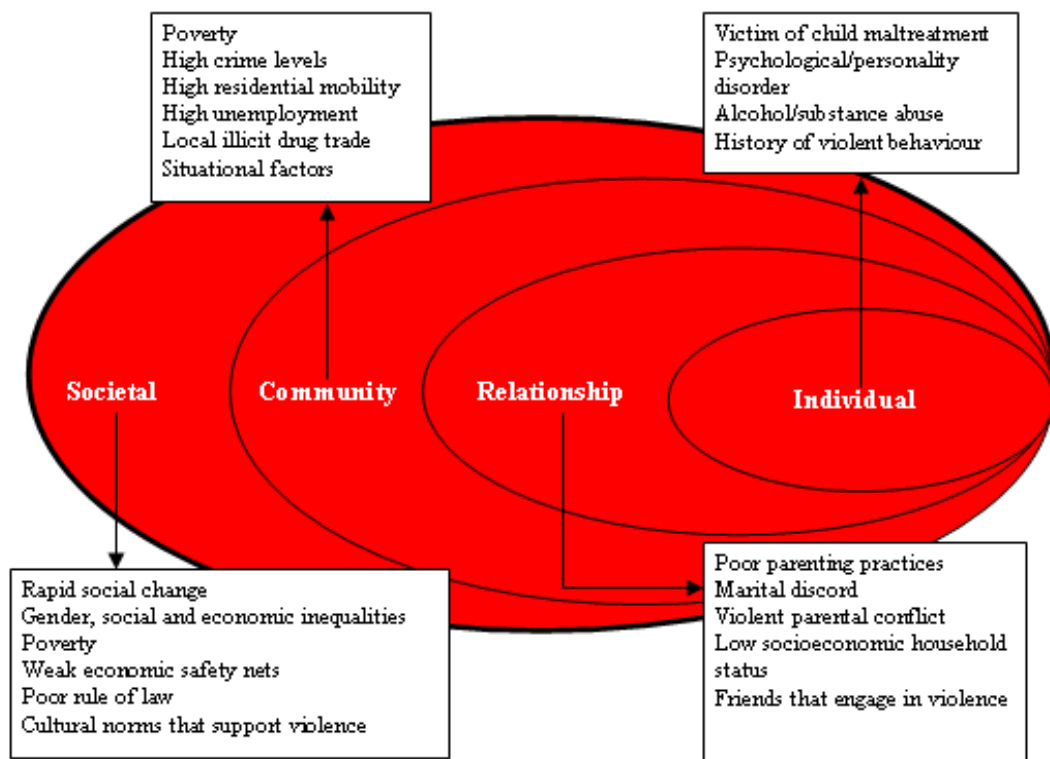


Figure 2.1: The Ecological Model

Source: researcher, 2020

Figure 2.1 shows the superposition of different rings, illustrating how factors at different levels reinforce or modify each other. Thus, for example, the probability that a person with an aggressive personality will act violently inside a family or community that is used to solving conflicts through violence is higher than if he is in a more pacific environment.

Gender Based Violence is increasingly faced as an important public health problem. Thus, there is an urgent need to establish early detection and effective intervention programs. There is a wider offer of victim support and protection services, providing orientations, legal advice, educative and work training. Some of these develop alternative services, directed at the aggressors, as physical violence exerts economic, morbidity and mortality repercussions in different age groups. GBV has a greater impact on women and girls, as they are most often the survivors and suffer greater physical damage than men when victimized (WHO, 2005).

2.4 Empirical Analysis of Relevant Studies

A study by Janvier Rugira (2015) on the forms, causes, and effects of violence against women in Mbulu Tanzania examined the nature and prevalence of Violence against Women (VAW), and how such affects women to make recommendations to reduce the same in Tanzania. The study used mixed method of data analysis where ninety-eight (98) respondents conveniently participated in the study in one small district of Tanzania. Findings indicated that forms of VAW as including (1) lack of husband's tolerance and patience; (2) excessive alcohol consumption, (3) jealousy; (4) economic conditions such as lack of food and other needs. The effects range from (1) physical injury e.g. constant headache; sleep disturbances; (2) psychosocial problems i.e. excessive fear, (3) suicidal ideation and hatred of men, (4) destruction of the family unit. The study on Challenges against women was recommended.

A study by Charlotte Watts Was on Violence by an intimate partner, including violence during pregnancy. The study was conducted in Mbeya and Dar es Salaam, Tanzania, in 2001-2002, as part of the WHO Country Study on Women's Health and

Domestic Violence against Women. Women about 88 percent reported being physically assaulted during pregnancy by their Partner. 75 percent reported blows to the abdomen. More than a third of women experiencing the violence in each setting reported that it started during pregnancy. Factors significantly associated with higher likelihood of partner violence during pregnancy included being currently unmarried, having had children from different fathers, partner's unfaithfulness and his refusal to use contraception.

While interventions on partner violence during pregnancy have been tested in antenatal services in some developed countries, effective solutions for how to intervene in low-resource settings like Tanzania are still needed. A study conducted by Sikira *et al.*, (2010) in Serengeti District in Tanzania reported that the majority of women had positive attitude towards GBV against them, which is likely to slow down the process of eradicating GBV. Changing victims and perpetrators' attitude towards GBV is highlighted as a stepping-stone towards elimination of GBV (Sikira *et al.*, 2010).

2.4 .1 Forms of Gender Based Violence

2.4.1.1 Physical Violence

Is any intentional act causing injury or trauma to another person or animal by way of bodily contact. In most cases, children are the victims of physical abuse, but adults can also be victims, as in cases of domestic violence or workplace aggression for example Slapping and throwing something, pushing or choking, pinching, pulling a woman's hair, hitting, clubbing, kicking, dragging, burning, throwing acid or boiling water, threatening or actually using a weapon (Kaufman, 2014). This form of GBV

involves hitting, slapping, kicking, punching, pushing and so forth. Weapons such as knives and other sharp instruments are often used during physical violence (Sigsworth 2009; Tshwaranang Legal Centre 2012).

Physical violence is the most common measure of partner violence (Jewkes, 2002; Artz, 2011). It involves action such as slapping, kicking, punching, hitting, beating, choking (struggle for air), and mutilation (WHO, 2012, Kelly & Johnson, 2008). According to the Centre for Disease Control (2015), physical abuse is intentional with the purpose of causing harm or even death to another person. A recent study by Peltzer and Sengpid (2013) found that physical abuse aimed at women was at its highest when coupled with alcohol and drug abuse, which is a great concern in the South African context.

2.4.1.2 Emotional Violence

Emotional abuse, is a form of abuse, characterized by a person subjecting or exposing another person to behavior that may result in psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder (John *et al.*, 2014). Emotional Violence is one of the complex forms of abuse. Activists and writers on GBV like Krug *et al.*, (2002) have branded it to involve various controlling behaviours such as, isolating a person from his/her family and friends, monitoring his/her movements, restricting his/her access to information or assistance intimidation, constant belittling (condemnation), and humiliating.

Being insulted or made to feel bad about herself, being belittled or humiliated in front of others, being scared of the male perpetrator, by the way the male partner

looked at her, by yelling, by smashing things, by having the male partner threaten to hurt someone she cared about, harassment, degrading comments, threatening with divorce or intentions of taking another wife (Sabrina et al., 1991). Emotional violence often involves verbal abuse, name calling and belittling of the other. It entails acts of embarrassment, humiliation and disrespect. These acts affect one's sense of self, self-esteem and self-confidence (Ludsin & Vetten 2005).

2.4.1.3 Cultural Violence

Cultural violence' is defined here as any aspect of a culture that can be used to legitimize violence in its direct or structural form (Galtung, et al., 1990). Examples of cultural violence are indicated, using a division of culture into religion and ideology, art and language, and empirical and formal science. In an African cultural/traditional setting, Violence against girls/women remains a controversial and sensitive phrase. This is because of norms, values, and traditions, which for decades have condoned some practices that would automatically qualify as 'violence' in Western societies. In many African societies (traditional or not) individuals have been socialized to accept gender differentiated roles and treatment – some of them discriminatory – as a way of life and good for societal balance (John *et al.*, 2014). Being enforced to act against your will, restriction to individual's freedom and deprivation of widow's rights

2.4.1.4 Socio-Economic Violence

Being deprived of economic opportunities and being deprived of inheritance's rights. This type of violence is interpreted by the WHO (2005) to include Economic abuse such as withholding funds, controlling survivor's access to healthcare, employment,

and so on. This is the Discrimination and/or denial of opportunities, services .Exclusion, denial of access to education, health assistance or remunerated employment; denial of property rights.it may be by Family members, society, institutions and organizations, government actors (Kaufman, 2014). Economic violence this includes control of a partner's assets, access to money and other economic resources. The male partner may be reluctant for his female partner to work or may manage and abuse her payment for work done (Ludsin & Vetten 2005).

2.4.1.5 Sexual Violence

The World Health Organization (WHO) in its 2002 World Report on Violence and Health defined sexual violence as: "any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person's sexuality, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work". Being forced to have sexual intercourse when the female partner did not want because she was afraid of what the partner might do; was involuntary to do something sexual that she found degrading or humiliating, specific attacks on the breasts or genitals. Sexual violence this is the most common form of GBV and may involve rape, sexual harassment, sexual exploitation and trafficking for sexual purposes (Mathews 2010; Vetten 2003).

Sexual violence involves forced or coerced sexual intercourse, including obtaining sex without the consent of the person being violated (WHO, 2012; Muehlenhard & Kimes, 1999). Similarly, according to Fileborn (2011) "sexual assault includes intentionally or recklessly engaging in a sexual act whether or not it involves

penetration of the vagina by the penis without the consent of the victimö.

2.4.2 Challenges in Addressing Gender Based Violence

During the last few decades, gender-based violence has gained international recognition as a grave social and human rights concern. In Tanzania, GBV is widespread. In the 2010 TDHS, over 20% of Tanzanian women aged 15-49 years reported having experienced sexual violence in their lifetime and nearly 40% reported having experienced physical violence. The same survey showed that 44% of ever-married women had experienced physical or sexual violence from an intimate partner in their lifetime. Despite this high prevalence of violence, formal support services for survivors are inadequate (McCleary-Sillset, 2013).

TAWLA (2004) reported Culture - in particular, customs that contradict constitutional laws. For example, the Land Acts recognize womenö rights to own property; yet customary laws and traditional systems deny women these rights. They further noted that; the Tanzanian constitution, CEDAW, the Land Acts and the Law of Marriage Act, stipulate that women and men in Tanzania have equal property rights, but customary legal practices tend to undermine womenö ability to acquire, inherit, maintain, and dispose of property.

A study conducted by Sewando *et al.*, (2014) titled Gender Based Violence in Kilimanjaro Region, Tanzania, this survey holds; among the study communities there are Gender Based Violence practices rooted from Cultural and custom values nurtured by the respective communities. Among the cases reported the Moshi District Council was seen to have higher frequency of occurrences of the cultural

Violence. Other Challenges for Addressing Gender Based Violence are as follows

2.4.2.1 Laws

Gender-based violence is a grave reality in the lives of many women in Tanzania. Based on this fact the Tanzanian government has introduced different measures to address the problem of Gender-Based Violence as follows (TDHS, 2010). Introduction of laws: Tanzanian law has shown some progress in preventing and punishing GBV crimes. For example, the Sexual Offence Special Provisions Act of 1998 poses harsh penalties for perpetrators of sexual violence.

Adoption of Human Rights Instruments: A number of human rights instruments in Tanzania have been adopted that oblige state parties to take measures necessary to eliminate gender based violence. Among them include: The Tanzania Legal and Human Rights Centre, Tanzania Media Women Association (TAMWA) and Tanzania Women Lawyers Association (TAWLA) to mention a few. Review and amendment of discriminatory legislation: such as The Land Act No 4 and 5 of 1999 are also measures that have been taken to address issues of violence against women and children. The laws provide equal rights to land ownership for both men and women.

2.4.2.2 Social Systems

ICRW has identified a male dominated system as barrier towards equal rights between men and women. In recently carried out a qualitative study in Dar-es-Salaam, Tanzania, about gender based and domestic violence. The study documented prevailing attitudes and perceptions about gender based violence (GBV) in Tanzania,

availability of formal and informal services for GBV survivors, and highlighted gaps in service provision. The report that came out of the study, titled "Help-Seeking Pathways and Barriers for Survivors of Gender-Based Violence in Tanzania", provides concrete, practical recommendations for improving existing mechanisms and bridge gaps to improve women's access to crucial services.

While the study identifies structural barriers for women's access to GBV support and help services, such as weaknesses in the existing service provision system and gaps in women's knowledge and understanding of services available to them, it also highlights important normative and cultural barriers that hinder women's willingness and ability to access such services even if and when they exist. The study found that while most participants were aware of what GBV is, and could list a range of violent behaviours that would fall under GBV; many forms of violence were also largely accepted as normal behaviour and were perceived acceptable under the existing cultural and social norms.

The rate of women seeking help after experiencing domestic or gender based violence is very low, and women are generally expected to rely on immediate family for help and support. ICRW's study examined the community definitions of GBV and attitudes of men and women towards different forms of violence, and found a range of violent behaviour that is broadly considered as acceptable or fairly acceptable by both male and female respondents. Most men and women consider intimate partner violence normal, and physical violence is seen as something that is part of being married. Both male and female participants also brought up the issue of provocation and blame in domestic abuse, and shared the opinion that if a woman

goes against her husband, she risks being beaten up as a result. The general notion is that women are often somehow at fault for violence they experience, particularly in a marriage, and that they have somehow provoked their partner to act violently against them through their own behaviour.

2.4.2.3 Lack of Legal Protection

Lack of police protection and lawlessness also contribute to an increase in sexual violence. Police officers, military personnel or any Government officers may themselves be involved in acts of abuse or exploitation. If there are no legal protections, independent organizations to ensure legal protection against such violence the number of attacks often increases.

2.4.2.3 Economic Status

The economic status of women in most parts of Africa remain low. The fact that men remain the provider of basic needs at home; women have been subjected to unequal relationship which lead to violence. In Tanzania the Formulation of the Poverty Eradication Strategy and the National Strategy for Growth and Reduction of Poverty: These intervention strategies aimed at giving guidance to stakeholders in poverty eradication especially for women. It is believed that, if poverty is eradicated, there was a reduction of violence at the family level. Furthermore, formulation and adoption of Women and Gender Development Policy (2000) which paved the way towards eradication of violence against women.

2.4.3 Measures Taken in Addressing Gender Based Violence

Based on Jansen *et al.*, (2005) noted that the following are the measures taken in addressing gender based violence.

2.4.3.1 Funding Women's full Participation in Civil Society

Women who are active in civil society can be highly effective in influencing global, regional and national treaties, agreements and laws and in exerting pressure to ensure their implementation. More money needs to flow toward supporting women's active participation in civil society.

2.4.3.2 Scaling up Prevention Efforts that Address Unequal Gender Power Relations as a Root Cause of Gender-Based Violence

Some programs have effectively structured participatory activities that guide the examination of gender norms and their relationship to power inequities, violence and other harmful behaviours. They work with multiple stakeholders across the socio-ecological spectrum and across multiple sectors. But, we need to do a better job of evaluating these programs so we can move them from limited, small-scale pilots to larger-scale, societal-change programs.

2.4.3.3 Bringing Gender-based Violence Clinical Services to Lower-Level Health Facilities

The provision of gender-based violence clinical services has focused on "one-stop shops" at high-level facilities, such as hospitals, where all services are offered in one place. But, the majority of people who access services at high-level facilities do so too late to receive key interventions, such as emergency contraception and HIV post-exposure prophylaxis. For faster access, we should focus on bringing services closer to the community, particularly in rural areas.

2.4.3.4 Developing Guidance For Building Systems to Eliminate Gender-based Violence

There is ample global guidance on how to address gender-based violence through certain sectors, such as health, or through discrete actions, such as providing standards for shelters or training for counsellors. But, we are missing practical guidance for building the whole system – putting laws into practice, raising awareness of services and creating budgets.

2.4.3.5 Developing Support Programs for Professionals Experiencing Second-Hand Trauma

Someone after three years of working with a program to address school-related gender-based violence, he had to walk away. Despite his commitment to ending gender-based violence, he simply could not hear another awful story. His experience is not unique. Stress is a reality, and we lack qualified people to deal with gender-based violence survivors. Much progress has been made in addressing gender-based violence. We are better at defining the issues, collecting data and evidence to identify what works, and steadily improving the quality of services. Despite these advances, gender-based violence remains a global problem with the same root cause - inequitable gender norms. Unless and until we address those fundamental inequalities, which include recognizing that women's rights are human rights, we will not end gender-based violence.

2.5 Research Gap

Despite the existence of rich empirical and theoretical literature on the challenges of gender, based violence still there is no improvements. The reviewed literature

recommended the study on challenges as a way to eradicate GBV. The literature have shown that challenges of gender-based violence is one among the obstacle against women rights in the world.

The literature reveals that there is an increasing gap between efforts taken to eradicate GBV and success accomplished on the ground. These gaps exist in areas of laws, cultural background and economic empowerment. The difference of this study and the previous study is based on methodology. This study employed questionnaires, purposefully sampling and Key Informant Interviews. Unlike previous studies, the researcher extends a sample of more than 100 respondents.

The GBV keeps on changing over time; therefore, the finding of this study is likely to reveal new insight, which was not exposed in previous studies. Moreover, the empirical findings from this study will inform policy makers, NGOs and the academia on the best policies and strategies to address the problem of violence against women in Tanzania. The literature visited indicates that the problem of the GBV is still a serious issue to deal with. Major corrections are needed in social, legal and economic sphere of a given society to address properly the problems with violence against women.

2.6 Conceptual Framework of the Study

In response to this study, a conceptual framework has been developed to show the variables, which was associated with objectives of the study. From the Figure 2.1 above various forms of gender-based violence have been identified that include the emotional violence, physical violence, sexual violence, economic violence and

Cultural violence

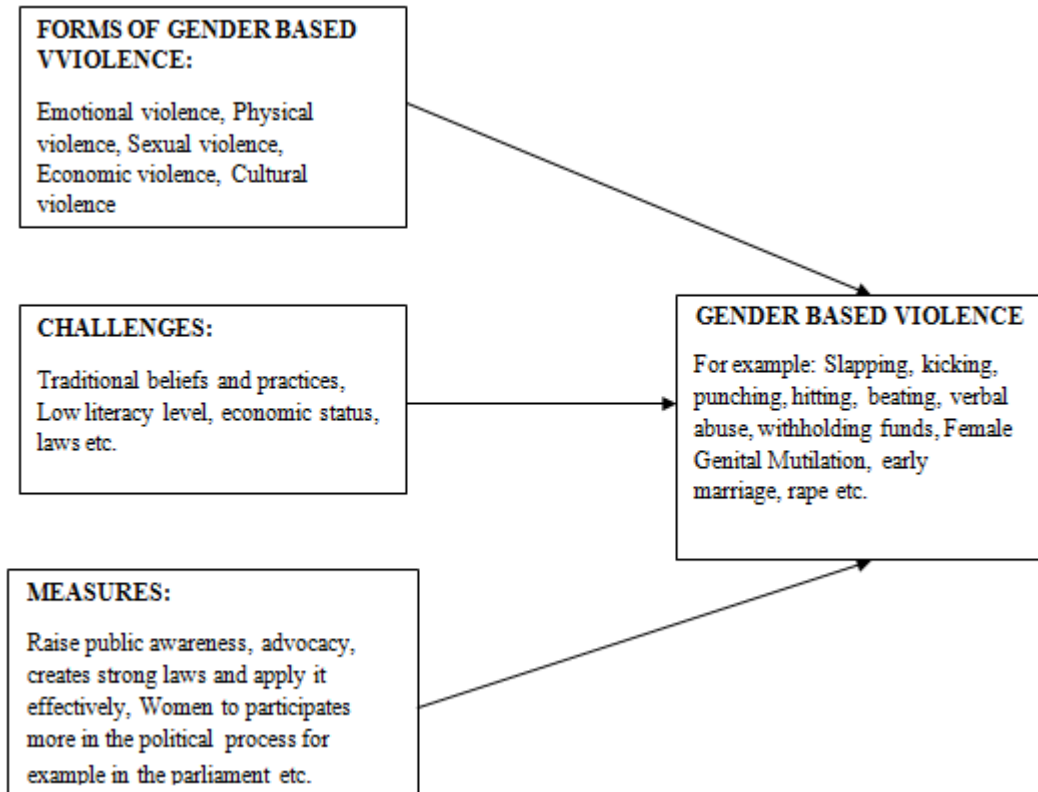


Figure 2.2: Conceptual Framework of the Study

Source: Researcher (2019)

Challenges related to the study have been identified and that include the laws where issues of reporting the violence and the size of punishment for the offenders have been put into observation. Traditional beliefs and practices remains a problem in eradicating the violence against women, in this category the social and economic system which is male dominated remains a challenges. The economic status between men and women pose as challenge where men play the role of breadwinner stand above the women who remain submissive.

The visited literatures have suggested several measures to eradicate gender based violence such as raising awareness of the dangers of harmful traditions such as

Female Genital Mutilation (FGM).Tackling violence against girls in school because is estimated that 246 million girls worldwide are harassed and abused on their way to, and at school every year (WHO, 2013). Connecting specialists and at-risk communities meaning that Poverty and sexual violence are rife in rural areas. Special police desks dedicated to women and girls problems are important to attend cases of gender-based violence. Lastly, there is a need to engage boys and young men to become agents of change

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Overview

This section presents a research methodology that was deployed during the research study. It consists of descriptions of research design, area of study, population of the study, sampling design and sample size, data collection methods and tools, data analysis, reliability and validity and expected results.

3.2 Research Design

The research design is the outline or plan that is used to generate answers to research problems (Kothari, 2015). It is a method of collecting information by interviewing or administering questionnaire to a sample of individuals, the main purpose of the descriptive design is to describe the state of affairs as it exists. Descriptive design is used when the problem is well defined and the research task is to describe the characteristics of something such as people, firms or products (McGregory, 2015). To make this study more effective descriptive design was used in this study. Robert (2016) says descriptive studies are a kind of snapshot analysis about a problem and it is employed when a researcher already knows about a problem.

3.2.1 Research Approach

In this study the researcher adopted a quantitative research design which focused on cross-sectional descriptive approach on addressing gender-based violence in Arusha region Tanzania. This approach was selected as it is concerned with describing the information addressing gender-based violence from which data and information were

extracted using the structured questionnaires.

3.3 Area of the Study

The study was conducted at Arusha District because in this area the rate of gender based violence is high compared to other districts in Arusha region. The statistics provide that during the year 2015, 123 women were reported to have been raped, 35 women sodomised, 32 women physically assaulted and three infants thrown away. A research which was conducted by the Moshi-based non-governmental entity Network Against Female Genital Mutilation (NAFGEM) had revealed five persistence of gender harassment and humiliation in some selected villages areas of Arusha District.



Figure 3.1: Location of the Area of the Study

Soure: Google Map

Based on culture practices most of the women and girls in Arusha District are denied the right to own properties as they regard women as part of properties owned by their husbands, and female children as properties of their would-be husbands (Researcher 2019). Therefore, they have no chance of inheriting any family property. Cases of sexual abuse were increasing at an alarming rate, and mentioned cases such as rape, sodomy and incest by males, adding that in some families, gender related violence is the order of the day as spouses engage themselves in fighting one another and refuse to indulge in marital relationship and food (Anderson,et al., 2016).

3.4 Study Population

Population refers to a large group of people possessing one or more characteristics in common on which a research study focuses (Creswell, 2012). The target population is a group of subjects from whom the researcher expects to draw conclusions about the research topic (Kothari, 2004). In this study the total targeted population was approximated about 400 eligibility women living in in Englalaoni and Ngaramtoni wards.

3.5 Sample Size

Sample size refers to the number of items to be selected from the population to constitute a sample (Dryden, 1995). The size of the sample should be optimum (Kothari, 2014) and an optimum sample is the one that fulfils the requirements of efficiency, representativeness; reliability and flexibility (Dryden, 1995). In this study, a sample size of 100 was selected. The said sample size is manageable in terms of willingness and able of the respondents and also time and resources available. This was enabled the researcher to finish a research project in time. Be it

known that, a research project in an academic project has specified duration upon which a student has to finish one's work.

3.6 Sampling Techniques

Due to the nature of the study, stratified and non-probabilistic (judgmental) techniques were used in the sample selection. This sampling technique is applied where a researcher based on criteria known to his/her would choose the respondents (Robert, 2015). The respondents was includes the girls and women above 18 years who are mature enough and willing to participate in the study.

3.7 Data Collection Methods

This section presents both primary and secondary data because they are important regarding the study. Based on this study Primary data are crucial because they are collected by a researcher from first-hand sources that was helped to know to which extent gender based violence is existed. Secondary data also was important because their information gathered from other previous studies, e.g. published material and information from internal sources such as raw data and unpublished summaries (Mbogo *et al.*, 2012). This study used both primary and secondary data.

3.7.1 Secondary Data

Secondary data are information gathered from other previous studies, e.g. published material and information from internal sources such as raw data and unpublished summaries (Mbogo *et al.*, 2012). Documentary review entails gathering information from recorded documents (Best & Khan, 2013). Review of documents is a process of reading with or associated with issues related to what the researcher is studying

(Borg & Gall, 2015). This means that this kind of data has already been collected by some researchers or investigators in the past and is available either in published or unpublished form.

3.7.2 Primary Data

Primary data is data that is collected by a researcher from first-hand sources, using methods like surveys, interviews, or experiments. It is collected with the research project in mind, directly from primary sources (Driscoll *et al.*, 2017). Primary data are pure in the sense that no statistical operations have been performed on them and they are original. Primary data is important for all areas of research because it is the direct information about the results of an experiment or observation (McGregor, 2015).

3.7.2.1 Primary Data Collection Methods

The following data collection tools were used to gather primary data that include Questionnaires and observation method.

3.7.3. Questionnaires

Written questionnaire as a data collection tool in which written questions are presented that are to be answered by respondents in written form (Mbogo *et al.*, 2012). Ruane (2005) defines questionnaire as a self-contained, self-administered instruments for asking questions. Questionnaires are instruments of data collection that consists of predetermined and structured question given to the subject to respond in writing.

3.8 Reliability and Validity of Data

Reliability and validity are two important aspects of a research project, they show the correctness of the Instrument (questionnaire) used to collect data and therefore that can be relied upon. If the two criteria (reliability and validity) are met in a given research, then the chances are high that the research work is of the desired quality and can be used with confidence to whoever the research work is intended to.

3.8.1 Validity

Validity is the instrument capable of measuring what is supposed to measure accurately, effectively and efficiently (Omari, 2011). To improve the validity the researcher was pre-test the questionnaire over a number of people before officially distributed to the participants, this was achieved through setting standards on constructing questionnaires which related to the researcher's objectives and questions. In this study, questionnaires were generated in conjunctions with the researcher to ensure that questionnaires focused on the topic, the study was clearly explained to the respondents and issues of concern are resolved satisfactorily. The procedures of the questionnaire were explained to the respondents and translated to national language which is Kiswahili language for more understanding. Lastly, respondents were assured of anonymity and confidentiality.

3.8.2 Reliability

Reliability tests whether the instrument is likely to give consistent results across time, place, similar instrument, irrespective of who is using it, (Omari, 2011). Based on this study, to ensure the reliability the researcher was used the questionnaire with a large number of respondents.

3.8.3 Ethical Considerations

Research ethics refers to the type of the agreement that the researcher enters into with the research participants. According to Best & Khan (2014) ethical issues in research fall into one of the five categories, which are protection from stress, harm, or danger; informed consent; right to privacy; confidentiality; and honesty with professional colleagues. Before conducting the study, the researcher was addressed important issues as follows: first, obtaining permission from The Open University of Tanzania and from the Arusha District as a study area. Consent was sought from the respondent who may wish to participate in study voluntarily and their confidentiality was guaranteed, as none of them was fill their name on a questionnaire. Thirdly, the subject matter was introduced in the introductory note attached to questionnaire to make sure that a respondent is aware of what is going on.

3.9 Data Analysis

According to Kombo and Tromp (2015) Data analysis refers to examining what has been collected in survey or experiment and making deductions and inferences. This implies computation of certain measures along with searching for patterns of relationship that exists among data groups (Chamwali, 2007). Data analysis usually involves reducing accumulated data to manageable size, developing summaries, looking for patterns and applying statistical techniques (Cooper and Schindler, 2006). Data collected through questionnaires was edited, coded, summarized, classified, tabulated and finally data collected was analysed by using frequencies analysis method found in the computer software package (SPSS). The findings were presented using frequencies, tables and figures.

CHAPTER FOUR

RESEARCH FINDINGS AND DISCUSSION

4.1 Introduction

This chapter presents, analyses, interprets and discusses study findings obtained from the field; the main aim of the study was to investigate challenges of addressing gender-based violence (BGV) in Arusha region Tanzania. The specific objectives of the study includes: (i) to identify the various forms of gender based violence in Tanzania, (ii) to find out challenges in addressing gender based violence in Tanzania, (iii) to assess the measures taken to address gender based violence in Arusha. In addition, this chapter is divided into two main sections. Section one presents demographic characteristics of respondents while section two represents the major findings according to the questions set to each objectives.

4.2 Demographic Characteristics of the Respondents

This included marital status and occupation level of the respondents who were provided with questionnaires and engaged. The logic behind demographic was to show that gender based violence is a Cross-cutting issues.

4.2.1 Marital Status

Table 4.1: Marital Status of Respondents

Marital status	Responses (N= 100)	
	Frequency	Percent
Married	41	41.0
Separate/Divorce	17	17.0
Single	31	31.0
Widow	11	11.0
Total	100	100.0

Source: Field Data, 2019.

Table 4.1 showed the field's results on marital status which indicates that 41% of the respondents interviewed were married, 31% were single while another 17% were separated or divorced and 11% widowed. The summary of survey response is shown in table 4.1 The survey results shown in Table 4.1 is also presented in the Figure 4.1 for more precisely illustrations, which is indicated that the sample of the study was representative that included all major categories of the target population of the study. In household set up there are married people, divorced, single and widows.

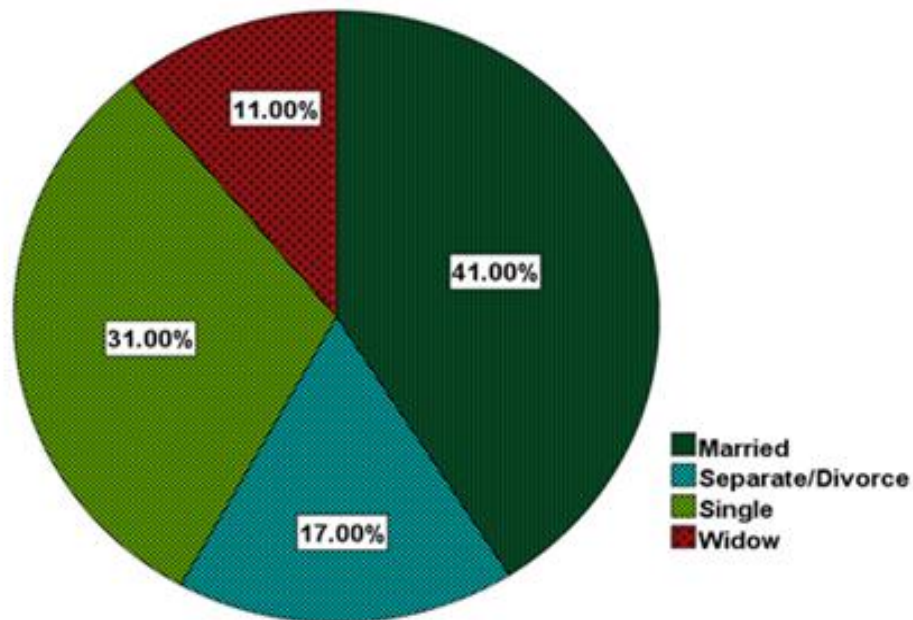


Figure 4.1: Marital Status of Respondents

Source: Field Data, 2019

4.2.2 Occupation Level of the Respondents

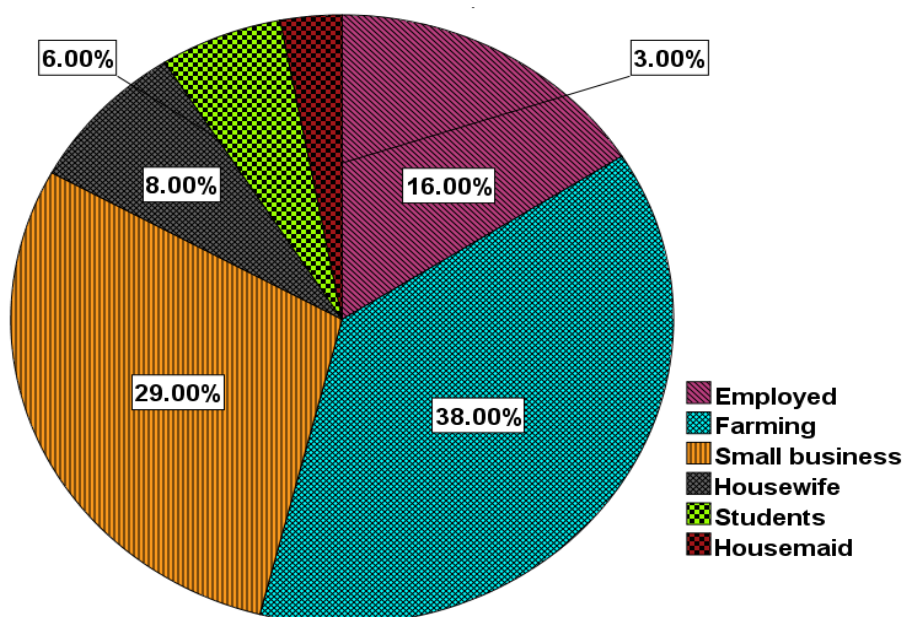
The occupation of respondents varied considerably. About occupation level of respondents selected it was found out that 38% were farmers, 29% small business, 16% employed, 8% housewife, 6% students, and 3% were housemaid. Table 4.2 shows the details

Table 4.2: Occupation Level of the Respondents

Occupation	Responses (N= 100)	
	Frequency	Percent
Employed	16	16.0
Farming	38	38.0
Small business	29	29.0
Housewife	8	8.0
Students	6	6.0
Housemaid	3	3.0
Total	100	100.0

Source: Field Data, 2019

The results in the Table 4.2 have also been presented in the Figure 4.2 in order to give clear picture of the facts contained in the above table.

**Figure 4.2: Occupation Level of the Respondents**

Source: Field Data, 2019

This implies that majority of the respondents were involved in farming by 38% hence that area most of the respondents are farmers, followed by 29% engaged in small business. Only 16% are employed in different sectors, also 8% are housewife and few percent which is 3% are housemaid. The findings above go in tandem with the main structure of our economy that more than 60 percent of all Tanzanians are

employed in agricultural sector.

4.3 Finding Based of Objectives

This study was guided by three objectives such that identification of various forms of gender based violence in Tanzania, challenges for addressing gender based violence in Tanzania and to come out with measures that was cure the problem of gender based violence in Tanzania.

4.3.1 The First Objective: To Identify the Various Forms of Gender based Violence in Tanzania

In order to gather information set on the first objective various questions were asked to respondents that could provide the forms of gender based violence. As it has been revealed in this study the forms of gender based violence mentioned by the respondents was physical violence 60%, economic violence 7%, cultural violence 6%, sexual violence 16%, and emotional violence 11% as shown in the table and figure 4.3.

4.3.1.1 The First Question on the First Objective Based as on the Forms of Gender

Table 4.3: The Forms of GBV

The forms/types of GBV	Responses (N= 100)	
	Frequency	Percent
Emotional violence	11	11.0
Physical violence	60	60.0
Sexual violence	16	16.0
Economic violence	7	7.0
Cultural violence	6	6.0
Total	100	100.0

Source: Field Data, 2019

The field results showed that respondents, 60% experienced physical violence, followed by 16% who experienced sexual violence. Other 11% experienced emotional violence, 7% economic violence, and the rest 6% experiences cultural violence, that means physical violence lead all the violence followed by sexual violence and sometimes appeared both at a time sexual violence leads to physical violence or vice versa. The data in the Table 4.3 above is also presented in the figure 4.3 for more precisely illustrations.

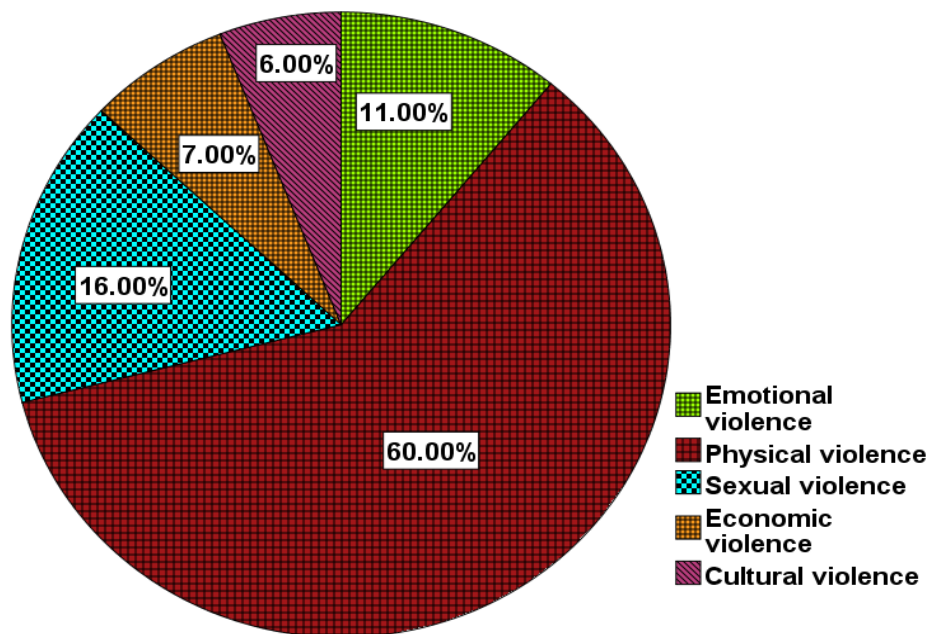


Figure 4.3: The Forms of GBV Experienced Most

Source: Field Data, 2019.

According to the figure 4.3 the majority of respondents about 60% reported to have been subjected to physical violence. This shows that physical violence in form of slapping, beating, kicking and hitting are common in society. Findings from the WHO (2010) study presented by Mbawambo, supports this study show that up 56 percent in Tanzania and 71 percent in Ethiopia experience physical or sexual violence or both during their lifetimes at the hands of an intimate partner.

Again the Tanzania and demographic healthy survey (2010) reported the Regional variation ever married women Physical violence to be Highest in Dodoma by 71% there is a need to address that violence in the public in order to raise awareness for the Government to take measures effectively. A study by Seedat et al., (2004) found that Gender-based violence GBV is one of the greatest social issues affecting South Africa. The study was conducted at the University of South Africa (UNISA). A range of frequency-seeking questions aimed at understanding the cause of GBV were used to get the information. The findings supported this study that emotional, physical, sexual, economic and cultural factors were among contributors of gender based violence.

Also a study by Sewando et al., (2014) supports this study in their study titled GBV in Kilimanjaro region, Tanzania which said that based on the analysis of the data obtained from the field the GBV is seen to be revealed in four forms which are the mostly physical violence, psychological violence, economic violence and cultural violence and the higher rate of the cases reported for Physical Violence. A study by Charlotte Watts supports our study, the study was conducted in Mbeya and Dar es Salaam, Tanzania, in 2001 to 2002, as part of the WHO Country Study on Women's Health and Domestic Violence against Women. Women about 88 % reported being physically assaulted during pregnancy by their Partner.

4.3.2 The Second Objective: To Find Out Challenges in Addressing Gender Based Violence in Arusha, Tanzania

In order to gather information set on the second objective various questions were asked to respondents that could provide the challenges for combating gender based

violence in Arusha region, Tanzania. As it has been revealed in this study the challenges mentioned by the respondents were traditional beliefs and practices 37%, low literacy level 26%, shame 18%, poverty 9%, breakdown 7% and fear of retribution 3%.as shown in the table and figure 4.4

Qn. Would you specify any challenges in addressing gender based violence in your society? The answers are shown in table 4.4

Table 4.4: Challenges in Addressing GBV

Challenges in addressing GBV	Responses (N=100)	
	Frequency	Percent
Traditional beliefs and practices	37	37.0
Low literacy level	26	26.0
Shame	18	18.0
Poverty	9	9.0
Breakdown	7	7.0
Fear of retribution	3	3.0
Total	100	100.0

Source: Field Data, 2019.

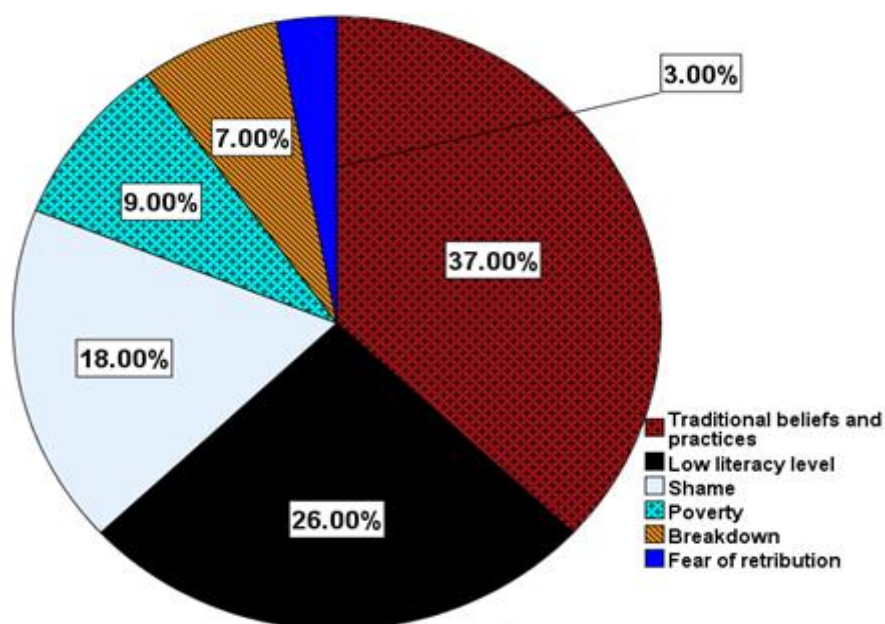


Figure 4.4: Challenges in Addressing GBV

The results in the Table 4.4 have also been presented in the Figure 4.4 for more precisely illustrations. This question intended to investigate challenges of combating gender-based violence in the society. Respondents reported that traditional beliefs and practices 37%, low literacy level 26%, shame 18%, poverty 9%, breakdown 7% and fear of retribution 3%. From the findings in figure 4.4 it shows that traditional beliefs and practices which comprises of 37% lead all the challenges even if there is no single factor influences gender based violence rather there is interplay of a number of factors which give rise to GBV in Tanzania. Therefore efforts to combat it have to come from various stakeholders with concerted efforts through different strategies like education and to raise public awareness so as to reduce/remove bad traditional beliefs and practices which contributes more GBV in Arusha, Tanzania.

The finding of this study is supported by the study by Marylin (2016), conducted a study titled *Saying no to gender-based violence: a study of Musasa*, a non-governmental organization based in Zimbabwe said that 55% stated that in Zimbabwe culture tend to systematically subordinate women and that where women seek to claim their rights, they are punished by the husbands or partners using physical force. Women generally felt that culture was a way of men controlling them and limiting their abilities to participate fully in socio-economic activities. Therefore gender-based violence is a global problem that affects women and girls of all races, color and creed.

Also finding of this study is supported by the study by Sewando *et al.*, (2014) conducted a study titled *Gender Based Violence in Kilimanjaro region, Tanzania* said that, Virtually, GBV exists in every community. It is entrenched in the creation

of culture and through socialization and accepted as a law to be respected. As reflected in this and past studies, the culture of almost all communities dwelling in the Kilimanjaro region has the ingredients of customs, norms, rules, traditions and practices that are potentially considered as acceptable to most of the indigenous despite the reality exposed by the external communities most especially the orientation by the western culture. The study noted that most women are greatly concerned because GBV practice is part of culture and women are naively nurtured to accept GBV as the norm of life.

4.3.3 The Third Objective: To Assess the Measures taken in addressing Gender Based Violence in Arusha region, Tanzania

In order to gather information set on the third objective various questions were asked to respondents that could provide the measures that can be taken to rescue gender based violence in Arusha region, Tanzania. As it has been revealed in this study the measures that mentioned by the respondents were education 61%, raise public awareness 14%, to create strong laws 11%, advocacy 9%, and participation in the political process 5%. The results described in table 4.5

Table 4.5: Suggested Measures to be Taken

Suggested measures to be taken	Responses (N= 100)	
	Frequency	Percent
Education	61	61.0
Raise public awareness	14	14.0
Advocacy	9	9.0
Participates in the political process	5	5.0
Creates strong laws and apply it effectively	11	11.0
Total	100	100.0

Source: Field Data, 2019.

The data in the Table 4.5 is also presented in the figure 4.5 below for more precisely illustrations.

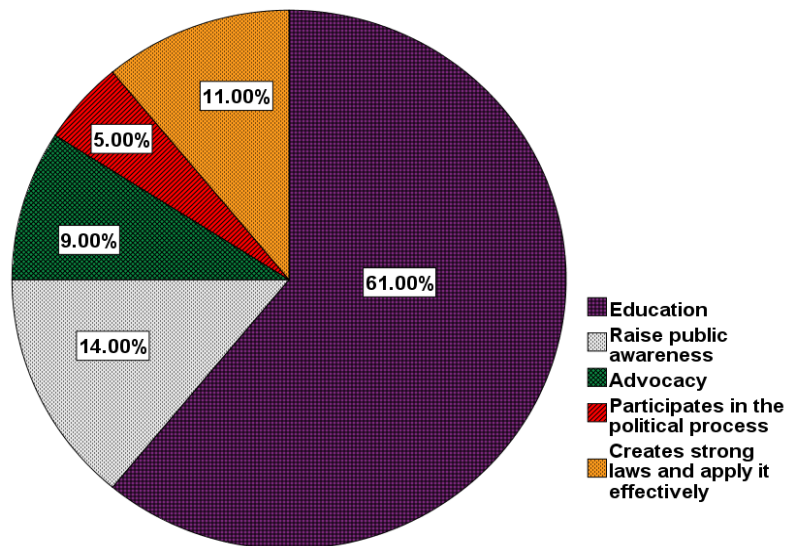


Figure 4.5: Suggested Measures to be Taken

Source: Field Data, 2019.

The data from the field showed that 61% needs education, 14% needs to raise public awareness, 11% needs to create strong laws and use it effectively, 9% needs advocacy, and remain 5% requires this issue to be included in the political process, the highest number of respondents needs education, so education is very important so as to avoid violence. Education leads all answers by respondents, therefore proper friendly education with demonstration must be prepared in the society to show the cause and effects of GBV, so as to ensure that the society understood effectively and must be a sustainable education so as to reduce GBV to the great extent.

A study by Marylin (2016) supports our study, in their study *Saying No to Gender-Based Violence: A Study of Musasa, a Non-Governmental Organization Based in*

Zimbabwe in their recommendations for improving gender-based violence programming, majority of women which was 45% recommended that they needs education on their rights.

4.3.3.2 The last Question of the Third Objective was: Do you have any Comment about Gender based Violence in Tanzania?

This question investigated if respondent have any comment about gender based violence in Tanzania, the answer displayed in the table 4.6

Table 4.6: Comments about GBV

Comments about GBV	Responses (N= 100)	
	Frequency	Percent
Good investigation of GBV	28	28.0
Campaigning created within the community to avoid GBV	8	8.0
Close follow-up of GBV	16	16.0
Use community police effectively	41	41.0
Information sharing	7	7.0
Total	100	100.0

Source: Field Data, 2019.

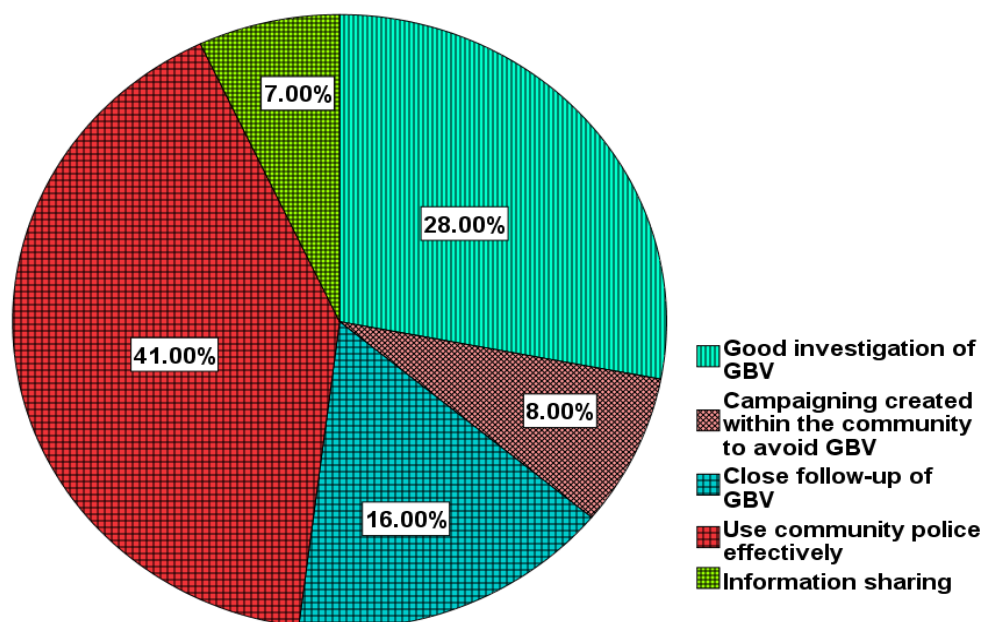


Figure 4.6: Comments about GBV

Data shows that 41% use community policy effectively, 28% use good investigation of GBV, 16% need close follow up of GBV, 8% needs campaigning created with the community to avoid GBV, the rest 7% needs to share information on GBV. The study concur with a report by Police force Tanzania in 2016 titled Tanzania Police force response to gender-based violence and violence against children indicated that the police force strategies of fighting against gender based violence was important, however it was added that the police force position will be effective if there is collaboration among major stakeholders in the said problem. The report reinforce that the law enforcement agents such as police are better situated to intervene the gender based violence.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

5.1 Summary of the Findings

This study based on to explore challenges in addressing gender-based violence in Arusha region, Tanzania. The findings have shown that there are number of challenges in addressing the issue of gender-based violence in Arusha region, Tanzania because a great number of omen experienced GBV. The great number of woman are aware on gender based violence, The outcome of the findings as per chapter four, show that physical violence 60%, sexual violence 16%, emotional violence 11%, economic violence 7% and cultural violence 6% as they experiences this problem several times from their spouse and relatives.

The challenges in addressing gender based violence mentioned in the study area by the respondents in Arusha, Tanzania, show that traditional beliefs and practices 37%, low literacy level 26%, shame 18%, poverty 9%, breakdown 7% and fear of retribution 3%. Based from the field traditional beliefs and practices which is 37% takes the lead of all challenges in addressing gender based violence in Arusha, Tanzania.

The measures that can be taken to rescue gender based violence mentioned by the respondents that has been revealed in this study are as follows education 61%, raise public awareness 14%, creates strong laws and apply it effectively 11%, advocacy 9% and for them to participates in the political process 5%. Therefore, to eliminate GBV in Arusha region, Tanzania it takes concentrated efforts of all stakeholders in the problem area. The government may introduce the national campaign through

education, public awareness, advocacy, and enforcement laws and apply it effectively in the individual, household and the community. Also the Government must consider seeking for help from the international community to support the fight against the GBV.

5.2 Conclusion

As it has been revealed in this study Gender-Based Violence is a serious violation of human rights. It seems little attention has been professional to the serious health consequences of the abuse and the health needs have abused women and girls. It is from this ground the study was set so as to lay down and reveal the real situation in Arusha, Tanzania. The study also revealed reveal that womenø who have experienced physical violence, sexual violence, emotional violence, economic violence and cultural violence suffer a range of health problems.

However the major challenge of addressing gender based violence is a traditional beliefs and practices which is rooted in the study area, other challenges are low literacy level, shame, poverty, breakdown and fear of retribution, majority of womenø in the study area are prohibited by culture to send her husband to police or court. As it has been revealed in this study that, it is an outcome of the insufficient education and womenø empowerment provided by the different stakeholders in this study area society. Therefore the womenø empowerment must be applied also the implementation of strong laws must be practiced effectively and hence to educates man and woman accordingly the consequences of gender based violence so as to reduce GBV to the maximum level.

5.3 Recommendations

Basing on the results and discussion, the study recommends the following to various stakeholders:-

5.3.1 For Policy Makers

In order to eliminate GBV in Tanzania, the following recommendations on policy makers should be made.

- i. The policy makers should ensure that GBV is translated from paper into practice, as it has been revealed in this study 61% of respondent suggested education needs to be provided.
- ii. Policy makers should involve Social workers and other stakeholders in the field and during the policy making process in order to contributes their constructive points, because they are among who faced cases of gender based violence in our community
- iii. Policy makers should propose to the Government to introduce a curriculum from primary schools level up to college/university level based on Gender Based Violence to ensure children grow up with understanding of the consequences of GBV. Therefore, to reduce the Gender Based Violence public awareness and the education based on the effects of GBV with a clearly demonstration perhaps is the best way to reduce the Gender Based Violence.

5.3.2 Recommendations for Ministry of Health, Community Development

- i. Efforts should be made by Ministry of Health, Community Development, Gender, Elderly and Children to translate the policy into action.

- ii. The Ministry of Health, Community Development, Gender, Elderly and Children should mobilize development partners to participate more in research and developments and contributes their inputs so as to reduce GBV.
- iii. The Ministry of Health, Community Development, Gender, Elderly and Children should create a National Steering Committee involving stakeholders to facilitate the movement of GBV.
- iv. The Ministry of Health, Community Development, Gender, Elderly and Children should create comparative studies to developed countries to take lesson how other countries did to reach the high standard of living with minimal GBV.

5.3.3 To the Community

GBV exists in every community as it has been revealed in previously studies and this study in particular. Mostly rooted is the traditional beliefs and practices through socialization and acknowledged as a law to be valued. As reflected in this and past studies, the rooted is the traditional beliefs and practices of almost all communities dwelling in Arusha region Tanzania has the ingredients of customs, norms and rules.

The study noted that most women are greatly concerned because GBV based on traditional beliefs and practices that creates fear to the women to accept GBV as the norm of life; who in reality are the most vulnerable group to the consequences of the GBV among intimate partners. Therefore there is a need to introduce education, public awareness, empowerment and advocacy to women especially in Arusha region, Tanzania and must be implemented effectively so as to reduce GBV.

5.3.4 To the Social Workers

- i. To make the counselling department more client friendly and trusting so that clients can seek their help when in need or affected
- ii. To carry out a lot awareness regarding GBV since many clients are clearly not aware of some punishable acts
- iii. To clearly outline the gender programme and likely punishment to the offenders if they committed acts of abuse
- iv. Work closely with the NGOs in the region to sensitize and empower the women especially.
- v. Creating an office of a client's gender office since this would build confidence in clients and hence report any abuse
- vi. To observe ethics Code of Ethics dealing with GBV and to apply skills effectively and the roles for the wellbeing of the society because GBV is rooted in the society so the social workers must be knowledgeable enough dealing with GBV, the social workers must conduct a research to show the effects of GBV to the individual and community and must perform the following duties to reach effective results:
 - a. Strengthening individual and community knowledge and skills
 - b. Educating providers and other professionals
 - c. Engaging, strengthening and mobilizing communities
 - d. Changing organizational practices Influencing policy and legislation

5.3.5. To the Individuals and Private Sector

It was noted that, Individuals are influenced traditional beliefs and practices that are principally formed by their culture; it's a process but there is a need of changing the

mind-set through public awareness and education campaign. The key stakeholders must be involved in the process like social workers, religious leaders, and ten cell leaders etc. so the Government there is a need to be very close to the society because culture is very important to a certain society even if it's bad therefore formal and informal education must be go together in order to show the consequences of Gender Based Violence to the individual and the society in general in order to change themselves sincerely, the educations once repeated could be easily the individual and the society to change and once the individual and the society changed it could be easily to combat Gender Based Violence and hence easily to archive wellbeing of the society, the private sector is the engine to change for change because easily to spread everywhere.

5.3.6 Suggested Area for Further Research

The study encountered gaps required to be filled by other researchers as stipulated below;

- i. Since, the study was conducted in Arusha region particularly in Englalaoni and Ngaramtoni wards, Tanzania with limited (N=100) sample were involved. Therefore, similar study is required to investigate similar issue with larger number of population sample to generalize this problem for national action.
- ii. This study was based on to explore challenges in addressing gender based violence in Arusha region, Tanzania, further study can be conducted particularly on what major causes of GBV and why so.
- iii. Other studies can be on why people like to exercise GBV in the context of Tanzanian society.

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APPENDICES

APPENDIX 1 QUESTIONNAIRE

You have been requested to take part in the study known as **challenges in addressing gender-based violence in Arusha region Tanzania**. Which is an academic research. Participation is on one's willingness to do so. However, this exercise there is no right or wrong answer and every response is confidential. No record about a respondent's particulars such as names or address will be reserved for further use. The interview will take at most 30 minutes.

INSTRUCTIONS

In order to answer this questionnaire you need to tick a response that most corresponds your opinion or type the answer in open ended questions.

A: Interviewer Information

Name of the interviewer.....

Date of the interview.....

Name of the ward.....

B: Respondents information

1. Please specify your ward í í í í í í í í í

2. Please specify your marital status:

i. Married

ii. Separated/Divorce

iii. Single

iv. Widow

3. Occupation of the woman:

- i. Employed
- ii. Farming
- iii. Small business
- iv. Other (specify).....

C: Objective Number 1: To identify the type of gender based violence in Tanzania

4. Have you ever experienced gender based violence?
 - i. Yes
 - ii. Know
5. How many times in your lifetime have experienced gender based violence
 - i. Once
 - ii. Twice
 - iii. Thrice
 - Frequently
6. What type of gender based violence that you have experienced most?
 - i. Emotional violence (e.g. insults)
 - ii. Physical violence (e.g. beating)
 - iii. Sexual violence (e.g. sexual intercourse)
 - iv. Others (specify)í í í í í í í í í í í í

E: Objective Number 2: To identify challenges in addressing gender based violence

7. To whom would you like to report to about gender based violence?

- i. Family member
- ii. Religious leader
- v. Police station
- vi. No one
- vii. Other (specify)í í í í í í í í í í í í .

8. Could you indicate the age difference between you and the perpetrator of gender based violence?

- i. Perpetrator is younger than you
- ii. You are younger than the perpetrator
- iii. The same age
- iv. I don't remember

9. Can you specify your relationship with the perpetrator?

- i. Spouse
- ii. Relative
- iii. Teacher
- iv. Neighbor
- v. Other (specify)í í í í í í í í í í í í

10. Did you happen to know the education of the perpetrator?

- i. Illiterate
- ii. Primary school
- iii. Secondary school
- iv. College/university
- v. I don't know

11. How could you explain the alcoholic status of the perpetrator?

i. Frequently

ii. Sometimes

iii. Never

iv. I don't know

12. Would you specify any challenges in addressing gender based violence in your society?

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F: Objective number 3: To identify measures taken in addressing Gender Based Violence in Tanzania

13. Could you indicate some measures that can help in addressing gender based violence in Tanzania?

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14. Do you have any comment about gender based violence in Tanzania?

í í

í í

í í

THANKS FOR YOUR COOPERATION

APPENDIX 2 CONSENT FORM

THE OPEN UNIVERSITY OF TANZANIA, DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK

PRINCIPLE INVESTIGATOR: GRACE NKYA

PHONE NUMBER: 0654 299 579.

The purpose of the study: *To explore challenges in addressing gender-based violence in Arusha region Tanzania:* I will answer all questions accordingly and participate in interview section.

Benefits: There may be no direct benefits to me as a participant in the proposed study but the findings from the study may be beneficial to women in my country.

Risk and Discomforts: There will be no any risk from the participating from the proposed study apart from time spent.

Confidentiality: All information obtained in the proposed study will be considered confidential and used only for research purpose. My identity will be kept confidential in so far the laws allows.

Right to refuse or withdraw: My participation in the proposed study is entirely voluntary and is free to refuse to take part withdraw at any time.

CONSENT

I í í í í í í í í í í í í í í í . After considering the explanation of the study and having understood the consent form, I hereby give my informed consent to participate in the study.

Signature í í í í í í í í í Date í í í í í í í í í í í í í í .


Investigator

Signature í í í í í í í í í Date í í í í í í í í í í í í í í .

APPENDIX 3 RESEARCH CLEARANCE LETTER

THE OPEN UNIVERSITY OF TANZANIA
DIRECTORATE OF POSTGRADUATE STUDIES

P.O. Box 23409
Dar es Salaam, Tanzania
<http://www.openuniversity.ac.tz>



Tel: 255-22-2668992/2668445 ext.2101
Fax: 255-22-2668759
E-mail: dpgs@out.ac.tz

REQUISITION FORM FOR RESEARCH CLEARANCE LETTER

Date : 08/04/2019

Name of Student : GRACE FRIDOLF NKYA
Gender : Female Reg. Number : PG 201702955

Title : CHALLENGES OF ADDRESSING GENDER-BASED VIOLENCE IN ARUSHA REGION TANZANIA

Tentative dates for data collection :-
From : APRIL To : JUNE 2019.

Programme : MSW

Student Email : grace_frido@yahoo.com

Student Phone Number: 0654 - 2660 - 579

Title and Full Address (Where Data are Collected): ARUSHA DISTRICT, PARTICULAR IN ENGIATONI AND NGAMATONI WARDS.

Name of Supervisor: DR. KESSY

Supervisors Email : Kessyhyasinta@yahoo.com

Supervisor Phone No. 0689545817