**THE IMPACT OF HUMAN TRAFFICKING ON YOUNG FEMALE’ LIVES: THE CASE OF ARUSHA REGION, TANZANIA**

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**A THESIS SUBMITTED IN FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF DOCTOR OF PHILOSOPHY IN GENDER STUDIES**

**DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK**

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# CERTIFICATION

The undersigned certifies that shehas read and hereby recommends for acceptance by The Open University of Tanzania, a Thesis entitled: “**The Impact of Human Trafficking on Young Female’ Lives: The Case of Arusha Region, Tanzania”.**In fulfillment of the requirements foraward of thedegree of Doctor of Philosophy of The Open University of Tanzania.

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**Professor Mary Damas Nkuyu Kitula**

**(Supervisor)**

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Signature

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Date

# DEDICATION

This work is dedicated to my family and to God Almighty for my creation, breath of life, health, guidance and protection throughout the period of my academic career and beyond.

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I thank God Almighty for His creation, breath of life, health, energy and days of my life that enabled me to pursue the search for education culminating in the production of this work. I am indebted to my supervisor, Professor Mary D. N. Kitula for her committed guidance, advice and constructive criticism for all the stages of my work from the research proposal to thesis writing stages.

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# ABSTRACT

This study explored the impact of human trafficking on young females in Arusha Region. The study adopted a mixed research approach. A total of 400 young females from Arusha city, Arusha Rural, Monduli, Longido, Ngorongoro, Meru and Karatu district councils participated in the study. A questionnaire was employed for collecting quantitative data while a face-to-face interview schedule was used for key informants. Observation and focus group discussions were also employed for collecting qualitative data. Quantitative data was analyzed using descriptive and inferential statistics and the qualitative data was analyzed using content analysis. The findings indicated that the main causes of human trafficking targeting young females were poverty, lack of adequate education, gender-based violence, lack of job opportunities in rural areas, dysfunctional families and harmful traditional practices. The victims of trafficking reported that they suffered from physical, sexual, psychological and economic abuse from the traffickers and their accomplices. The study indicated that the effects of the studied human trafficking included negative effects on physical and mental health, moral and social standing. In the effort to continue redressing human trafficking in Tanzania, the study recommends that the Government, in partnership with other stakeholders, should continue with efforts to reduce the social economic gap between all the people including those in rural and urban areas. The government should also encourage improvement of rural environments to promote youth retention therein with improved social services and infrastructures, establishment of functional schools, vocational training centers, assured supply of electricity and safe and clean water.

***Keywords****: Human trafficking, young female, gender, Arusha*

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# LIST OF ABBREVIATIONS AND ACRONYMS

ACD African Christian Democratic Party

ACRWC African Charter on the Rights and Welfare of the Child

CEDAW Convention on the Elimination of All Forms of Discrimination Against Women

CRC Convention on the Rights of the Children

DC District Council

DSW Deustche Stiflung Weltbevoelkerung

EOROSTAT European Statistical Office

FGD Focus Group Discussion

FGM Female Genital Mutilation/ Circumcision

ILO - IPEC ILO-International Programme on the Elimination of Child Labour

ILO International Labour Organization

IOM International Organization for Migration

MKUKUTA Mkakati wa Kukuza Uchumi na Kuondoa Umaskini Tanzania (Swahili acronym)

MKURABITA Mpango wa Kurasimisha Rasilimali na Biashara za Wanyonge Tanzania (Swahili acronym)

NBS National Bureau of Statistics

NNEDV National Network to End Domestic Violence

ODI Overseas Development Institute

REPOA Research on Poverty Alleviation

TIP Trafficking in Persons

TZS Tanzanian Shillings

UN United Nations

UN. GIFT UN Global Initiative to Fight Human Trafficking

UNCRC United Nations Convention on the Rights of the Child

UNDP United Nations Development Programme

UNESCO United Nations Educational, Scientific and Cultural Organization

UNFPA United Nations Fund for Population Activities

UNICEF United Nations International Children’s Emergency Fund

UNIFEM United Nations Development Fund for Women

UNODC United Nations Office of Drugs and Crimes

UNSTAT United Nations Statistical Office

USDS United States Department of State

WHO World Health Organization

# CHAPTER ONE

# INTRODUCTION

This thesis is a report on the impact of human trafficking on young female lives in Arusha Region in Tanzania. The study aimed at determining the causes and challenges for young female trafficking and further it evaluated the impacts of human trafficking to the young females. Trafficking of young female was the focus of this study as many studies done locally and internationally has revealed that the victims of human trafficking are mainly women and girls of the age of between 15 and 24 years which are termed as young females in this study.

Trafficking in young females is complex, persistent and deep rooted with grievous lifetime effects (European Parliament, 2016). The complexity and persistence of the phenomenon of young female trafficking should therefore be a concern to communities and the nation as a whole. As a crime, human trafficking tends to weaken and destroy the welfare of the victims, their families and their communities. Satisfactory information on this matter is lacking, making it difficult to receive adequate attention and redress measures. It is with this concern that the current study intends to investigate and put into light, more information particularly on the impact of the vice on young girls.

Chapter one provides highlights on the background of the study, the statement of the problem, the research objectives and research questions, justification and operational definition of the key concepts used in the study.

# Background of the Study

Human trafficking is a growing crime which has penetrated and affected many countries worldwide. More than 130 countries are affected by human trafficking (UNGIFT, 2008). Human trafficking affects not only the targeted victims but also affects the family of the victim, the community and the national as a whole. The consequences of this vice result in health, social, political, legal, economic and moral status of the concerned victims and stand as challenges which need concerted actions in the short and long time. Globally it is estimated that more than 29 million people are victims of human trafficking. Of these, women and children constitute more than 70% (UNODC, 2016).

The victims of human trafficking encounter different forms of exploitation from the traffickers and the end users who might impersonate employers or buyers. The victims bear a brunt of physical, sexual, psychological and even economic violence which leaves them with the trauma of negative outlooks in life lasting for short periods or lasting their lifetimes. According to WHO (2012), the victims of human trafficking suffer from multiple complications in both their physical and mental health. Physically, the victims suffer from injuries inflicted as they struggle to escape from the ordeal and may include broken bones, scars from previous bodily harm, concussions, burns, sexually transmitted diseases, unplanned pregnancies, forced abortions, among others. In relation to mental health the victims of human trafficking can experience multitude of effects including post-traumatic stress disorders, depression, anxiety, panic disorders, suicidal ideation, bodily harm and sporadic bursts of anger. These occurrences are common to the majority of the victims exploited in unpaid labour and sexual harassment.

Apart from the ill health effects of human trafficking, the victims also experience social complications as a result of being trafficked and isolated from their families. According to UN.GIFT (2008), such victims are reported to suffer from such traumas as social ostracism, stigma from family and community, denial of job opportunities due to their unacceptable histories of having been victims of human trafficking, denial of education opportunities, legal problems, fear of meeting people and fear of mixing in communities including walking freely during the day.

The lack of morality among the victims of human trafficking is amongst the effects suffered as a consequence of being lured and subjected to the ill business. Quora (2019) asserts that being moral means to be mindful about decisions and choices in life when given the opportunity to do so. In the case of the victims of human trafficking this is not the case since they had to make hurried decisions when they saw the opportunities to escape from the ordeal in the effort to save themselves. The victims are not given an opportunity to make good and rational decision but rather to act fast according to the situation they find themselves in.

Thus, most of the times they tend to forego good actions in protecting and preventing further harm on themselves (Mtewele, 2012; Mathias, 2011). In events of acts of immorality, the victims of human trafficking have been reported to develop negative coping mechanism to help them survive difficult situations. They are reported to subject themselves to self-mutilation or related harm, to opt for substance abuse to suppress their pains and fear, to become violent to their abusers and other members of the community and some have developed exorbitant anger management issues (OVC, 2012; WHO, 2012).

Despite the fact that both male and female victims of human trafficking can bear the impact of this ordeal, female victims who constitute the majority of the victims are affected more (IOM, 2011). According to Oram et al (2016), both male and female victims of human trafficking experience a number of health conditions including headaches, excessive fatigue, back pain, spells of dizziness and memory loss problem. However, the prevalence of each of the identified symptoms is significantly higher among women than men. WHO (2012) also supplements the above observation in a study conducted on the victims of human trafficking? When such persons were tested for sexually transmitted diseases, women were found to have been affected more than men. This was also characteristic of the prevalence of depressive disorders, anxiety, and suicidal ideation.

Trafficking in human beings has been described as a gendered phenomenon. The vice is gendered from the root causes, forms of exploitation and even the impacts as outlined in the previous sections. Women and girls are trafficked more than men and boys (UN. GIFT, 2008; UNODC, 2014; Kamazima, 2009). In a report from UNODC (2014), it is reported that 70% of all trafficked victims are women and girls while only 30% are men and boys. This emphasizes that, females are more vulnerable to human trafficking than males.

The assertion that women and girls are the main victims of human trafficking confirms that trafficking of human being is highly associated with gender related inequalities. From a gender perspective, it is clear that stereotypes that present men as powerful and in control and women as passive and submissive plays a bigrole in encouraging women trafficking. Human trafficking has also been described as a form of violence which is founded in gender inequalities and sex discrimination. This has been reported in many studies but the recent report from the European Parliament emphasizes that the whole human trafficking cycle is gendered from the root causes that make women more vulnerable (European Parliament report, 2016).

The report also emphasizes that even policy approaches and measures aimed at combating human trafficking are gendered and tend to favour men than women. Moreover, the report provides that even though the experiences of the men being trafficked, especially as victims of labour exploitation, are attracting growing interest among various stakeholders, trafficking of women remains high on the world agenda as a complex and growing phenomenon, despite global efforts to tackle it (European parliament report, 2016).

In many African cultures, the patriarchal system existing has been blamed as a catalyst to the vulnerability of adult and young women to human trafficking. A study by Giammarinaro (2002), strongly emphasizes that the root causes of human trafficking in women also implicates girls and is the patriarchal structures which keep women subordinate often leading to unequal opportunities between women and men in almost all human affairs. On a different perspective, Adepoju (2005) argues that women and child trafficking in Sub Saharan Africa is a demand driven phenomenon due to the existence of an international market for children in the labour and sex trade. Further the report informs of a growing network of intermediaries, absence of clear legal frameworks to curb the vice, scarcity of trained police to investigate related cases of human trafficking and the ignorance of parents, all as the main reasons for trafficking young humans.

It is feared that in Tanzania, human trafficking is on the increase (UNDP, 2011). The United States Department Trafficking in Person Report of 2008 indicates Tanzania as a source, transit and also destination of trafficked human beings (Kamazima, 2009.The incidences and prevalence of human trafficking is also feared to beon the increase (USDS 2018 and Global Slavery Index Report, 2018). Tanzania is reported to be the leader country in Eastern Africa in human trafficking with 350,400 cases when compared to its neighbours, Kenya with 328,000 cases and Uganda with 304,000.

Young females in Tanzania are said to be trafficked both internally (within the country) and sometimes internationally (outside the country’s borders). The overall magnitude and extent of such human trafficking is yet to be established but it is believed that the movement internally (rural – urban) is high when compared to international trafficking. The victims trafficked internally are reported to be deployed to work as domestic helpers, bar maids, contractual street vendors and sometimes they are drafted by their “owners” to work as prostitutes (Shimba *et al*, 2013, Kamazima, 2009).

Much as the extent and magnitude of young females trafficking in Tanzania is still statistically elusive, it is believed that a lot of them are trafficked not only within the country but also beyond Tanzania’s borders (Mtewele, 2012; IOM, 2008). After realizing the extent and magnitude of this problem the Government took several initiatives and measures including enacting the anti-trafficking Act of 2008 and ratifying the United Nations (2000) protocol and other international control instruments such as the United Nations Conventions on the Rights of Children (1989), and The African Charter on the Rights and Welfare of the Children (1999). In addition to these measures, in 2011, the Government of Tanzania established the National Anti-Trafficking in person Committee and its Secretariat both of which have the responsibility to oversee the implementation of the Anti-Trafficking Act of 2008. Following the establishment of the referred Committee, in 2012, the Government formulated the Anti Trafficking in Person Action Plans for the years 2012 to 2014 and 2015 to 2017 respectively.

The action plans were intended to guide the collection of the responses of relevant actors in combating human trafficking and to prevent, protect and assist victims of human trafficking (IOM, 2016). Specifically, the implementation strategies for the Act and the plans of the committee involved providing quality services to the victims of human trafficking, to mobilize and coordinate state and non-state actors involved in combating human trafficking in person and to develop standard operational procedures for the identification of victims and perpetrators of human trafficking.

Regardless of these efforts, it is still reported that human trafficking remains persistent and might be on the increase (Global Slavery Index, 2018). Young females are trafficked at twice the rate of adult women. UNICEF (2006) reported that, most domestic workers in Tanzania are less than 18 years in age out of which 85% of these are girls (Mathias, 2011). It is also reported by Mathias (2011) that in Tanzania, 97% of trafficking cases is internal involving youth between 12 and 17 years old; and in terms of sex, 74% of the victims are female. The victims are trafficked mainly from Iringa, Morogoro, Singida, Dodoma and Kilimanjaro to Dar es Salaam, Arusha and to the islands of Zanzibar and Pemba to serve as domestic servants, and some are offered and traded for commercial sex and some for organ donation.

Since it is a pressing problem within the country a number of scholarly research studies have been conducted such as by Mtewele, 2012; Mathias, 2011; IOM, 2008; Kamazima, 2009; and UNICEF, 2017. The reviewed empirical studies have explored such topics as the extent or magnitude of the human trafficking problem, forms of exploitation exuberated to the victims and causes of the human trafficking phenomenon. Despite the attempts to stamp out the problem, researches on the impact of human trafficking are limited. None of the reviewed studies, focused on the impact of human trafficking. This implies and justifies the need for a study to examine the impacts of human trafficking on the concerned victims.

# Statement of the Problem

The United Republic of Tanzania has outlawed human trafficking (URT, 2018). In fulfilling this commitment the Government, in 2006, signed the United Nations Convention on Transnational Organized Crime (UNTOC) and the Protocol to Prevent, Punish and Suppress Trafficking in Persons especially women and children. It further enacted the Anti Trafficking in Persons Act, Number 6 of 2008. The Act serves asthe main tool in fighting human trafficking in the United Republic.

Despite these enactments, efforts and strategies by the Government, the problem of human trafficking still persists. According to the Global Slavery Index report of 2018, USDS report of 2018 and different statements from the Government, it has been reported that human trafficking still exists despite the interventions. The Global Slavery Index report clearly indicates that human trafficking incidences might be on the increase as in 2014, the victims of human trafficking were estimated to be 336,000 while in 2018 number was estimated to stand at 350,400. Such evidence confirms the prevalence and persistence of the problem of human trafficking in Tanzania. Complementing the above information, it has been clearly stated by different studies (IOM, 2008; Kamazima, 2009 and Mtewele, 2012) that more than 80% of the victims of human trafficking are young females of the age between 15 and 24 years. The victims are reported to suffer physically, economically, socially and psychologically in the hands of the traffickers. The impacts of human trafficking tend to last for few days in some cases and in other cases the impacts last as long as the victims live (IOM, 2008 and 2015).

Notwithstanding the importance of research in this problem as a way of eliminating it, only a few related studies have been conducted within the country. Few scholarly researches such as by Kamazima, 2009; IOM, 2008; Mtewele, 2012; Mathias 2011; Global Slavery Index, 2018 and IOM 2018 have given evidence on this problem. The studies touched on such issues as causes, magnitude, forms of exploitation and scantly on the impact of human trafficking (IOM, 2015). The limited empirical studies on this matter have created the need for this study. In this respect, as a complement to previous researches, this study was conducted to assess the impacts of human trafficking specifically on young females’ lives.

# Objectives

The main objective of the study is to assess the impact of human trafficking on young females’ lives in Arusha region.

# Specific Objectives

The specific objectives of the study were to:

1. Determine the causes for young female trafficking
2. Examine the challenges encountered by young females enroute and in their destination areas
3. Examine health effects of human trafficking towards young females
4. Assess social effects of human trafficking towards young females
5. Evaluate the effects of human trafficking on young females’ moral behavioral change.

# Research Questions

1. What are the causes of young female trafficking?
2. What are the challenges encountered by the young females enroute and in their destination areas?
3. What are the health effects of human trafficking towards young females’ victims?
4. What are the social effects of human trafficking towards young females’ victims?
5. What is the impact of human trafficking towards young females’ victim moral behavior?

## 

# Justification

The current study produced reliable new, additional information and knowledge which highlights the problem under study by providing insights on the causes, challenges and impacts of trafficking young females on the social, health and moral standing of the concerned persons. Complementing the above, the study presented new perspectives of knowledge and recommendations to the government and other stakeholders to strengthen strategies and action plans pertaining, review the existing policies where necessary, and eventually reinforce existing laws against human trafficking. Additionally, the study provides insights that might help in broadening awareness about trafficking young females to individual households and the community as a whole. The knowledge gained by the community will equip them with all the tools necessary in identifying vulnerable young females in their community and this will eventually reduce the rate of human trafficking in the communities.

# Definition of Concepts

**Human** **trafficking:** Human trafficking is a form of modern slavery involving the illegal transportation of individuals by force, fraud, deception or abuse of power for the purpose of labour, sexual exploitation or activities which others benefit financially (Childreach, 2013 and UNODC, 2014).

**Child:** A child is defined as a human being below the age of 18 years unless otherwise, under the law applicable to the child, (United Nations Convention on the Rights of the Child, 1989)

**Child trafficking:** Child trafficking is defined as the recruitment, transportation, transfer, harbouring or receipt of a child for the purpose of exploitation in sex, begging, organ donation or labour activities (OHCHR, 2000).

**Young female:** A young female for this study is defined as the female human being of the active age between 15 and 24and not otherwise (Oxford, 2016; UN, 2004).

**Impact:** The word impact has been defined as the positive and negative, primary and secondary long-term effect produced by a development intervention directly or indirectly, intended or unintended or for the case of human trafficking, it is the immediate and long-term effect which results as a consequence of direct and indirect actions of human trafficking such as of the young females (European Union, 2019).

**Domestic servitude:** Domestic servitude is a form of human trafficking found in distinct circumstances, where girls work in a private residence that creates unique vulnerability for victims. It is a crime in which a domestic worker is not free to leave her employment and is abused and underpaid, if paid at all (OSCE, 2014).

**Sex trafficking:** Sex trafficking is a form of modern-day slavery in which individuals involve themselves in commercial sex through the use of force, fraud, or coercion. Minors under the age of 18 engaging in commercial sex are considered to be victims of human trafficking, regardless of whether force, fraud, or coercion are used.(USDS, 2015).

**Traffickers:** Traffickers are people from different age groups, being male or females, who participate or enable the trade and exploitation of individual human beings, and who occupy a central place in the human trafficking supply and demand(UNODC, 2008).

**Harmful traditional practices:** According to Kouyate (2010) harmful traditional practices are all actions undertaken deliberately by men on the body or the psyche of another human being for no therapeutic purpose, but rather for cultural or socio-conventional motives and which have harmful consequences on the health and the human rights of the victims.

# CHAPTER TWO

# LITERATURE REVIEW

# Introduction

This chapter provides the highlights and discusses various literatures reviewed on the impact of human trafficking on the lives of young females. It covers the theoretical and empirical review and examines the legal framework of human trafficking relating to children and young females. With empirical review an overview of human trafficking is assessed with a focus on the causes and impact of the vice on human living. With the theoretical review the feminist and trauma theories are examined as possible theoretical bases and guides of the research. The feminist theory evaluates the causes of human trafficking specifically of young females while the trauma theory provides the bases for the possible impacts the victims of human trafficking encounter immediately or after being trafficked. For the case of the legal framework pertaining, different international and national instruments and laws in relation to human trafficking and especially those relating to children and women trafficking are reviewed.

# Theoretical Review

This study is based on the trauma theory which analyzes the impact of human trafficking on young females. From the earlier stated research problem, it is clear that human trafficking of young females in Tanzania persists despite different efforts made by the Government and other stakeholders. In trying to understand why this problem persist in the country and affects more females than male, the feminist theory is evaluated. The theory draws the reasons that might be the causes of trafficking of women in the communities. Complementing this theory, a trauma theory is examined. The trauma theory fills in the gap from the feminist theory which provides only the bases and the causes without elaborating on the impacts of human trafficking. The trauma theory expounds on the consequences encountered by the victims of human trafficking.

# Feminist Theory

According to the Cambridge English Dictionary (2016), feminism is defined as the belief that women should be allowed the same rights, power and opportunities as men and treated in the same way. The feminist schools of thought generate the range of the theories related to human trafficking. Since, women all over the globe are culturally, socially, economically, politically and legally deprived compared to men, this subjugation and suppression works at different levels in familial, communal, local, national, regional and international levels.

According to the feminists, the lack of power, rights and opportunities existing in many communities is the main cause of women and girl trafficking. Ritzer and Douglas (2004) in their book on ‘*Modern sociological theories* ‘emphasize that due to stereotyping and the patriarchal systems existing in African communities a young female is customarily denied different opportunities which could otherwise empower her in different ways and, instead she is sold out to traffickers at a young age. However different feminist scholars have viewed the issue of women trafficking in different perspectives. Despite their different opinions the majority agree that woman trafficking is a form of violence against women. The neo-abolitionists in one hand condemn all forms of voluntary and involuntary prostitution resulting from exploitation of trafficked victims. On the other hand, the Marxist thinkers argue that the exploitation of women is rooted in social organizations and structures which are inherently patriarchal. Gerassi (2015) in an article on ‘*Theoretical Perspective of Sexual Exploitation and Sex Work’* stresses that violence against women is a strategic and systematic form of men’s domination and social control of women. Hence women trafficking as a form of exploitation for personal gain of the traffickers might occur because of institutionalized male privilege system. Other forms of violence occur primarily because of institutionalized male chauvinism and privilege system, as men believe that it is their right to inflict women with violence.

Further the feminists correlate poverty among women and human trafficking. They opine that feminization of poverty is “closely aligned with the feminization of migration and human trafficking”. Russell (2014) contributes to the gender narrative of human trafficking victims. According to the feminists, women are poorer when compared to men since they experience obstacles in daily living such as gender-based division of labour and wages, unemployment, low levels of education and least paid jobs. Also, women generally bear the care taker burden in families and this is normally not compensated. As a result of all this, women often become more vulnerable to human trafficking compared to their male counterparts (Kim & Choi, 2012). According to the feminist scholars, human trafficking is a result of unequal gender power, lack of opportunities, and feminization of poverty.

# The Trauma Theory

It is increasingly acknowledged that victims of human trafficking suffer from physical and mental health, social and moral consequences of human trafficking which in most cases result in trauma (IOM, 2016; Kamazima, 2009, Mtewele, 2012). According to the Oxford Advanced Learner’s Dictionary, 1995, trauma is one’s emotional shock and unpleasant experience of an act or event that causes distress or anxiety and lasting bad effects (Hornby, 1995). The trauma theory provides that accumulated trauma from human trafficking leads to various sequels such as depression, anxiety and other related symptoms which have lasting effects on the survivors’ health and overall wellbeing.

These effects of human trafficking on the victim can best be explained in line with the trauma theory. The theory was developed in the 1960’s by Freud Sigmund and clearly explains the prevalence of violence against women and children through rape, battering, incest and other acts against humanity. Trauma affects the survivor’s health and social life for a lifelong period (Munney, 2008). According to Tsutsum (2008), human trafficking victims experience different forms of violence which can result in not easy to treat chronic trauma.

A person’s trauma develops due to different forms of exploitation such as sexual and labour exploitation. During the time the victims are under captive they experience violence in the form of rape, battering, threats, denial of salary, overworking, enslavement, bondage etc. During this time the perpetrators also inflict different forms of psychological tortures which end up destroying the victims’ sense of social relations. Human traffickers often terrorize their victims through threats and harm against them and their families should the trafficked persons try to escape or report their ordeals. The traffickers might even subject their victims to alcohol or drug dependency to further entrap them. All these actions often leave the victims helpless and hopeless and unable to consider escaping or to seek assistance.

Since the victims of human trafficking can neither escape nor seek help, they become traumatized. The effects of trauma continue to develop and take roots even after the victims have been rescued from their ordeals. Freud’s early work, argues that trauma develops from repressed earlier experiences of torture, violence such as sexual harassment, emotional and physical assault. This is relevant to this study which focuses mainly on the impacts of human trafficking on young females. In this perspective, the trauma theory explores the different consequences of traumatic experiences of trafficking as inflicted on the victims. The theory provides that, victims of human trafficking might develop traumatic mental, physical, social and moral effects of human trafficking and the treatments they get from their enslavers.

# The Conceptual Framework

The current study aimed at assessing the impact of human trafficking on young females’ lives in the geographical and administrative region of Arusha in the United Republic of Tanzania. From this objective it is obvious that human trafficking stands out as the independent variable for the research problem while the impacts caused by the vice on the victims of human trafficking are the dependent variables. The conceptual framework was developed based on literature and theoretical review which helped to identify variable to be tested in the study. Singh and Harbilas (2013), Kamazima (2009) and IOM (2008) are among the literatures used by the researcher to develop the conceptual framework.

The impacts were well highlighted in the theoretical framework which elaborated on the traumatic experiences of the victims of human trafficking. The traumas involved the health, social and moral conditions of the victims of the vice as caused by different forms of abuse inflicted on the victims of human trafficking in form of sexual, physical, emotional and economic abuse.

The causes of young female trafficking are also discussed in the Feminist theory. The feminist theorists argue that, human trafficking of young females is driven mainly by gender inequality within societies. Gender inequality is also the cause of other mistreatments of females such as low levels of education, poverty, lack of adequate opportunities for jobs, and unequal payment among men and women. These factors eventually push the females into the hands of human traffickers. The conceptual framework was formulated by the researcher as guided by different literatures and in response to the objectives and outlined theories of the study. More details about the conceptual framework are presented in Figure 2.1.

**Dependent variables**

**Independent variables**

**Impacts of trafficking**

* Health
* Physical

Injuries, Unplanned pregnancies, burn scars, STI’s

* Mental

Anxiety, Drug abuse, depression, Anger

* Social

Social exclusion, Denial of opportunities, Legal problems

* Moral behavior

Violence, Body harm, Suicidal ideation

**Human Trafficking**

Causes

* Gender inequalities
* Poverty
* Inadequate legal enforcement
* Low level of education
* Lack of job opportunities
* Culture

Dependent var

Figure 2.: Conceptual framework of the impact of human trafficking on young female victims

Source: Researcher, 2021

# Empirical Review of Relevant Studies

This section presents and discusses the highlights from different empirical studies conducted worldwide on the problem of human trafficking. The presentation and discussions are based on the five (5) objectives of the study as stated in chapter one. The first objective intended to determine the causes or drivers of young female trafficking. The second objective aimed to identify and examine the challenges encountered by young females’ enroute to and in their destinations, while the third objective aimed at examining the health effects of human trafficking on young females. The fourth objectives intended to assess the social effects of human trafficking on young females and the final and fifth objective intended to assess the effect of human trafficking on young females’ moral behavioral change. This section elaborates the views of other authors and the existing research gaps are also identified including how the present study attempted to fill these gaps.

# Causes of Young Female Trafficking

A number of factors have been identified by different studies to be the root causes of human trafficking of both men and women. In research conducted by Pouyki (2012) on the Quest for the Root causes of human trafficking through 25 indepth interviews and secondary data analysis a number of factors were identified. The report identifies the reasons why young females fall into traffickers’ hands. The study deduced that human trafficking is dictated by supply and demand forces. The supply side simply implies that individuals around the globe whose survival needs are not met and are under limited means to meet these needs are bound to fall victim of human trafficking for lack of alternative means of survival. The study also describes the demand side as those industrial, sexual, agricultural pursuits that rely on impoverished individuals being trafficked illegally to generate profits in their businesses. Altogether, the study states that poverty is the root cause of human trafficking providing for both the supply and demand sides of human trafficking.

In complementing these findings, UNESCO (2007), in its study titled “Human Trafficking in Lesotho” as done through 200 qualitative interviews and secondary data analysis reports slightly different causes of human trafficking. UNESCO agrees that in order for human trafficking to occur you need internal and external factors to promote and or support the bad practice. Therefore, there has to be the demand and supply sides of human trafficking. Further, UNESCO explains that on each side (Demand and Supply sides) one need the Push and Pull factors that aggravate this horrendous act. With Push factors the study outlines the elements of poverty, family break up, violence, lack of jobs, low level of education, family pressure or lack of the sense of responsibility to provide for the family and traditional practices, all as the main factors while as the pull factors include the need for cheap and low skilled labour and sex tourism as main factors.

Harmful traditional practices are also reported in a study by UNICEF (2003) targeting 53 African countries. The UNICEF study was titled “trafficking in human beings, especially women and children, in Africa”. The study was undertaken through desk review; country visits and an expert workshop. In this study a number of traditional practices such as early and forced marriages, demands for bride price, female genital mutilation and marriage of young girls to older men contributed to human trafficking. The victims of these practices tended to escape from their husbands and perpetrators of violent acts such as female genital mutilation ending up into the hands of human traffickers.

Much as the above studies could establish the main causes of human trafficking in the places the studies took place, they did not evaluate the root causes for women trafficking. Women and especially young women have been reported to be trafficked at twice the rate as men (UNGIFT, 2008; Childreach, 2013). This is the gap the current study intended to fill. It intended to evaluate the reasons why females and especially young females are trafficked more as opposed to their male counterparts.

In another instance Kamazima (2009) did a baseline study on human trafficking in Tanzania in eight selected geographical and administrative regions of Tanzania. The data collection tools used in the study involved both primary and secondary tools. Qualitative interviews and questionnaires were administered on 799 respondents from Iringa, Morogoro, Dodoma, Manyara, Arusha, Singida, Tanga and Dar es Salaam. The survey was very resourceful since it established the main reasons for increases in human trafficking activities in Tanzania. The study listed increased poverty levels, poor social support, family conflicts, lack of food and clothes and also the urge for a better life as the main causes of persistent human trafficking activities in Tanzania.

In terms of exploitation, it was stated that the victims of human trafficking end up as domestic servants, bar attendants, sex workers, miners, laborers in farms and construction sites or food vendors. The study produced benchmark information on the causes of human trafficking in the country. However, it provided data which was not disintegrated failing to show how much the problem affects women as compared to men which the current study intends to do.

# Challenges Encountered by Trafficked Young Females Enroute and in Their Destination Areas

Once in the trafficking hands, the victims encounter a number of challenges all of which can be considered as human abuse. Abuse of the victims of human trafficking have been reported in many studies worldwide (IDLO, 2011; WHO, 2012; Lutya, 2012). The studies have revealed that the victims were exploited both in sexual and labour, and face numerous forms of abuse resulting in the different traumas experienced by the victims. An example is a study conducted by IDLO in India in 2011. The study was titled “Exploring the extent and magnitude of Human Trafficking of Girls in India” and involved 79 informants including: 36 interviewees, 39 participants in FGDs; and 28 polling booth participants. The study employed a combination of data collection techniques to capture information from the different beneficiary groups. Primarily semi-structured interviews and focus group discussions were used to capture information from the IDLO staff, lawyers, paralegals (barefoot counselors), and CBO staff. Given that the girls were a more sensitive group, the evaluation team employed a mixed method approach to collect information and validated the claims made. From this study, it was seen that girls were the main victims of the acts of traffickers and also the main vulnerable group as compared to adults. It was also revealed that girls were exploited in different ways and faced inter alia, sexual, physical, economical and emotional abuses.

The victims of human trafficking according to this study were exploited in commercial sex, bonded labour, domestic servitude and a few of them in organ donation. The study provided detailed information on how the victims of human trafficking are abused both while travelling and while in captive. Much as it provided this necessary information, the study was conducted in India, which is far from where the current study was conducted. The causes and context of trafficking in India are also different from those in Tanzania where the current study was done.

In another study by WHO (2012) titled “Addressing Violence Against Sex Workers”, numerous acts of violence against victims of human trafficking involved in sex work were identified. The study was conducted through secondary data from different studies done throughout the world. From this report it was revealed that, victims of human trafficking involved in sex work face physical, sexual and emotional forms of violence. Physically the victims are subjected to force rape which can potentially cause death, injury or harm. These include slapping, pushing, shoved, hit with a fist or something else that could hurt, being kicked, dragged, beaten up, chocked, deliberately burnt, pocking and physical restraining.

The report goes further in reporting sexual violence encountered by the victims which includes; rape, gang rape, sexual harassment, being physically forced or psychologically intimidated to engage in sex acts against ones will. Emotionally, the report mentions insults, humiliations, belittlement in front of other people, threats, destruction of possession as forms of emotional violence perpetrated to the victims of human trafficking. The report provides a foundation for other studies in the field of sexual trafficking as it provides basic knowledge required while researching in this field. Much as it provides this rich information, this study is mainly intended for victims of sex trafficking leaving other forms of exploitation such as labour. The current study will explore violence inflicted to all victims of human trafficking which is one of the elements of gap found in the WHO (2012) study.

In an African context, few studies have been conducted on human trafficking and especially on violence towards the victims of human trafficking (IOM, 2008). Lutya, (2012) is among the studies which exposed what the victims of human trafficking encounter in their lives. The study was titled “human trafficking of young women and girls for sexual exploitation in South Africa” and based mainly on secondary data. Different information was gathered explaining the causes, extent and effects of human trafficking and sexual exploitation. Explicitly, it was learnt that girls between the ages of 11 and 17 were recruited, kidnapped and abducted for human trafficking purposes. The girls were preferred because the traffickers believe that younger girls are compliant and docile as compared to adults. Explicitly, the report states that about 30,000 South Africa children work as prostitutes and about 247,000 are in exploitative labour related situation. From these findings it is clear that girls and young women are vulnerable as compared to men in South Africa. The study goes on explaining the type of abuse these girls encounter in their daily lives as victims of human trafficking. It reported physical abuse, sexual abuse and emotional abuse in different forms such as rape, gang rape, physical attack and threats as among the main forms of abuse inflicted on the victims of human trafficking. Much as this study relates to the current study, it is obvious that the study was conducted in another country which has different geographical, political and economic features compared to where the current study was conducted. This study was mainly focused on the causes, extent and magnitude while the current study will be focused on the impacts of trafficking to young females in Tanzania.

# Health, Social and Moral Impacts of Human Trafficking

The effects of human trafficking are reported in different studies. The effects which this study hoped to focus on are in regard to objectives three, four and five of this study. In objective three, the health implications were examined, while in objective four and five, social and moral behavior changes respectively were reviewed.

Few studies have evaluated the implications of human trafficking on the victims. The studies concentrated on evaluating the health impacts of trafficking leaving unattended the social, moral and economic effects of human trafficking. Among others Hermet, (2018), Kamazima (2009) tried to evaluate the health, and social effects of human trafficking while Tsutsumi et al (2008) and Ostrocvich et al. (2011) concentrated on health impacts of human trafficking.

In evaluating the impact of human trafficking on the victims Hermett (2018) conducted research titled “the effects of sex trafficking on youth” this study was conducted through secondary data review. Hermett reviewed 39 literatures and a number of effects were revealed. It was reported that the victims of sex trafficking faced physical, psychological, and social effects. The physical effects identified from this review included sexually transmitted diseases (STD’s), other diseases and infections, physical injuries, substance abuse, and malnutrition.

The studies also show that victims of human trafficking may suffer psychological effects, such as disruption in family and peer relationships, difficulty in trusting others, forced secrecy, trauma symptoms, anger control problems, conduct disorder, depression, anxiety, and posttraumatic stress disorder (PTSD). The youth involved in sex trafficking also often demonstrated self-harm and suicidal behaviors. Also, this study revealed that the victim also face social difficulties with developing healthy relationships with family and others, trusting adults, and physical fighting or other violent tendencies. Psychologically the victims were reported to develop such disorders as depression, anxiety, and especially posttraumatic stress.

Another psychological effect that victims face is the tendency for serious secrecy. The victims of human trafficking tend to want to live in secrecy, isolated from the rest of the world. This effect can be described as a loss of voice. This study reported health and social effects of human trafficking on victims of sex trafficking only. The study used secondary information collected from different parts of the world. From this study it is clear that victims of other forms of exploitation were left behind unstudied. This is the gap the current study intended to fill since it will study the impacts of trafficking to the victims regardless of the nature of their exploitation. The current study used data collected from primary and secondary sources as opposed to this reviewed study which used data from secondary sources only.

Tsutsumi et al (2008) and Ostrocvich et al. (2011) evaluated the health impacts of human trafficking. Tsutsumi et al, in their study titled “Mental health of female survivors of human trafficking in Nepal” conducted through The Hopkins Symptoms Checklist-25 found, out that both the sex workers and the non-sex workers had a high proportion of cases with anxiety, depression, and Post Traumatic Stress Disorder (PTSD). The sex workers group tended to have more anxiety symptoms (97.7%) than the non-sex workers group (87.5%).

There was a higher rate of HIV infection in the sex workers group (29.6%) than in the non-sex workers group (0%). Apart from their mental health, this study also found the victims of trafficking faced a lot of physical injuries, scars, sexual transmitted infections and pregnancies. On another instance Ostrocvich et al (2011) in their study titled “Women in post-trafficking services in Moldova: diagnostic interviews over two time periods to assess returning women's mental health” had more or less similar results as Tsutsumi (2008). Following this longitudinal study, it was found out that the victims, after 2 to 12 months after being rescued, were found with PTSD, HIV infections, depression and extreme anxiety.

In an attempt to examine the social effects of human trafficking, Dahal et al (2015) did a study in Nepal titled ‘We are looked down upon and rejected socially’: A qualitative study on the experiences of trafficking survivors in Nepal. The study examined the social impacts encountered by the returnees of human trafficking in the country. It was conducted using focus group discussions with 10 groups of trafficking survivors. From this study it was reported that the survivors of human trafficking faced a number of effects including but not limited to illiteracy, lack of opportunities, and varied social stigma. They also faced legal problems and extreme poverty since they are denied economic opportunities available.

From the above literatures reviewed it is clear that there is still a gap to be filled in information regarding the impacts of human trafficking. The current study, therefore, intended to provide information missing since it dealt with examining health, social and moral impacts encountered not only by the returnees but also by the victims still in captive.

# Human trafficking in Tanzania

In the context of Tanzania, few studies have been conducted on human trafficking (Kamazima, 2009 and Mathias, 2011). The existing researches have addressed the causes, effects, extent, and magnitude of the problem. Much as some of the causes and effects of human trafficking have been studied, Tanzania’s data on trafficking in person is still scanty and inconsistent. Also, the research have been conducted in only a few regions of Tanzania while the problem is prevalent in all regions of the country. This section reviews some of the relating research findings conducted in Tanzania between 2009 and 2016.

Kamazima (2009) did a baseline study on human trafficking in Tanzania target in eight selected regions. The data collection tools used in the study aimed to collect both primary and secondary data. Qualitative interviews and questionnaires were administered on 799 respondents from Iringa, Morogoro, Dodoma, Manyara, Arusha, Singida, Tanga and Dar es Salaam. The survey was very resourceful since it established the baseline information with regards to extent, causes and effects of human trafficking in Tanzania. Specifically, the study revealed the following; i) Human trafficking has been increasing and women and girls are the main victims; ii) The main reasons for the increase in human trafficking activities in Tanzania are the increased poverty levels, poor social support, family conflicts, lack of family food and clothes and also the urge of young people for a better life. In terms of exploitation, it was stated that the victims of human trafficking end up as domestic servants, bar attendants, sex workers, miners, laborers in farms and construction sites or food vendors.

Another study was done by Mathias (2011) on child trafficking in Tanzania. In this study the experience of trafficked girls in Dar es Salaam was explored. The study used both primary and secondary data collection methods. For the case of primary data collection tools, 15 girl victims and several human trafficking organizations were interviewed. Mathias found out that poverty was the main pushing factor for girls to be sold or exchanged in human trafficking. Other factors included low income and decline in production in the agricultural sector, sickness, family conflicts, parental separation and orphan hood. The pull factors reported in this study included better education, employment opportunities and better social services. In the case of the perpetrators of human trafficking, it reported that neighbors, parents and close relatives were involved in human trafficking their children.

From this review of studies conducted in Tanzania, it is obvious that much more research is required to fill in the data base of human trafficking. The information obtained from the above results is still not enough to fulfill requirements for the impact of human trafficking. The current study focused not only to the impacts but also provided information on the causes and challenges encountered by the young female victims of human trafficking.

# Legal Framework on Young Female Trafficking and Other Forms of Violence

This section is included in the discussion since the study will involve young females from the age of 15 to 24 years. In that case the sample with less than 18 years of age will be considered as children. To that it is necessary to review the legal tools against child trafficking and women trafficking thereafter.

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# International instruments for Child Trafficking

Child trafficking has been regarded as one form of violence against children since the child involved is exploited and abused in the worst forms. In curbing this situation which has been persistent over years the international community and Tanzania as a country ratified several instruments and enacted laws which aim to protect the children.

The convention on the rights of the child was established in 1989 and became effective in 1990. The convention, article 3, clearly explains the importance of protecting the child. It guarantees the child’s rights of survival and development as well as protection from all forms of neglect, abuse and exploitation. The convention emphasizes the state to steer wheel the responsibility to make sure the child has all rights as provided for in the convention. In the case of child trafficking, the states that are signatories have assumed responsibility for developing and implementing adequate national, bilateral and multilateral measures for the prevention of the abuse, sale or trade of children for whatever purpose and in whatever form and reintegration of child victims in the society.

In supporting the convention on the rights of the child, the international body adopted the protocol “the convention on the rights of child” in 2000 which emphasized the right of the child to be protected from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child's education, or to be harmful to the child's health or physical, mental, spiritual, moral or social development. The protocol clearly states that prostitution and trade in children are explicitly deemed violations of the rights of the child.

The Protocol is the basis on which many states, have criminalised trafficking in human beings as well as initiated activities for the assistance and protection of trafficked persons, including the repatriation of victims of trafficking in human beings. The Protocol directs states to cooperate in the prevention and fight against trafficking in human beings, exchange of information and training, and strengthening border contros without jeopardizing the international activities in favor of free circulation of people.

In order to complement the above instrument, the international community also established the convention on the worst forms of child labour. This convention differed from that of children rights in a way that this present one emphasized on the abolishment of all forms of child labour. It stipulated that “the victims of human trafficking including the children are always exploited for different reasons including sex, domestic servitude, subsistance agriculture, home gardening, petty business and many other ways”. Hence the ILO (1999) adopted the convention on the worst forms of child labour which aimed at prohibition and eliminating the worst forms of child labour, as the main priority for national and international action.

The Convention identifies the worst forms of child labour as; (a) All forms of slavery or practices similar to slavery; (b) The use, procuring or offering of a child for prostitution, for the production of pornography or for pornographic performances; (c) The use, procuring or offering of a child for illicit activities, in particular for the production and trafficking of drugs as defined in the relevant international treaties; and (d) Work which, by its nature or the circumstances in which it is carried out, is likely to harm the health, safety or moral standing of children.

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# International Instruments Against Trafficking in Women

In efforts to alleviate human trafficking in women a range of legal instruments have been put forward by the international and regional bodies. Among others Convention on the Elimination of All Forms of Discrimination against Women (CEDAW 1981) is the widely used legal instruments which require States to take all appropriate measures to suppress all forms of trafficking in women and exploitation of prostitution of women. The exploitation of the prostitution of others is also the subject of the UN Convention for the Suppression of the Traffic in Persons and of the Exploitation of the Prostitution of Others (1949). CEDAW in its general recommendation No. 19 identifies trafficking as a form of violence against women because it puts women at special risk of violence and abuse.

Human trafficking is incompatible with the equal enjoyment of rights by women and with the respect for their rights and dignity. Apart from CEDAW the Trafficking Protocol put forward in the early 2000’s was a large step forward in combating trafficking in women, and, especially, protection of trafficking victims. It was a step towards the adoption of the new UN Trafficking Protocol, i. e., Protocol to Prevent, Suppress, and Punish Trafficking in Persons, especially Women and Children, drafted by an ad hoc committee of the UN as a supplement to the Convention against Transnational Organized Crime. The Trafficking Protocol provides the international framework and the tools for a twofold approach: one, a human rights response, namely, to protect the rights of trafficked persons, two, and an anti-crime response, namely, to prevent the crime and punish the trafficker.

# National Legal Frameworks Against Human Trafficking of Girls and Women

# The Anti Trafficking in Person Act

Tanzania, as a country in sub saharan africa, is equally in a state where young females are trafficked accross the borders to neighbouring countries and within the country to be exploited as sex workers where, in most cases they start asdomestic helpers. The government of the United Republic of Tanzania, knowing the existance of this problem, joined the other countries in instituting legal mechanisms to abolish this inhuman activity which denies the children and women their rights to live and be. Tanzania is, therefore a signatory to the UN Conventions including the UNICEF’s Child Rights Convention (CRC), the ILO Minimum Age Convention (Number 138) and the Worst Forms of Child Labor Convention (Number 182). In showing further commitment to the elimination of child labour, the Government ratified the UN (2000) Protocol and enacted *The Anti-Trafficking Act* 2008.

Together with the UN protocol above, the government of Tanzania has ratified other international conventions related to human and child rights. These include the United Nations Convention on the Rights of the Child (UNCRC) 1989; the African Charter on the Rights and Welfare of the Child (ACRWC) 1999; the Optional Protocol to the Convention on the Rights of the Child on the Sale of Children, Child Prostitution and Pornography ban 2000; the Optional Protocol to the Convention on the Rights of the Child on the Involvement of Children in Armed Conflict 2000, as well as the ILO Convention 182 on the Worst Forms of Child Labour, 1999 (Mathias 2011).

In addition to the ratification of the international instruments, the Government of Tanzania enacted the Anti Trafficking Act of 2008. The act prohibits the trafficking in person and stipulates that human trafficking crimes include recruitment, transportation, transferring, harbouring, providing or receiving a person by any means, including those done under the pretext of domestic or overseas employment, training or apprenticeship for the purpose of prostitution, pornography, sexual exploitation, forced labour or slavery, involuntary servitude or debt bondage.

The 2008 Anti-Trafficking in Persons Act outlaws all forms of trafficking and prescribes due punishments of one to 10 years’ imprisonment, a fine, or both. Much as the act is in use, international bodies have claimed that the penalties are sufficiently stringent, but not commensurate with those prescribed for other serious crimes, such as rape (URT, 2008). A provision for offenders to pay a fine in lieu of serving prison time allows for a penalty that is not proportionate to the crime and such a fine does not provide adequate deterrent to potential perpetrators of human trafficking offenses (USDS, 2013).

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# Sexual Offence Special Provisions Act 1998

Since the majority of young females that are trafficked worldwide are exploited as sex workers, Tanzania could not be excluded as the same happens to many victims migrating from rural to urban areas ending up being exploited sexually by pimps and pedophiles (IOM, 2012; Shimba et al, 2013). In complementing this observation, a National Survey on Violence against Children, launched in 2011 by UNICEF, exposes that in Tanzania, almost a third of females aged 13 to 24 experiences at least one incident of sexual violence before the age of 18.

In response to this situation the Government of the United Republic of Tanzania enacted the Sexual Offences Special Provisions Act of 1998, which prohibits all forms of sexual violence against humans and specifically against children. In terms of the befitting punishment, the act stipulates that a “person who commits the offence of cruelty to children is liable, on conviction, to imprisonment for a term of not less than five years and not exceeding fifteen years, or to a fine not exceeding three hundred thousand Tanzania shillings, or to both the fine and imprisonment, and shall be ordered to pay compensation of an amount determined by the court to the person in respect of whom the offence was committed for the injuries caused to that person.''

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# Child Development Policy

The Tanzania Child Development Policy which was developed and adopted in 1996 was redeveloped in 2008 with aim to accelerate the development and welfare of the child through clear strategies and programmes for monitoring the implementation of the Policy. The reviewed policy targeted to facilitate and create environments that would enable families, communities and Non-Governmental Organizations to effectively understand and promote the rights and development status of children.

The policy emphasizes the child’s rights of the child in Tanzania to survival, development, protection, participation and nondiscrimination. However, children who are trafficked are denied these rights as they are exploited in the worst forms. In this policy child trafficking is categorized as among the worst forms of child abuse and so the policy directs the Government, in collaboration with the community and the society in general and other stakeholders in children’s issues to prepare strategies and programs for effective protection of children against all forms of violence.

# The Research Gap

Globally, empirical research studies have been conducted on the impacts of human trafficking. However, from a search of different electronic database, there are some gaps which have been identified from those studies. The research gaps for the objectives of the studies are one area of concern. The objectives focused on the causes or forces which encourage human trafficking, the impacts and challenges encountered by the victims of human trafficking.

Different empirical studies focused on the causes of human trafficking and obtained different results (Pouyki, 2012; UNESCO 2007; Kamazima, 2009; Mathias 2011; and IDLO, 2012). Pouyki (2012), IDLO (2012) and UNESCO (2007) for instance, conducted studies to identify the root causes of human trafficking. The studies investigated the demand and supply bases of human trafficking. A number of factors were identified as the reasons why women and girls are trafficked from their homes such as to be exploited sexually or as house servants. Much as these studies identified the root causes of human trafficking, they failed to show what reasons were specific for female victims and what reasons were specific for male victims.

Since it has become clear that females are trafficked more than male due to gender inequalities it is important to provide relating data based on gender (UN.GIFT, 2008, Childreach, 2013). Apart from lacking gender disaggregated information, these researches were conducted away from Tanzania thus providing results which might not be applicable in similar or comparable circumstances in Tanzania. The referred studies were conducted in Nepal and India which have different ethnographies, cultures and histories and are obviously different in all ways from Tanzania contextually. The current study fills the identified gap since it provides the causes of human trafficking of young females and has been conducted in Tanzania hence providing reliable data which can be used to solve this heinous problem in the socio-cultural and economic paradigms of Tanzania.

In another instance Kamazima (2009) and Mathias (2011) conducted studies on human trafficking in Tanzania. The studies were very resourceful since they established the main reasons for the increase in human trafficking activities in Tanzania. Kamazima (2009) however, did not provide disintegrated data with regards to why girls and young women were trafficked more than men and boys and also did not provide disintegrated data on how different boys, girls, men and women were affected by human trafficking.

Another related study was done by Mathias in 2011. This study explored human trafficking and migration of girls from rural areas of Tanzania to Dar Es Salaam. The research was very educational as it explored in depth experiences which the victims of human trafficking face and the different forms of exploitation they encounter on the way. The study reported the physical, psychological, sexual and emotional challenges the victims faced on arrival in Dar es Salaam. Much as it relates to the current study, the methods and objectives of the studies differed and even the localities where the research was conducted also differed. The assumption here was that the purpose of human trafficking in Arusha and Dar es Salaam might be very different so the public in general needs to know what happens in different regions with regards to human trafficking.

In the case of challenges encountered by the victims of human trafficking, a number of empirical studies have been conducted worldwide (IDLO, 2011; WHO, 2012 and Lutya 2012). As earlier on discussed in the previous sections, IDLO (2011) conducted an exploratory study on the extent and magnitude of human trafficking of girls in India. The study provided very informative outcomes for different issues with regards to trafficking of girls. Among others the study revealed different challenges the girls encountered as a result of trafficking.

Even so, there were gaps in this study which the current study intended to fill. IDLO’s study differed with the current study in coverage, locality, methodology and the outcomes of the research. Among the gaps in IDLO’s study was the methodology used to collect data. The study mainly employed qualitative research methods in collecting data. This was a weakness as different research scholars advise the use of both qualitative and quantitative research methods to increase the creditability and validity of research findings (Kothari, 2004; Cresswell and Clark, 2011). The current study fills that gap since it applied mixed research method to collect data for the study in question. Another gap from IDLO’s study was that it did not establish the impacts of the challenges encountered by the girls who were victims of trafficking. The study was mainly focused on the cause and challenges but did not evaluate the impacts encountered from this vice.

In another incidence, WHO (2012) and Lutya (2012) conducted researches on the challenges facing victims of human trafficking. The two studies were conducted independent of each other. Although both studies were based on secondary data, the coverage was different. WHO reviewed data from different sources worldwide while Lutya reviewed data from South Africa. They however, both researched the challenges facing victims of sex trafficking in the specified areas leaving out the victims of other forms of exploitation. Despite the outcomes provided from these studies a few gaps were identified. The first gap identified was the fact that the studies only concentrated on victims of sex trafficking leaving out victims of labour trafficking which also accounts for a significant number of victims.

Secondly the studies used only secondary data collection methods instead of combining the methods and covering wider ground. Different scholars have suggested a combination of both primary and secondary data collection methods for more specific, accurate and valid results. In filling in the identified gaps, the current study applied both primary and secondary data collection methods and assessed the conditions of the victims of human trafficking regardless of whether they were subjected to sex or labour exploitation.

A significant research gap was revealed in reviewing the impacts of human trafficking on young females. It was observed that several studies have been conducted on the impacts to human trafficking. The studies concentrated on evaluating the health impacts of human trafficking leaving out the social, moral and economic effects of human trafficking. Hermet, (2018), Kamazima (2009) evaluated the health, and social effects of human trafficking while Tsutsumi et al (2008) and Ostrocvich et al. (2011) concentrated on health impacts of human trafficking.

From the studies reviewed, it became clear that they differed from the current study in coverage, methods used to collect data and even the results. Hermett, established the impacts endured by the victims of human trafficking. Despite having produced very informative results, the methodologies used to collect the information were not indicated as the study used only secondary data sources in reviewing the effects of human trafficking. Further, the studies focused only on evaluating the impacts on the victims, of such molestation as sex trafficking leaving out the other categories of victims of human trafficking. Tsutsumi (2008) and Ostrovich (2011) evaluated the health impacts of human trafficking. They provided practical information on the mental health of the victims of human trafficking with a focus on female victims.

There were two main gaps identified from the review of existing studies: the first is that existing and previous studies used only qualitative approaches in collecting data and secondly the studies were focused on the mental impacts of human trafficking leaving out the many other impacts such as social and economic impacts of human trafficking. The current study fills the identified gaps by deploying a combination of data collection methods relating to more than two areas of impact of human trafficking on young girls. It goes an extra mile by examining health, social and moral impacts of trafficking. The focus of the study is a part of Tanzania, namely Arusha region with the hope that the results that will be established will be an eye opener on the extent of the problem beyond Arusha in the other parts of the country.

# CHAPTER THREE

# RESEARCH METHODOLOGY

# Introduction

This chapter discusses the research methodology used in the study. It outlines and elaborates on the research approach, research design, study area, unit of analysis, sampling techniques, data collection techniques, data analysis, reliability and validity of the study data. In a snapshot, this study applied both quantitative and qualitative approaches. Quantitative method was used to collect demographic information from the victims of human trafficking, information such as age, marital status; education and family background of the respondents were gathered.

In addition to the demographic information, the quantitative data collection method was used to collect key human trafficking information from the young females including the causes, experiences and the effects they encountered. The tool for collecting quantitative data was the questionnaire. On the one hand, qualitative method was applied to get in-depth human trafficking information from the community members, the victims and potential victims. Focus group discussion, face to face discussion and key informant interviews were used for qualitative data collection.

# Research Approaches

A research approach is defined as the proposed and agreed plan to conduct research. It involves the intersection of philosophy, research designs, and spe­cific methods. There are three common approaches in the research world (Cresswell, 2009). They include; quantitative research approach, qualitative approach and mixed method approach. The qualitative approach involves exploring and understand­ing the meanings individuals or groups of people ascribe to a social or human problem. The process of research involves the search for answers to defined questions and the relevant data is typically collected in the participants’ setting, whereas data analysis involves inductive building from particulars to general themes, and the researcher making interpretations of the meaning of the collected and processed data.

The quantitative approach to research on the other hand is the testing of objective theories by examining the relationship that exists between and among variables. These variables, in turn, can be measured, typically on agreed instruments, so that numbered data can be ana­lyzed using statistical procedures. The last approach as per Cresswell (2009) is the mixed approach.

The current study opted for this approach. The mixed approach is an inquiry which involves collecting both quantitative and qualitative data, integrating the two forms of data, and using distinct designs that may involve philosophical assumptions and theoretical frameworks. The core assumption of this form of inquiry is that the combination of qualitative and quantitative approaches provides a more complete understanding of a research problem than either approach operating alone.

According to Chaumba (2013) the mixed methods approach is associated with most of social science studies because of the complexity of social problems. One of the advantages of using the mixed methods research in the present study was to enable the researcher to answer confirmatory questions with regard to the research problem through the administration of both open and closed ended questionnaires, interviews, focus group discussions and field observation schedules.

Qualitative and quantitative data was used in a mutually complementing manner meaning that data collected from each of these two methods was useful in enriching data collected from other approaches. The rationale for mixing the two approaches in this study was that neither quantitative nor qualitative approach deemed adequate in itself to capture and reveal the details of the current study. For instance, Creswell and Plano Clark (2007) suggested that quantitative research may be weak in revealing the contexts and situations in which people respond to questions about a certain phenomenon, and as research is primarily about numbers, participants ‘explanations are not so important. Qualitative research may be viewed as deficient because personal subjective interpretation may introduce some interview bias and so it may be difficult to generalize the findings of a small sample to a larger population. The mixed research method is seen as a way of improving research outcomes as it provides a better understanding of research problems than either approach used in isolation (Twaha, 2017; Creswell and Plano, 2007).

# Research Design

A research design is a framework of the research methods and techniques on how research should be conducted (Kothari, 2004). The design includes how the researcher will collect the data, interpret and analyze it. As already explained in the preceding section, the current study used a mixed research approach for data collection. The study chose this design since it is believed that it is difficult to use single research design to achieve the purpose of research problem under investigation. The mixed methods were used concurrently, that means that both qualitative and quantitative methods were used side by side to complement the strength and weakness of each other (Cresswell and Clark, 2007).

For quantitative data, a cross section design was applied to obtain the information required. The questionnaire was used as a tool to collect information. The design was selected over other designs in a sense that it was relatively easy to use, was economical in terms of time and cost, and it allows the researcher to take a snapshot of a population at a certain time, enabling conclusions about phenomena across a wide population to be drawn. The simple random sampling technique was applied to obtain participants for the study.

On another hand, qualitative data collection applied a phenomenological research design. The phenomenological design was chosen for the qualitative design because it tends to describe, enhance understanding and to interpret meanings of experience of human life which is the case with the current study. The current study intended to understand the impacts of human trafficking on young females as victims. The phenomenological design was accurate for this type of study since it establishes an in depth understanding of the experiences the survivors have gone through their life (Bloor and Fiona, 2006). The tools used to collect this information included key informant interviews, face to face interviews and focus group discussions.

# The Mixed Approach

In synthesizing the mixed approach, the following steps were applied using a concurrent approach and data from qualitative and quantitative methods. This indicates that data was collected and generated simultaneously, meaning the questionnaires, key informant interviews; face to face interviews, focus group discussion and observations were conducted at the same time targeting different participants within the same study population.

The first step in using a mixed approach involved the preparation of data collection instruments for both quantitative and qualitative method. The prepared instruments were then used to collect data in the field. Since the study opted for the parallel method, it is clear that while collecting data using the questionnaires, the research team was also collecting data using the qualitative tools.

This step was followed by a separate analysis of the collected data using different data analysis techniques for quantitative and qualitative data. As will be discussed later in this chapter the research applied descriptive and inferential data analysis techniques for quantitative data while it applied content analysis techniques for analysis of the qualitative data.

After obtaining the results from step two, the data set were merged together for comparing the results and identifying the differences within the findings. This step was done for the purpose of determining the extent to which there was convergence, divergence or combination of findings to clearly understand the problem in question. As a final stage, the results were interpreted according such as to respond to the earlier determined e research questions. Figure 3.1 below summarizes how the mixed approach was applied in this study.

**Merging the two sets of results**

* Comparing, relating the findings, identifying the commonalities and differences within each data set

**Interpreting results**

* Summarizing and interpreting results
* Discussing the extent and in what ways the results from both data sets meet or converge

**Design and Collect**

1. Designing qualitative instruments
2. Collect qualitative data
3. (Getting authorization, identification of sample, collect data)

**Qualitative data analysis**

* Analysis of data using content analysis

**Design and Collect**

1. Designing quantitative instrument
2. Collect quantitative data
3. (Getting authorization, identification of sample, collect data)

**Quantitative data analysis**

* Analysis of data using descriptive and inferential analysis

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Figure 3.: Parallel mixed method (Creswell and Clark, 2011)

# Units of Data Analysis

According to Lewis-Beck et al (2004) a unit of analysis is the most basic element of a scientific research project. That is, it is the subject (the who or what) of study about which an analyst may generalize. For the purpose of this study, the unit of analysis was young females of the age range between 15 and 24 from the seven district councils of Arusha region who in a way are victims of human trafficking. Therefore, the conclusion was drawn from this population.

# Study Area

# Location

Arusha Region is one of Tanzania’s geographical and administrative regions. The region is bordered by Kajiado and Narok Counties in Kenya to the north, the Kilimanjaro region to the east, the Manyara and Singida regions to the south and Mara and Simiyu regions to the west. The major towns include Monduli, Namanga, Longido and Loliondo to the north, *Mto wa Mbu* and Karatu to the west, and Usa River to the east.

Arusha region is a global tourist destination and is the center of the Northern Tanzania safari circuit. The national parks and reserves in this region include Ngorongoro Conservation Area, Arusha National Park, the Loliondo Game Controlled Area and part of Lake Manyara National Park. Remains of 600-year-old stone structures are found in Engaruka, just off the dirt road between *Mto wa Mbu* and Lake Natron. With Human Development Index of 0.721, Arusha is among the most developed region in Tanzania. The study was conducted in all seven district councils of Arusha namely; Monduli, Meru, Arusha City, Karatu, Ngorongoro, Arusha rural and Longido district councils. Figure 3.1 below indicates the map of the study area, showing all the district councils where the study was conducted.

# Justification of Selecting the Study Area

Arusha region was selected for this study based on two reasons; the first reason was the presence of human trafficking activities as Arusha region is predicted to be the second region in Tanzania, after Dar es Salaam, with high incidences of human trafficking. The presence of human trafficking activities in Arusha has been mentioned in different studies done in Tanzania. Some of the studies indicated Arusha to be the second region in Tanzania where men, women and children are trafficked for labour and sex trade. The second reason for selecting Arusha region was the lack of adequate data on the defined problem (Kamazima, 2009, IOM, 2008) as many documented researches and data have been for other regions such as Dar Es Salaam and Zanzibar and none of the studies have been on the impacts of human trafficking. It is for these reasons that Arusha region was picked for this study.

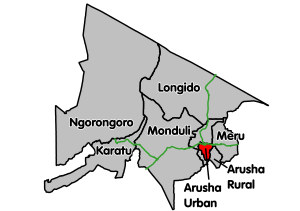


Figure 3.: Map of Arusha Region

# Study Population

According to Rick, Hancock (2006) and Nyiramugwera (2017), population as used in scientific research is defined as all the subjects eligible or targeted for the study. It comprises all the possible cases that constitute a known whole and is also a totality of persons or objects which the study is concerned with. The current study involved young females in Arusha region. With this in mind, is meant that, the study included females from the age group of 15 to 24 years which, according to the NBS (2013), are regarded as youth. According to NBS (2013) the total population of young females in Arusha region is 189,678. Data was collected from all Arusha district councils including; Monduli, Meru, Arusha City, Karatu, Ngorongoro, Longindo and Arusha District councils. Apart from the young females, the study also involved community members and other stakeholders from the Government, Non-Governmental and Faith based organizations.

# Sampling Techniques

Sampling techniques are a prerequisite for conducting scientific research since it is impossible to reach each individual in the study population. Financial constraints, distance, time limitation are among the factors which can inhibit a researcher in reaching every person in the study population. Therefore, it is necessary to select, through sampling techniques, which are easier and saves time when selecting representatives for the study. The study applied both probability and non-probability sampling techniques to select the respondents.

# Non-Probability Sampling

Three non-probability sampling techniques were applied in the current study in selecting the study area and the respondents. The three techniques applied included purposive sampling, convenience sampling technique and snow ball sampling technique.

Purposive sampling technique was applied in this study while selecting the wards where the study was conducted. A total of 15 wards, 2 from each district were selected for this study except for Arusha City where three wards were involved (Table 3.1). The factors considered while selecting the wards was proximity from the district headquarters and the number of young females as compared to other wards. All the selected wards had a big number of young females and were close to the concerned district headquarters.

Convenience sampling as a form of non-probability sampling was also applied to select staff from community development offices, ward offices, police stations, immigration and social welfare offices; and other stakeholders from non-governmental organizations including those from faith-based organizations and non-governmental organizations.

Snowball sampling technique was applied while selecting respondents for face-to-face interviews. With this technique the first respondent was identified by the ward community development officer, and the first respondent identified the second respondent and the identification process continued. This technique helped a lot to identify the real victims of human trafficking since the victims tend to know other victims.

# Probability Sampling

Simple random sampling technique was the only technique used for probability sampling. The technique was applied in obtaining young females who, in a way, have been affected by human trafficking.

# Sampling Techniques for Quantitative and Qualitative Instruments

The sampling technique for quantitative and qualitative data collection instruments are further elaborated in the following sections;

# Sampling Techniques for Quantitative Method

Simple random sampling technique was applied to obtain sample for the study used only a questionnaire as the main quantitative data collection instrument. This instrument was applied to young females who were affected by human trafficking. In sampling the young females for this study, simple random sampling technique was used. Each young female who was a victim of human trafficking and between 15 to 24 years of age had an equal opportunity of being selected for the study. However, the study requested for consent from each respondent before sampling her for the study

# Sampling Technique for Qualitative Methods

The sampling technique used for the qualitative data collection was purposive sampling and for face-to-face interviews, a snow ball sampling technique was applied to obtain the victims of human trafficking. Focus group discussions, key informant interviews, face to face interview and observation are the qualitative data collection methods used in this study. For the case of focus group discussion community members and young females were involved while for the case of key informant interview different stakeholders from Government and Non-Governmental offices were requested to participate. Face to face interviews engaged young females who were victims of human trafficking. For the case of observation, data was collected in places where the victims of human trafficking worked or where they were found.

Table 3.: Sampling scheme showing the wards for the study

|  |  |  |
| --- | --- | --- |
| Region | District | Wards |
| Arusha | **Monduli** | **Monduli Juu** |
|  |  | Mto wa Mbu |
|  | Meru | Akheri |
|  |  | Usa River |
|  | Arusha City Council | Kaloleni |
|  |  | DarajaMbili |
|  |  | Levolosi |
|  | Karatu D.C | Karatu Mjini |
|  |  | Ganako |
|  | Ngorongoro D.C | Olorieni Magaiduru |
|  |  | Loliondo |
|  | Arusha D.C | Kisongo |
|  |  | Ngaramtoni |
|  | Longido D.C | Namanga |
|  |  | Longido |

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# Sample Size

This section elaborates how different sample size for both quantitative and qualitative research methods was determined and estimated.

# Sample Size for Quantitative Study

In determining the sample size of the study for the quantitative tools, three criteria were considered which included the level of precision, level of confidence and degree of variability. In minimizing the sampling error and bias the study used a 5% level of precision and a 95% level of confidence. The study population considered was for young females between the ages of 15 to 24 years and other stakeholders from different organizations, the Government and the community. The population for young females according to NBS (2013) is 189,678. Therefore, the formula for calculating the sample size was adapted from Yamane **(**1967) and it was as follows:



Where,

n = the sample size

N = the population size

e = the acceptable sampling error, e is the desired and accepted level of precision, whereby in this case the sample size was approximately 400 people. In case of this study calculating the sample size for finite population the above formula was applied as follows:

n= 189,678/ 1+189678\*(0.05)2 = 400

Therefore, the number of young females for this study was 400.

Since the research was conducted in all seven districts councils of Arusha Region, the sample size of young females was divided according to the population in the particular district council using the following formula:

x = District study population \* Region sample size

Region study population

Where x is the number of young females sampled in that particular district council. The number of young females in each district is as shown in Table 3.2 below;

Table 3.: Young females from different districts of Arusha Region

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| S/N | District | Number of young females | Number of eligible respondents | Actual number of sampled respondents |
| 1. | Monduli D.C | 16,405 | 35 | 33 |
| 2. | Meru D.C | 27,443 | 58 | 58 |
| 3. | Arusha C.C | 57,952 | 122 | 122 |
| 4. | Karatu D.C | 21,915 | 47 | 48 |
| 5. | Ngorongoro D.C | 15,904 | 33 | 33 |
| 6. | Arusha D.C | 38,320 | 81 | 82 |
| 7. | Longido D.C | 11,739 | 24 | 24 |
|  | Total | 189,678 | 400 | 400 |

The tool for collecting data from the 400 young females was the questionnaire as discussed in the following sections. The questionnaire was utilized as a quantitative data collection tool.

# Sample Size for Qualitative Study

On another side sample size for qualitative data depended on reaching theoretical saturation. Theoretical saturation was reached when gathering fresh data from the qualitative tools no longer sparked new theoretical insights, opinions, nor revealed new thoughts. Therefore, it was not practically possible to have a big sample size comparable to quantitative research. In his view, Mark (2010) supported that, sample size does not influence the quality of the study and that is why there are no guidelines in determining sample size in qualitative research. For instance, Creswell (2009) proposed that a sample of 20 and 30 participants is enough in qualitative studies while Morse (2004) proposed the sample size for qualitative research to be between 30 and 50. Likewise, Adam and Adam and Kamuzora (2008) emphasized that there is no fixed or exact number of sample sizes in qualitative studies. However, before the commencement of actual data collection the researcher should have a tentative sample.

Despite the small sample size for qualitative data, this approach was able to provide rich data even with small sample which complemented the quantitative data collected for the study. The study had 4 focus group discussions, 14 face to face interviews and 19 key informant interviews making a total of 37 respondents. Sampling for each data collection method is elaborated below;

# Focus Group Discussion (FGD)

Focus group discussions were conducted in Arusha District Council and Arusha City Council. The districts were selected on the basis that they harbor a big number of young females as compared to other districts. A total of 4 groups were identified for the discussions. Among the four groups, two were groups of victims of human trafficking while two groups were community members. The groups selected for FGD were selected on a purposive sampling technique. The groups were identified from the ward office and were registered groups of young females who were formally trafficked and community members registered as entrepreneurship groups. The composition of the second type of group involved youth men and women. A FGD constituted 8 to 10 members.

Table 3.: Participants of Focus Group Discussion

|  |  |  |  |
| --- | --- | --- | --- |
| S/N | Type of group | Number of Groups | Composition |
| 1. | victims of human trafficking | 2 | 16 females |
| 2. | Community Members | 2 | 9 Females  8 Males |

# Face to Face Interviews

A total of 14 young females were involved in this study approach. From each district council two young females who were victims of human trafficking were selected using a snow ball technique to participate in the exercise. With the help of the ward community development officer and other victims of human trafficking, the respondents were easily obtained. They were obtained from their work places such as bars, eateries and even in the streets i.e Kaloleni Street in Arusha City.

Table 3.: Participants for face-to-face interview

|  |  |  |
| --- | --- | --- |
| S/N | District | Number of respondents |
| 1. | Monduli D.C | 2 |
| 2. | Meru D.C | 2 |
| 3. | Arusha C.C | 2 |
| 4. | Karatu D.C | 2 |
| 5. | Ngorongoro D.C | 2 |
| 6. | Arusha D.C | 2 |
| 7. | Longido D.C | 2 |
|  | Total | 14 |

# Key Informant Interview

A total of 19 respondents were selected from all the seven district councils visited. The respondents were sampled by a convenience sampling technique. The technique was applied as it enhances the researcher to reach participants who were easily accessible and convenient to the study. As opposed to other districts where a maximum of 3 respondents were chosen, Arusha City Council had a total of 5 respondents. This came about because the study interviewed officials from the Police (Gender desk) and Immigration whose office are only found at the regional level and not district level.

Table 3.: Participants for key informant interview

|  |  |  |
| --- | --- | --- |
| S/N | District | Number of respondents |
| 1. | FARAJA center | 1 |
| 2. | DSW | 1 |
| 3. | Police gender Desk | 1 |
| 4. | Regional Immigration officer | 1 |
| 5. | Social Development Officer | 2 |
| 6. | District community Development officers | 4 |
| 7. | Ward community Development officers | 7 |
| 8. | Faith based organizations | 2 |
|  | Total | 19 |

# Observation

This method was applied in all the district councils visited. A naturalistic observation technique was conducted where at least one spot where the girls were to be found was identified by the researcher through the help of the Community Development Officer. This technique involved studying the spontaneous behaviors of participants in natural surroundings. The researcher simply recorded what was seen in whatever way they can. While visiting, the researcher intended to observe the following; clothing, age, physical appearance, Verbal behavior and Interactions between the victim and their bosses or customers, what people do, who does what, who interacts with whom, who is not interacting, verbal or physical attacks etc. An example was in the case of clothing; young females working in entertainment places like bars and pubs wore very short attires, being a rule from their employer. The observant on some instances noted the girls being touched or verbally abused by the customers.

## 

# Data Collection Methods

In order to understand the experiences and challenges of the trafficked young females, the study collected information from both primary and secondary sources. As earlier on mentioned in 3.2 (research design section) the research applied a mixed approach design to collect information from respondents using both qualitative and quantitative instruments. A parallel data gathering technique was also applied

**The parallel data collection design:** In conducting a parallel design the researcher concurrently conducts the quantitative and qualitative elements in the same phase of the research process, weighed the methods equally, analyzed two components independently, and interpreted the results together (Creswell & Pablo-Clark, 2011). With the purpose of corroboration and validation, the researcher aimed to triangulate the methods by directly comparing the quantitative statistical results and qualitative findings. In the research process, two datasets were obtained, analyzed separately, and compared. That means that both qualitative and quantitative data was collected at the same time. The purpose of collecting qualitative and quantitative data at the same time was to enrich and triangulate the information collected.

**Primary data collection method:**As earlier on mentioned, both qualitative and quantitative methods were deployed for this study. Qualitative methods encompassed face to face interviews, key informant interviews; focus group discussions and observations while for quantitative information the data collection tool utilized was the questionnaire.

**Secondary data collection method:** The secondary data used in this research was obtained from various literatures and reviewed statistics in Tanzania and internationally. Basically, documentary analysis was used to complement primary data as collected through primary methods through questionnaires and interviews. The rationale behind reviewing and making analyses of different documents such as (laws, polices and strategies) was important to set the background information to the problem under investigation and to identify empirical, methodological and theoretical research gaps.

Secondary research methods involved data available from theinternet, data from government and non-government agencies, data from education institutes such as University repositories and data from e-libraries. The following documents were very useful for this study; published works on human trafficking and in particular children and women trafficking within and outside the country; reports and documents available from NGOs and other institutions; newspaper articles; national legislations, policies and regulations on human trafficking in general and child trafficking in particular. A guide with questions was prepared to collect additional information answering all the study questions.

**Pre testing of the data collection tools:**Data collection tools were pre tested in Arusha city at Daraja Mbili ward. Arusha city was selected for pre testing among the other districts because it had the largest number of young females. Pretesting is the stage in survey research when a questionnaire is tested on members of study population, to evaluate the reliability and validity of the instruments prior to their final distribution. Thus, pre testing is widely regarded as indispensable in questionnaire development and is also crucial to improve data collection. The tool was tested to representative groups of people falling in the study population. The main purpose of testing the tools was to get good inputs for refining them, i.e. the questionnaire length, time taken to fill in the questionnaire, time taken for the group discussions; to find out if the questions are understood or ambiguous, and whether respondents could follow instructions.

The guides for individual in-depth and key informant interviews and focus group discussions were also tested. After pre testing the tools were corrected accordingly ready for the study to be implemented effectively. The pre testing was conducted with the help of the research assistants recruited.

**Pretest sample size:** A total of 30 respondents were sampled for pre testing. Perneger et al (2015) suggest that a sample size of 30 participants is recommended for pre testing for a study with less than 1000 respondents. Since the current study had 400 respondents this number of respondents (30) seemed adequate for pre testing.

## 

# Quantitative Data Collection Tools

**Questionnaire:** A questionnaire was used to collect quantitative data. The questionnaire was administered on young females who were currently victims or potential victims of human trafficking. The questionnaire for young females extracted demographic information, socio economic conditions; challenges of human trafficking and impacts of human trafficking act. The questionnaire included different types of questions including closed questions and a few dichotomous and ordinal questions. The strength of this method is its high degree of standardization and comparability of data. Its key problem is that of validity, i.e. whether people are able to tell the truth when interviewed on personal aspects of their lives. Other factors which might influence the validity of the findings include appropriateness of the language used to provide the study objectives and procedures, appropriateness of the terminology used in the questionnaire, and relevance of study to the target group. Different procedures were developed to enhance the likeliness that participants gave a true account: (i) Discretion: asking questions to the respondent personally, in absence of a third party during the interview, (ii) special wording of questions so that the issue asked appears as common and normal and (iii) designing the questionnaire in a way that sensitive items are embedded in a non-threatening context.

A total of 400 respondents were involved in this tool. With the objective of obtaining accurate quantitative information, a questionnaire was formulated to solicit views and opinions from young females from all district councils in Arusha Region. Both structured and semi structured questions were used. The questionnaire was administered to the females who had been trafficked from different parts of Tanzania and also those who were potential victims of human trafficking. The respondents were sampled randomly on the basis that they had been trafficked. The questionnaire was translated from English to Kiswahili language since most of the respondents understood Kiswahili better than English. A questionnaire was helpful in speeding up the exercise of data collection. Moreover, it facilitated the collection of quantitative data and to some extent gave the respondent an opportunity to freely answer the questions without being influenced by the interviewer.

**Questionnaire return rate:** Different efforts were made to make sure the return rate was high as required. In making sure high return rate was attained the research assistants were instructed to collect the questionnaires on the same day of administration from the respondents. This was done since it was not certain if the respondent given the questionnaire would be available on the following day to return it. As a result, 400 questionnaires were distributed to the young females and 400 questionnaires were returned. Therefore, the return rate was at one hundred percent (100%). According to Mugenda and Mugenda (2012) such return rate is considered excellent. They argue that a questionnaire return rate of 50% is considered enough while that of 70% is good and over this percentage is excellent. In another instance, Hertman and Hedbon (1979) argue that a 50% return rate is adequate, 60% is good and 70% is very good. Therefore, on the basis of this argument a return rate of 100% was considered excellent.

# Qualitative Data Collection Tools

# Face to Face Interviews

Individual face to face interviews were conducted with both victims and potential victims of trafficking from the study area. An interview guide with a series of questions focused on such issues as demographic distribution, social dimensions, causes, challenges and impacts of young female trafficking. This method was chosen for data collection because an interview can help a researcher to get detailed information on a subject in the participant’s own words. An interview schedule was administered for the purpose of obtaining descriptions of the interviewee’s life experience. Since the objective of the research was to get detailed information about the causes, challenges and impact of trafficking this approach was considered appropriate. A total of 14 young females from all the seven targeted district councils were interviewed using this method.

# Key Informant Interview

Key informant interviews were also used as a primary data collection method since one of the main objectives of this research was to figure out the perspective of Governmental and Non-Governmental Organizations on the subject matter. Thus key personnel from FARAJA Center and DSW were interviewed. FARAJA Center works to rescue, rehabilitate and reintegrate victims of human trafficking while DSW is an organization which works with the youth towards development through improving healthy and fighting poverty in Arusha Region specifically in *Mto wa Mbu* ward in Monduli District.

Different Governmental officials were interviewed including personnel from the Arusha Immigration Office, Police Gender Desk; Ward and District community development office from Monduli, Longido, Ngorongoro, Arusha Municipal, Karatu and Arumeru respectively. In complementing the data collected from the above respondents, the study also consulted with faith-based organizations as part of the respondents using the key informants” guide. A total of 19 respondents were involved in the study using this tool. A short description of key informants is provided below:

**FARAJA center:** As earlier on mentioned, FARAJA center works to rescue, rehabilitate and reintegrate victims of human trafficking, gender violence, and early pregnancy, those who lacked opportunities for further education and forced marriages. The center rescues and provides temporary residence, education and vocational training to young single mothers and girls below the age of 18 years. The objective of the center is to train these young women in different vocational fields, to empower them for self-employment and self-reliant projects. FARAJA Center was started in 2006 and since its first operations it has rescued and rehabilitated more than 420 young females who were initially victims of human trafficking and other forms of abuse.

**Deutsche StiftungWeltbevoelkerung (DSW):** Deutsche Stiftung Weltbevoelkerung (DSW) is a German name meaning German Foundation for world Population. It is a Non-Governmental Organization addressing sexual and reproductive health and population dynamics. In Tanzania the Organization was registered back in 2006 having its headquarters in Arusha Region. DSW works with the youth towards development through improving healthy and fighting poverty in Arusha Region specifically in *Mto wa Mbu* ward in Monduli District. DSW has been working with *Mto wa Mbu* ward office in empowering the youth especially young females trafficked to *Mto wa Mbu* in issues related to their development.

**Police Gender Desk (Arusha Region):** The Police Gender Desk in Tanzania was first established in May 2009. It was initiated as a response to fight gender violence in Tanzania. The Police Force established specialized gender desks in police stations throughout the country, with a police woman to deal with issues of violence against women. The gender desk deals with all cases of violence against women and children including human trafficking. The gender desk was involved in the study since all cases of human trafficking must be reported at this desk before further actions. Rescuing, rehabilitation and reintegration services were discussed among other issues.

**Immigration Office (Arusha Region):** The Arusha Immigration office deals with both International and National human trafficking cases found in the region. According to their mission the office is responsible to facilitate and control movements of persons through implementation of relevant Laws and Regulations in order to safeguard national security and economic interests. With this mission in mind, it is clear that the movement of the respondents from their home places to Arusha meant that it was an issue of the immigration office. However, only a few cases of this nature have been reported. The officer in charge of the desk was interviewed to give a snapshot of what has been happening in respect of human trafficking in the region. Further the study wanted to know the magnitude of both international and domestic trafficking in person cases.

**Community, ward and social development officers:** Community development and social work office in the district and ward offices were also involved in the study. They were involved since they work with both governmental and non-Governmental organizations in identifying, rescuing and assisting the victims of human trafficking in their wards and districts. In all the visited districts these officers were consulted for interviews and fortunately they all agreed to participate in the research. They assisted in providing information on the magnitude and trends of human trafficking in their areas as well as the services provided to the victims where the cases exist.

**Faith Based Organization:** Faith based respondents were interviewed in this study. They included priests from Tanzania Revival Church of God and Assembly Church in Loliondo and Namanga wards. They were involved in the study as they play a major role in identifying, counseling and assisting victims. They assist the victims spiritually and sometimes they provide opportunities for vocational skills training to the victims such as tailoring and cooking. In some cases the church takes responsibility in re uniting the victims with their families.

# Focus Group Discussions

A focus group discussion (FGDs) is a qualitative tool with the purpose of obtaining in-depth information on concepts, perception and ideas from a selected group. The main idea is that the group members discuss the topic in question among themselves with the guidance from the facilitator. For the case of this study, focus group discussions were conducted with the young females who were currently victims of human trafficking, former victims or those in danger of being victims. The victims and potential victims were identified with the help of the community development officers.

The main criterion for selecting the participants for focus group discussion was i) they were registered in a group at the ward office ii) they were formerly victims of human trafficking or potential victim of human trafficking. This was done with the help of the ward community development officer. The discussions were also applied to community members from different districts. The selection of respondents to be involved with FGDs was based on their membership in entrepreneurship groups at the ward office, life experience, work experience and knowledge they have in the area of human trafficking. Further, it depended on the availability and willingness of targeted persons to participate in the discussion. A total of 4 focus group discussions were conducted. Through the focus group discussions individuals and different community groups were able to speak for themselves and to discuss openly different challenges they encounter in the communities.

# Observation

Another qualitative method employed in this study was observation. Observation entailed the systematic noting and recording of events and behaviors in the social setting chosen for study. The observational record is frequently referred to as field notes detailed, non-judgmental, concrete descriptions of what has been observed. Naturalistic observation method was selected over other types of observation because the situation could not be manipulated or controlled by the researcher and the situation in the field was not initiated by the researcher and therefore very minimal bias.

As a way of observation during this study, the researcher visited places where the respondents were working. The places visited included the bars, eateries and even the places where they lived. The relationship and events between the respondents and their employers were easily observed, noted and recorded after visiting the workplaces. At least one observation from the seven district councils was recorded for this study.

## 

# Data Analysis Techniques

The filled in questionnaires were edited for consistency and subjected to proper recording. The information was then punched into the computer using Statistical Package for Social Sciences (SPSS). Qualitative information was transcribed. As such a complete script was produced for each focus group discussion or interviews conducted. For quantitative data both descriptive and inferential analyses were done using SPSS (Version 20) computer programme. Descriptive statistical analysis employed frequencies, percentage, mean and measures of variations. For qualitative data, content analysis was used involving thematic exploration (based on words, concepts, literary devises, and nonverbal cues) and exploration of the interconnections among themes. A snapshot of both qualitative and quantitative data analysis procedure is discussed below.

# Qualitative Data Analysis

**Content Analysis:** Gibbs (2007) points out that qualitative data analysis is a process of transformation of collected qualitative data, done by means of analytic procedures, into a clear, understandable, insightful, trustworthy and even original analysis. In this study, data obtained from face-to-face interviews, focus group discussions and key informant interviews were analyzed using content analysis, whereby the interpretative approach adopted from Chibonore (2015) and Zvavanyange (2016) was applied. Three main steps were followed while analyzing the data that is; Orientation to the data, working the data and finally composing the data for analysis.

**Orientation of the data:** This phase involved transcribing the interview, authentication of collected data through checking, confirming and testing the data provided by the research participants. According to Zvavanyange (2016), orientation of data is done to verify the true nature of data. This stage was preceded by an analysis of the raw data collected to identify any errors and omissions and to amend them as much as is possible. By so doing, the researcher was able to gain an overview of all the research materials.

**Working the data:** This phase involved familiarization, ordering, and summarizing the data into categories on the basis of the objectives of the study. This phase makes use of the objectives of the research when establishing the different categories for each group of similar themes. The researcher in this study revisited each objective to ensure that the category established was the most suitable as per the verbatim information collected.

**Final composition of analyzed data and drawing of conclusions:** This phase involved a final write up of the themes of the qualitative data in the effort to establish the patterns which has emerged (Henning and Smit, 2004). The study conducted a final evaluation of the research findings to ensure that they addressed the study objectives with a view to drawing valid conclusions. The results were then presented as narrative passages reflecting of the themes, perceptions of the research participants, quotations, and a general discussion of the themes.

# Quantitative Data Analysis

Both descriptive and inferential statistics were used in analyzing univariate and bivariate data. Notably, the questionnaire was the main tool used in this study to collect quantitative information. The information gathered from the field was analyzed using the statistical package for social science (SPSS).

**Descriptive statistics:** According to Lund and Lund (2019) descriptive statistics is the term given to the analysis of data that helps describe, show or summarize data in a meaningful way such that, for example, patterns might emerge from the data. Descriptive statistics do not, however, allow the making of conclusions beyond the data analyzed or reach conclusions regarding any hypotheses that might have been made. They are simply a way to describe data. Descriptive statistics are very important because if simply presented the raw data would be hard to visualize what it was showing, especially if there was a lot of it.

As earlier mentioned, in the current study, descriptive data analysis was used to analyse independent variables. The independent variables analyzed included, among others the age, marital status, sex, education levels, gender-based violence as causes of human trafficking while the dependent variable in this study included the impact of human trafficking on the lives of young females. The impacts of trafficking were divided into social, health and moral impacts. For descriptive statistical analysis, frequencies, percentages, mean, cross tabulations, and other measures of variations were employed for the first, second, third, fourth and fifth objectives. The main reason for applying descriptive statistics in this study was to summarize and compare the different factors discerned from the findings.

**Inferential statistics:** As opposed to descriptive statistics which is used to summarize and describe data for a sample, inferential statistics on another hand is used to give conclusions of a population on the basis of information from the research sample. Inferential statistics, therefore, allow the researcher to make predictions or inferences from the sample to the population under study. For the case of inferential statistical analysis for the current study, a chi-square test was employed, which intended to establish the relationship between variables in the study. According to Hopkins (2017) Chi-square (χ²) Test of Independence compares two variables in a cross-tabulation fashion to determine group differences or degree of association (or non-association i.e., independence).

If the Chi-square (χ²) Test of Independence is significant (e.g. p‘<‘.05) then it indicates that there is a significant statistical relationship between the two variables. For the current study the test was employed to the first objective while assessing if different factors such as gender-based violence, poverty, and harmful traditional practices had relationship with trafficking of young females. The level of significance used was 0.05 as discussed in the above sections (3.9).

# Validity of Research Instruments

According to Blumberg (2005) validity is often defined as the extent to which an instrument measures what it asserts to measure. Validity of a research instrument assesses the extent to which the instrument measures what it is designed to measure. It is the degree to which the results are truthful. So it requires research instrument (questionnaire) to correctly measure the factor under study (Robson, 2011). In attaining the validity required for this study, the researcher made sure the instruments used for data collection were accurately designed. After thorough checking and rechecking of the instruments a pre test was conducted in Arusha City Council.

The pre test helped in checking and identifying errors, inconsistencies in the tools and hence increasing validity of the tool. Content validity was applied to check if the extent to which the questions on the instrument represent all possible questions that could be asked about the content or skill (Creswell, 2005). The content validity was determined using professional judgment; the supervisor reviewed the processes and provided guidelines that improved the validity. The supervisor also ascertained the content in the first draft of questionnaires to check whether they had the right content and if correctly put. Subsequently, the questionnaires were corrected prior to the commencement of the process of gathering data by accommodating all the comments from the supervisor.

# Reliability of Research Instruments

Reliability as used in scientific research refers to a measurement that supplies consistent results with equal values (Blumberg et al., 2005). It measures consistency, precision, repeatability, and trustworthiness of a research (Chakrabartty, 2013). It indicates the extent to which it is without bias (error free), and hence insures consistent measurement cross time and across the various items in the instruments (the observed scores). Test and retest are among the types of means to reliability. In order to ensure reliability was met for the current study a pretest was conducted. A questionnaire was tested to 30 participants to check issues related to wording, length or the questionnaire, structure of the questionnaire and other inconsistencies. According to Mugenda and Mugenda (2012) reliability refers to a measure of the degree to which a research tool produces dependable results after replication. The tools were thus concluded reliable since after the pretest the results obtained were related though obtained from different participants and situations.

# Research Ethics and Limitation

# Research Ethics

According to Schurink (2005) and Mwasi and Mondele ( 2007), ethical issues are the concerns and dilemmas that arise over the proper way to execute research, more specifically not to create harmful conditions for the subjects of inquiry, humans, in the research process. The study is very much aware of the big responsibility to be sensitive and respectful of research participants and their basic human rights and fully endorse the Ethical Code of the Open University of Tanzania.

As a first step in the proposal the researcher acquired a letter from the University (Attached as Appendix G) allowing and introducing the student to the district authorities. In particular the study ensured the following throughout the research; (i) explicating the aim and objectives of the study as well as the procedures followed up front to everybody taking part in the research; (ii) made it clear to them that participating in the study was voluntary, and that should they for some reason want to withdraw from it they have the right to voluntary do so at any time; and (iii) that their privacy was respected at all time and that everything they shared would be treated as confidential.

# Limitations

The study faced a number of limitations due to complexity and nature of the study theme. The first limitation that slowed the research process, was finding the young females who are at risk, or have been victims, or are currently exploited as victims of human trafficking. This was complicated since the traffickers and the employers tend to hide and threaten their victims. Secondly, the young females obtained from the first scenario were not willing to share information due to the same reasons of being afraid of their traffickers and the employers.

Most of these limitations hindered the research process, the researcher triangulation of data collection instruments in order to fill the gaps created through any instrument (e.g. Gap obtained through interview with respondents). Gaps were also filled by triangulating with either the information earned in focus group discussions or from secondary sources and vice-versa. Thirdly the study was delayed by the long procedures followed in order to be granted permission to conduct research in a particular district. The procedures took two to six weeks in some districts. So the research had to be delayed waiting for the permission from the District Executive Director offices.

# CHAPTER FOUR

# PRESENTATIONS OF THE FINDINGS

# Introduction

This chapter presents the findings of the study based on the study objectives and research questions which aimed at; determining the causes for young female trafficking; determining the challenges encountered by young females while travelling to and in their destinations; examining the health effects of human trafficking on young females; to assess the social effects of human trafficking on young females and evaluating the effects of human trafficking on the moral behaviours and standing of young females. The chapter presents the analysis and results of data collected from the field using the questionnaire where 400 young females were interviewed using this tool. These findings are presented side by side with the qualitative findings obtained using the key informant and face to face interviews, observation, and the focus group discussions.

## 

# Demographic Characteristics of the Respondents

This section provides the details of demographic data of respondents since the data has a significant role to play in expressing and giving responses about the problem under investigation. Demographic characteristics considered in this study were age, level of education, and marital status of the respondents. The demographic characteristics of 400 study respondents were empirically examined and presented under different Tables as follows.

# Age of Respondents

The age profile of the respondents involved in this study ranged from 15 to 24 years. Two age categories were established in the analysis as shown in Table 4.1.

#### Table 4.1: Percentage distribution of respondents by age group (n=400)

|  |  |  |
| --- | --- | --- |
| Age group (years) | Frequency | Percent |
| 15 - 19 | 115 | 28.5 |
| 20 - 24 | 285 | 71.2 |
| Total | 400 | 100.0 |

The table above indicates that the majority of the respondents (71.2%) were at age category of 20 - 24 years. This was followed by age category 15 - 19 years which accounted for 28.5%. Age is one among the determinants of opinions of people in a given topic. People with advanced age, for example are expected to have high mental maturity in terms of interpretation of issues and vice versa.

# Marital Status

Table 4.4 shows that 43.8% of the respondents revealed that, they had been married before and 56.2% reported to never been married. Much as the respondents reported to have been married before a good number of them revealed that, their marriage did not last.

#### Table 4.2: Percentage distribution of respondents by marital status (n=400)

|  |  |  |
| --- | --- | --- |
| Marital status | Frequency | Percent |
| Have been married before | 175 | 43.8 |
| Have never been married | 225 | 56.2 |
| Total | 400 | 100.0 |

# 

# Education level of the Respondents

It is important to understand the educational level of individuals in the community as it might influence their wellbeing as well as their ability to decide whether or not to be trafficked. Education is one of the most important variables that can affect decision of an individual on an important issue in life. The feelings, attitudes and views of people with low education are quite different from individuals with the advantage of higher level of education. This study aimed to understand the education level of respondents involved in the study as it considered that the level of education might have influenced their decision to be trafficked.

Table 4.3 reveals that the majority of the respondents (74%) had primary education, while those who had secondary education accounted for 12.5% which was equivalent to respondents who had informal education who accounted for 12%. Very few respondents (1.5%) had tertiary education. The standard deviation as regards to number of years in schooling was 0.55. That shows that the level of education among the young females was almost the same as for the majority who had attained primary education.

#### Table 4.3: Percentage distribution of respondents by education level (n=400)

|  |  |  |
| --- | --- | --- |
| Education level | Frequency | Percent |
| Primary | 296 | 74.0 |
| Secondary | 50 | 12.5 |
| Informal education | 48 | 12.0 |
| Tertiary | 6 | 1.5 |
| Total | 400 | 100.0 |

# Summary of Demographic Characteristics of the Respondents

From the research findings it was established that, the majority (71.2%) of the respondents were at the age group of 20 to 24 years of age, while 43.8% of them reported to have been married before being trafficked. In case of their education level, a good number of them (74%) revealed that they at least have completed primary education while very few of them (1.5%) have achieved tertiary education.

# Key Findings

This section presents the results obtained from the collected and processed data. The data presented here is from both quantitative and qualitative instruments. Specifically the results presented here are from data collected using the questionnaire, key informant interview guide, focus group discussion, face to face interview and observations. The results are presented concurrently. This means quantitative results are presented first followed by qualitative results. The quantitative results presented are in the form of descriptive or inferential statistics as per research objective while the results for qualitative sources are presented as opinion, statement or verbatim. Based on the specific objectives of the study, the key results are presented below.

# The Causes of Human Trafficking

In this section the reasons or drivers of human trafficking are presented. During data collection, factors such as poverty, lack of education, gender violence, broken families, and harmful traditional practices were mentioned as the main causes of trafficking of young females. A series of questions were asked in the effort to gain understanding of the variables which were the causes of trafficking for the young females. In establishing if poverty was the cause for the respondents’ trafficking the respondents were asked what motivated them to agree to take offers from the traffickers, if it was insufficient income for basic needs or money for sibling education or family food.

In the case of lack of education, the respondents were simply asked to indicate their highest level of education. To establish whether gender violence was a cause for their trafficking the respondents were asked if they had been abused before their trafficking process and if they had actually been abused, they were required to mention the proprietor and the reason for the act. Complementing the above questions, the state of the family was also inquired in order to establish if the families were functional and maybe if the dysfunctional character of family was the reason for the respondents to end into the trafficking cycle. In establishing if traditional practices were a cause of trafficking for the young females the respondents were required to mention different practices in their culture which they felt were harmful to their welfare. After asking these questions the results for each cause is presented below.

# Poverty

The majority of the respondents (71.2%) reported that, the motivation for them to leave their homes was insufficient income for basic needs in their families, also 60.5% of the respondents complemented this by reporting that they moved from their homes in order for them to find money for their families and especially for their siblings. Table 4.4 shows the reasons why the respondents were motivated to move to other areas to work due to poverty of their families.

#### Table 4.4: Poverty as a motivation to be trafficked (n=400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Cause | Frequency | | Percent | |
| Yes | No | Yes | No |
| Insufficient Income for basic needs | 285 | 115 | 71.2 | 28.8 |
| Money for family/ kids/ siblings | 242 | 158 | 60.5 | 39.5 |

For the qualitative findings, poverty was also mentioned during key informant interviews. Participants from interviews also stressed that poverty was a reason why young females were trafficked. A quote from an Interview with the Social welfare officer from one of the district councils illustrates;

*“Poverty is one of the main causes among of all the other factors for human trafficking. Poverty inhibits the family to send the children to school; it denies the parents purchasing power for food, uniform and other necessities. The only alternative the family has is to send their daughters to work so that they can assist the family”.*

Similarly, in another interview with an officer from FARAJA center in Arusha City Council, poverty was mentioned as the main source of human trafficking. A respondent argued that;

*“Poverty was the main reason girls are trafficked for exploitation. Once the family is poor it becomes vulnerable to traffickers, and hence they send their children with the traffickers hoping to gain financially from the work the victim will do. It is a dangerous situation because; sometimes they trust an unknown person for this”.*

From this finding it was necessary to find out if there was any association between the insufficient income for basic needs and trafficking of the young females. Table 4.5 below shows the chi square value for this relationship.

#### Table 4.5: Chi square test on association between insufficient income for basic needs and trafficking of the respondents

|  |  |  |  |
| --- | --- | --- | --- |
|  | Value | df | Asymp. Sig. (2-sided) |
| Pearson Chi-Square | 9.043 | 3 | .029 |
| Likelihood Ratio | 8.017 | 3 | .046 |
| Linear-by-Linear Association | 4.060 | 1 | .044 |
| N of Valid Cases | 400 |  |  |

The Chi square test showed that there is an association between insufficient income for basic needs and trafficking of young females (χ2 = 9.043, p<0.05). From the results presented above which was obtained from the questionnaire, key informant and interviews it is clear the insufficient income for basic needs and money for siblings’ education and family food is a cause for many respondents to end up in the human trafficking cycle.

# Lack of Education

The research findings from the questionnaire data showed that the majority of respondents (74%) have attended primary school and only 1.5% have completed tertiary education. Twelve percent of the respondents have no formal education that means they had informal education and only 12.5% had secondary education (Table 4.3). As mentioned earlier it is crucial to understand the educational level of the individuals in the community as it might influence their wellbeing as well as their decisions to be or not to be trafficked.

These finding are supplemented by qualitative data from focus group discussions and face to face interviews. From a Focus group discussion conducted in Arusha City the participants agreed that after completion of primary education the girl is left athome to help with the household chores. Only the boys have an opportunity to continue with secondary studies. In some cases, the girl remains at home to wait for a suitor to get married or she is sent to town to work. These cases are rampant in the pastoralists’ areas of Ngorongoro and Longido areas as well as agro pastoralist communities of Karatu, Babati and Mbulu.The following case of a girl during a face-to-face interview in Ngorongoro District Council is illustrative of the foregoing when she said;

*“I completed my primary education in 2016, and I was selected to join Nainokanoka secondary school. My dad refused, and I was immediately sent to a suitor. My mom had to agree to what my dad said, since a wife in our culture has to be submissive to her husband and never oppose him. I was married to an old man, older than my parents. I escaped to Namanga with the help of my friends”.*

Figure 4.: Percentage distribution of respondents by education level (n=400)

From the above findings from the questionnaire, focus group discussion and face to face interviews it becomes evident that the majority of the respondents (86%) had only attained primary and adult education. The level of education did not eventually help them to get office jobs or any other form of official employment. As a result they ended up being trafficked to urban areas for domestic and other low paying jobs. Another observation from these findings is that the boy child in Maasai, Meru and Iraqw groups is encouraged to study to any level he wants while the girl child is denied this opportunity.

# Gender Violence

A significant number of respondents (75.8%) agreed that, they had been abused before leaving home and they said that, it was for the abuses that they ended up in the arms of the traffickers. They reported to be physically abused by different people from their household and some even from the community as Table 4.6 shows.

#### Table 4.6: Percentage and frequency distribution of the respondents’ abusers (n=400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Abuser | Frequency | | Percent | |
| Yes | No | Yes | No |
| Male Parent | 301 | 99 | 75.8 | 24.2 |
| Male Sibling | 173 | 227 | 43.3 | 56.8 |
| Female Parent | 146 | 254 | 28 | 72 |
| Relative living with family | 80 | 320 | 20 | 80 |
| Community Member | 65 | 335 | 16 | 84 |
| Neighbour | 48 | 352 | 12 | 88 |
| Husband | 38 | 362 | 9.5 | 90.5 |

From table 4.6 it is observed that apart from their male parent (78.8%), their male siblings (43.3%) were also reported to be abusing their sisters. The brothers were physically and verbally abusing their sisters. The reasons mentioned for conducting violence to the females in the family included gender violence (66%), anger (57.5%) and alcohol consumption (56.8%).

This was also confirmed in the qualitative tools especially during face-to-face interviews, focus group discussions and key informant interview. During focus group discussions it was revealed that daughters in their cultures (Maasai and Iraqw) were supposed to get married at an early age and take care of their in-laws. In other words the girls ‘adopts’ a new family after getting married. In that sense the girl is regarded as a temporary being in her biological family. So they do not see any necessity of caring for her. With that mentality the girl is frequently abused by both her father and brother. The only value the daughter has in the family is the dowry she brings to the family once married. They are frequently beaten, belittled; made to work hard than the son, get no inheritance and they are not sent to school after completion of primary education. The status of a girl was well illustrated in a group discussion by an informant who said;

*“In my culture, a girl has no right to education, no right to control her body, no right to choose whom and when to marry, and no right to express an opinion. They never choose who they marry and never which Boma they marry in. Girls must always accept whatever men say and always bow down their head when conversing with men”*

In case of abuse, the respondents from the discussions revealed that the girls are physically abused but not as frequent as the young wives are. The young wives in a polygamous household are abused by the elder wives and the husband. The husbands physically and sexually abuse the girls regardless of their age. In totality, physical, verbal and in some instances sexual abuse was mentioned by 75.8% of the respondents to have leaded them in the trafficking cycle. They reported of different family members and other relatives to be among the main perpetrators of the abuse.

Due to the abusive environment at family levels, young females tend to either run away from the hands of the abuser even if it is family or to accept any offers given by the recruiters. The recruiters might contact the victims directly or sometimes contact the parent of the victim. Either way, the victims accept the offers to escape the abusive environment surrounding them. In supplementing these findings, participants’ in face-to-face interviews also rebuked gender-based violence. Some of them complained of being abused by their siblings and parents to the extent that they decided to find alternative abode by running away from the abuses. This is echoed in the following face to face interview from a young female working in an eatery in Mto wa Mbu who said;

*“I was constantly beaten by my father, and after completing my primary education he refused to pay for my secondary education. When my neighbour came back to the village from town, she approached my mother and father for me to go back with her. They immediately accepted, and here I am working as a slave, with a very small salary and poor working environment. But this is better when compared to my home’s abusive environment.”*

Apart from the discussion and face to face interview, the situation was further emphasized by an interview conducted with different officials. They also stated that gender violence towards girl in pastoralist communities was rampant. However, the boy child was always favored and protected. This was emphasized in an interview with the Community Development Officer in Monduli district who reports;

*“Gender discrimination and violence is also another reason for the girls to run from the villages to urban areas, they are discriminated due to cultural and traditional norms. So, they have to run to escape these harsh environments. The girls in villages work harder than the boys (triple roles), they are not educated as the boy child is, and also they are forced to get married at a very young age”.*

From this finding it was also necessary to find out if there was any association between gender violence and human trafficking. Table 4.7 below shows the chi square value for this relationship.

#### Table 4.7: Chi square test on association between gender violence and humantrafficking

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Value | df | Asymp. Sig. (2-sided) | |
| Pearson Chi-Square | 4.190 | 1 | | .041 |
| Likelihood Ratio | 3.356 | 1 | | .067 |
| Linear-by-Linear Association | 5.028 | 1 | | .025 |
| N of Valid Cases | 400 |  | |  |

The Chi square test showed that there is an association between gender violence and human trafficking (χ2 = 4.19, p<0.05). That confirms that, there is a relationship between the two variables, hence the abuse inflicted upon the respondents might have caused the victim enter the trafficking cycle. From the findings presented above from both quantitative and qualitative tools it is evident that the Maasai, Meru and Iraqw communities have different treatments towards a boy and girl child. The girl child in these communities tends to be abused more as compared to the boy child despite the fact that both can make mistakes.

# Lack of Job Opportunities

A significant number of respondents (45.5%) reported that they were convinced to move to urban areas in search of job opportunities. They emphasized that in the rural areas the only job is farming. The farming activity is however not lucrative, since they only practice subsistence farming. This was also discussed in focus groups where it was reported that subsistence farming in rural areas was not to be relied on for economic growth of the family. In some seasons, the farmer gets nothing due to changing climate though in some seasons they can save the harvest and sell the surplus.

This finding is corroborated by FAO study (2018), which reports that more the 69% of Tanzania youth live in rural Tanzania, and they solely depend on Agriculture. The report further states that “Agriculture is plagued by low productivity which is featured in poor quality of employment, in terms of returns. The poor state and status of Agriculture made youth not to want to engage in this activity. This is reflected in the following statement from a focus group discussion;

“*Last season I helped in my parents’ farm. We planted maize and beans in a two-acre plot. The rains were scarce; we ended up harvesting two bags of maize and a few cans of beans. You see how farming is not reliable business. We expected around ten maize bags but we got two. From that I learnt the reason why my parents are still poor despite their efforts in farming”.*

Generally, it was indicated that young females entered the trafficking cycle to run away from low productivity in agriculture. They hoped that, in town they will get good jobs with good salaries which were not available in rural areas.

# Dysfunctional Families

In inquiring if the respondents were from dysfunctional families the researcher posed questions on their parent’s marital status, sibling rivalries, family conflicts, domestic violence, alcohol or drug abuse by their parent or sibling, if the family has single parent, extra marital affairs, gambling problem and unemployment of parents. The responses are is as indicated in Table 4.8.

Dysfunctional families accounted for 70% of all respondents, they confirmed that they are from families which have a history of domestic abuse, or their parents were not in good terms with each other. A good number of the respondents (27%) also mentioned that they came from families where their mothers are the only ones taking care of all the children.

#### Table 4.8: Percentage and frequency distribution of parent’s marital status (n=400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Marital status | Frequency | | Percent | |
| **Yes** | **No** | **Yes** | **No** |
| Dysfunctional Family | 280 | 120 | 70 | 30 |
| Married | 180 | 220 | 45 | 55 |
| Single (Never married) | 108 | 292 | 27 | 73 |
| Widowed | 39 | 361 | 9.8 | 90.2 |
| Divorced | 34 | 366 | 8.5 | 91.5 |

From a qualitative stance, participants from focus group discussions agreed that many fathers, though alive do not care for the wellbeing of the children. The mother is responsible for the children’s food, uniform, and even the medical bills, while the father might be married to other women and taking care of another family. Even when he visits the family the father seems interested only in protection of family assets such as the livestock and farms.

The above discussion indicates that the majority of respondents come from dysfunctional families. The family parents are either divorced or in broken relationships leading to violent actions. They normally argue or physically attack each other in front of the children. If not violence, the respondents also reported to come from families where parents could not fulfill their parental duties and hence forth force their children to fend for themselves and for their siblings. As a result they ended up being victims of human trafficking. Also from the discussion it was learnt that this situation comes about when the parents do not trust each other anymore, thus the husband and wife feel that their marriage was a mistake and the children might feel that it is their fault, their parent fight every time. In dysfunctional families, violence is usually practiced. The husband and father might be a drunkard and uses punches, and beatings complemented with abusive language to other members of the family.

# Harmful Traditional Practices

Some respondents reported a variety of harmful practices inflicted on them. The practices ranged from female genital mutilation, early marriage, early pregnancy, wife battering, heavy workloads, son preference and polygamy. These practices contributed to their current situation as through running away from these they ended up in the human trafficking cycle. Table 4.9 shows some of the practices as mentioned by the victims of human trafficking.

#### Table 4.9: Percentage and frequency distribution of Harmful Traditional practices (HTP) (n=400)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Harmful Traditional Practice | Frequency | |  | Percent |  | χ2 (p value) |
| **Yes** | **No** | | **Yes** | **No** |  |
| Female genital mutilation | 375 | 25 | | 93.8 | 6.2 | 0.002 |
| Son preference | 332 | 68 | | 83 | 17 | 0.002 |
| Daughters not inheriting land, animals (any asset) | 321 | 79 | | 80.2 | 19.8 | 0.000 |
| Women not participating in meetings and decisions | 304 | 96 | | 76 | 24 | 0.000 |
| Work load of women | 296 | 104 | | 74 | 26 | 0.249 |
| Wife battering (Intimate Partner Violence) | 273 | 127 | | 68.2 | 31.8 | 0.883 |
| Early marriage /Child Marriage | 269 | 131 | | 67.2 | 32.8 | 0.351 |
| Under estimating women | 221 | 179 | | 55.2 | 44.8 | 0.423 |
| Polygamy | 215 | 185 | | 53.8 | 46.2 | 0.009 |
| Giving marriage without the interest of the girl | 207 | 193 | | 51.8 | 48.2 | 0.261 |
| Bride price | 193 | 207 | | 48.2 | 51.8 | 0.217 |
| Old aged man marrying young girls | 129 | 271 | | 32.2 | 67.8 | 0.000 |
| Inheritance marriage | 91 | 309 | | 22.8 | 77.2 | 0.000 |

From Table 4.9, it is clear that the majority of respondents mentioned; Female genital mutilation (93.8%), son preference (83%), daughters not inheriting land and animals (80.2%), women not participating in decision making (76%), work load for women and girls (74%) and wife battering (68.2%) being the leading harmful practices in their communities. Also, early marriage (67.2%), under estimating women and girls (55.2%) and polygamy (53.8%) were mentioned as practices which tend to demean the position of girls and women in the community hence encouraging dislodging and becoming victims of human trafficking.

These findings were supported by group discussions and interviews conducted during qualitative data collection as participants reported that different communities in Arusha Region impose a lot of harmful practices to girls and women of Maasai, Meru, Iraqw and other neighboring ethnic groups. The women in their communities are undermined, disrespected and lack the power for making any decision. They are treated as reproductive objects rather than valuable human beings. This is well illustrated by the following statement made in a focus group discussion in Arusha District Council;

“*I wish I could have only boys in my family, since having a daughter in our culture is bringing her to the world of torture, she will face a lot of gender discrimination including, lack of land, forced marriage, lack of education”*.

In the same discussion another participant of a Maasai origin states:

“*The girls’ life in our culture faces a lot of inequalities as compared to the boy. She works a lot, but at the end of the day she is given out to marry older man and leave all the inheritance to her brothers, she also faces FGM and lack of education*”.

The findings from the discussion illustrates that the female in Maasai, Meru, Iraqw and other neighboring culture is always in a subordinate position as compared to the male. The female is demeaned and denied a lot of opportunities pushing her to make decision which might be detrimental to her wellbeing. Among the decisions made due to this situation is to become a victim of human trafficking under disguise of finding better life and escaping the harsh conditions in their homes.

**Female genital mutilation:** From data obtained through the questionnaire, 93.8% of all respondents mentioned female genital mutilation (FGM) as a factor that might have pushed young females to enter the human trafficking cycle (Table 4.9). This was also emphasized during focus group discussion and face to face interviews conducted in different districts. During the discussions the participants reported FGM as one of gender violence practice within their communities. They further agreed that the practice is applied to girls from a number of districts in Arusha and Manyara region. The respondents mentioned Longido, Ngorongoro, Karatu, Meru, Mbulu, and a few districts from Singida and Dodoma Region. Girls at infant age of 12 and above undergo this practice.

The respondents unanimously revealed that they detested this act and they condemned the traditions for allowing this horrendous act to be done to the girls. They reported that the girl who had undergone through this procedure suffer for the rest of her life. Those who had been circumcised reported to have chronic pains, scars which do not heal, deformed sexual organs, and even decreased sexual pleasure. Since it is a rite in their communities, they had to perform it but if they had a choice, they said they will never do it. The practice ends up pushing the girls away from the community. The following case from a face-to-face interview with a young Maasai woman exemplifies this;

*“I was mutilated when I was 13 years old, it was very painful, I felt very sick, I trembled, I could remember sobbing inside since I was not allowed to cry. That day was the most difficult day of my life. My mother could not help me but rather encouraged me that the pains will pass by”.*

Those waiting for FGM, escape whenever they get an opportunity. The following girl who had to escape the rite narrates in an interview;

*“The night I was supposed to go to be mutilated, I could not sleep thinking of the pains I have to endure. I was 14 at that time, we were taught at school the dangers of the practice. My friend and I have planned to run to Monduli town where we could seek refuge and domestic work. We are originally from Emairete village which is about 3 hours walk to Monduli town. So, we escaped the harmful and painful rite and landed into this bar working as a bar waitress”.*

From this finding it was also necessary to find out if there was any association between female genital mutilation and human trafficking. Table 4.10 below shows the chi square value for this relationship.

#### Table 4.10: Chi square test on association between gender violence and human trafficking

|  |  |  |  |
| --- | --- | --- | --- |
|  | Value | df | Asymp. Sig. (2-sided) |
| Pearson Chi-Square | 9.068 | 1 | .002 |
| Likelihood Ratio | 8.853 | 1 | .003 |
| Linear-by-Linear Association | 9.584 | 1 | .002 |
| N of Valid Cases | 400 |  |  |

The Chi square test showed that there is actually an association between female genital mutilation and human trafficking (χ2 = 9.068, p<0.05). That confirms that, there is a strong relationship between the two variables, hence the abuse inflicted upon the respondents might have caused the victim enter the human trafficking cycle.

**Daughter inheritance from parents:** Table 4.9 indicates that 80.2% of the respondents revealed that the daughter from both pastoralist and agro pastoralist background does not inherit anything from her parents. She neither inherits lands nor livestock. This was a concern in all the districts the study was conducted. The Maasai and Iraqw who own livestock such as cattle, sheep, goats and donkeys reported that it is not their culture to let the daughters have these animals but the sons. Most of the ethnic groups found in Northern Tanzania originate from a patrilineal community who believes that the lines of inheritance of property (including land and other properties) follow the male bloodline. If there are male heirs, customary law prevents women from inheriting land for fear that they would transfer the land outside of the family by marriage. The customary law also ensures that widowed women do not have a residual right to their family’s land (Center for women’s land rights, 2014).

This is emphasized by a quote from a secondary source (Maasai Pastoralist Annual Report 2016) which state;

*“At marriage, a bride is allocated a herd of cattle, from which all her sons will build up herds of their own, overseen by their father, who also makes gifts of cattle to his sons over the course of his life. When the parents die, the oldest son inherits the residue of his father's herd, and the youngest inherits the residue of his mother's allocated cattle. Daughters inherit nothing at all.”*

The respondents felt that since they were entitled to nothing at their homes, they have to start looking for their future elsewhere and hence they got trapped in the hands of human traffickers as the following case from a focus group discussion exemplifies;

*“In my community, a daughter is worth nothing. A son is everything to the fathers; they treat him with respect regardless of his weaknesses. The daughter is like a misfortune in the family and thus she is always mistreated, she is the one to work hard, to make sure the brother is fed properly and happy. When it comes to school, the daughter is never taken to further education after completing primary education. She also inherits nothing from her father”.*

The association between inheritance of the daughters and human trafficking was tested using chi square and the results are as presented in table below;

#### Table 4.11: Chi square test on association between Daughter inheritance and human trafficking

|  |  |  |  |
| --- | --- | --- | --- |
|  | Value | df | Asymp. Sig. (2-sided) |
| Pearson Chi-Square | 12.784 | 1 | .001 |
| Likelihood Ratio | 14.191 | 1 | .000 |
| Linear-by-Linear Association | 12.752 | 1 | .000 |
| N of Valid Cases | 400 |  |  |

The Chi square test showed that there is actually a strong association between lack of daughter inheritance of land, livestock and other assets with and human trafficking (χ2 = 12.784, p<0.05). This confirms that, denial of inheritance upon the respondents might have caused the victims enter the human trafficking cycle while trying to fend for their future.

**Polygamy:** A significant number of respondents (53.8%) reported polygamy to be very common in their communities back home. Their mothers and sisters were married in polygamous setting and some of the respondents run away from this kind of marriages. Among the Maasai, polygamy is a common practice done as a symbol of wealth, respect and a juncture to help women who are single. This is illustrated during an interview with a Maasai man from Longido who said;

*“What is a man without cows, children and wives? You need many wives who will bear you many children and look after your cattle. One hundred cows or more needs at least three wives”.*

The above illustration shows that, it is a life style and custom to marry more than one wife for a Maasai man. However, women on another side seemed uncomfortable being in such situation. They complained of being entangled in this situation due to their culture and have nothing to do about this situation. An interview with a Maasai woman from Longido illustrates;

*“I was married when I was 16 years of age to an old man who had 2 wives before me. As the youngest I was so mistreated with my fellow wives and my husband. I had four children with him then he passed on. I became a widower at 34, and I was forced to marry his brother. I have never been happy in these two marriages”.*

This was a case with the respondents who were earlier married in polygamous setting, as they mentioned to have suffered under the hands of the other wives and their husbands. The following case from a face-to-face interview illustrates;

*“I am from Singida, was married as a second wife when I was only 17 to an old man. After getting married I had my three kids, two boys and a girl. I went to VETA after my second child. Life was okay up to when my husband had to take in a third wife. He became very abusive to me. It was during this time when I decided to escape after I met a friend’s aunty who lived in Arusha.*

This variable was tested statistically to see if there was an association between polygamous marriage and human trafficking. Table 4.15 presents the findings;

#### Table 4.12: Chi square test on association between polygamous marriage and human trafficking

|  |  |  |  |
| --- | --- | --- | --- |
|  | Value | df | Asymp. Sig. (2-sided) |
| Pearson Chi-Square | 6.879 | 1 | .009 |
| Likelihood Ratio | 6.978 | 1 | .008 |
| Linear-by-Linear Association | 6.682 | 1 | .009 |
| N of Valid Cases | 400 |  |  |

The Chi square test showed that there is actually an association between polygamy and human trafficking (χ2 = 6.879, p<0.05). That confirms that, polygamy was among the reasons that might have caused the victim enter the human trafficking cycle.

**Son preference:** Son preference was also a concern to the respondents as a majority of them (83%) reported this. Sex preference studies worldwide have generally found son preference to be much more common than daughter preference. In the World Fertility Survey, for example, only Jamaica and Venezuela were found to have an overall preference for daughters, while fourteen countries had a strong or moderate son preference (Cronk, 1991). In countries where son preference is prevalent girls are neglected and even sold in form of sexual human trafficking. For the case of this study the situation was not that different as 83% of respondents reported that son preference existed in their households.

Those from the Maasai and Iraqw origin reported that in their tradition, when a boy is born the father is extremely happy in such a way that a cow or goat is slaughtered to celebrate. But when a girl is born the dad is just okay not as happy as when the boy was born. The boy is raised as favoured kid while the girl is taught to respect the brother despite the age. From the discussion it was generally learnt that a Maasai, Iraqw, Nyaturu, Nyiramba and Meru tribes the son is respected, valued given what the parent can afford including education and inheritance while on another hand the daughter is less respected and is always prepared to be a good wife and mother. She inherits nothing and if she is lucky, she can be sent to school by her parents. The following statement from a face-to-face interview is illustrative of this situation;

*“When I completed my primary education, I was forced to stay home while my young brothers continued with school. None of my brothers stayed at home after primary education, they continued with their secondary education. This is practiced throughout the village, when girls complete primary education; they wait to get married not to be educated further. I had this dream of becoming a lawyer one day, so I had to run away to find work so I can further my education. Unfortunately, I have not succeeded in this, but one day I will”.*

Son preference was also mentioned as a push factor for the girls to run away from home, as they felt they needed to empower themselves economically away from their parents by finding job. By running away from home might lead them into traffickers’ hands. From this finding it was also necessary to find out if there was any association son preference as a reason for human trafficking. Table 4.13 below shows the chi square value for this relationship.

#### Table 4.13: Chi square test on association between son preference and human trafficking

|  |  |  |  |
| --- | --- | --- | --- |
|  | Value | df | Asymp. Sig. (2-sided) |
| Pearson Chi-Square | 9.427 | 1 | .002 |
| Likelihood Ratio | 10.417 | 1 | .001 |
| Linear-by-Linear Association | 9.404 | 1 | .002 |
| N of Valid Cases | 400 |  |  |

The Chi square test showed that there is an association between son preference and human trafficking (χ2 = 9.427, p<0.05). That confirms that son preference was among the reasons that might have caused the victim enter the human trafficking cycle.

**Work load for girls:** Seventy six percent of the respondents reported that girls from different cultures including those from Maasai, Iraqw (Karatu, Mbulu and Babati), Meru and Gorowa background, work a lot as compared to their male counterparts. They perform triple roles which include reproductive, productive and community roles while assisting their mothers while the boys only do the productive work. The Maasai boys are responsible for herding small livestock while the warriors are in charge of the community’s security, and spend much of their time on walkabouts throughout Maasai land. In case of the girls, they are responsible for house chores such as cooking and milking family animals.

Women are responsible for building and maintaining the houses as well as fetching water, collecting firewood, raising the children, milking the cattle and cooking for the family. In case of the Iraqw tribe which encompasses majority of respondents, the roles for boys and girl are somehow the same as those of the Maasai. The only exception is that the Iraqw boys assist in agricultural activities performed by the family. In an interview conducted in Karatu when probed of the chores the Iraqw girl performs as their daily routine a participant had this to say;

*“An Iraqw girl is like a donkey, she does the entire range of jobs while the boys relax. She goes to shamba, help with all domestic work at home and she always makes sure the boys (the brothers are well taken care of). During school days she wakes up around 5.00 a.m. and she does the same during the holidays. No study time for the girl after returning home from school. No wonder the girls have poor performance as compared to boys”.*

**Wife battery:** The majority of respondents (68%) reported to have seen their mother and sisters suffering from constant physical abuses in hands of their husbands. They reported that they saw their mothers being beaten by their fathers or sometimes being verbally abused. The beatings did not only end with their mother, sometimes the beatings also were extended to the children especially the girls. In a discussion conducted in Arusha city a participant reflected this when she said;

*“My dad is a drunkard, he constantly beats my mother and hurts her, and after beating my mother he beats us (the girls only) calling as bad names such as prostitutes and losers. He always swears that he will never take us to school, due to that condition I decided to run away”*

In another instance a participant from an interview also reported that;

*“My dad always beats my mother; he always reminds her that she is a disgrace for giving him three daughters instead of sons. He blames her that it’s her fault that happened. My mother is no longer happy, always sad and in fear. When I am able to rent a room, I will take my mother and live with her.”*

The findings of this study are in line with Setembo (2016) who did his research in Babati, and reports that 67% of the respondents reported their husband as the main perpetrator of violence in the household. Further, Kadeghe (2017) also reveals that 70% percent of respondents from a study conducted in Babati, reported to have experienced psychological violence from their partners which was in form of battery, intimidation or constant belittling, additionally the women complained of being forced to isolate themselves from relatives and friends by their partners.

These findings go hand in hand with the findings done in Tanzania by different institutions. Tanzania like many developing countries is reported to rank high in incidence of Intimate partner Violence. World Health Organization report of 2005, shows that Tanzania ranked 4th highest in terms of domestic violence prevalence in 2005. Apart from this, it is also reported by NBS (2013) and ICF (2016) that half (50%) of ever-married women in Tanzania reported having experienced some form of violence (i.e., physical, sexual, or emotional) by their husband or partner (NBS and ICF Macro 2011). A study by the World Health Organization (WHO) in 2001/2002 of 1,820 women in Dar es Salaam and 1,450 women in the Mbeya District found that 41 percent of ever-partnered women in Dar es Salaam and 87 percent in the Mbeya District had experienced physical or sexual violence at the hands of a partner at some point in their lives.

In both areas, 29 percent of those experiencing physical intimate partner violence experienced injuries, with over a third of them having been injured in the past year (WHO, 2005). Participants of focus groups conducted as part of this assessment affirmed that it is common for women to experience violence at the hands of their husbands or partners. Wife battery has been associated with a number of factors including witnessing or experiencing violence in childhood, low levels of education, limited economic opportunities, substance abuse, attitudes that tolerate violence, and limited legislative frameworks for preventing and responding to such and related violence (UNSTATS, 2015).

**Early** **Marriage:** According to UNFPA (2014) child marriage also known as early marriage is defined as, “Any marriage act carried out below the age of 18 years, before the girl is physically and psychologically ready to shoulder the responsibilities of marriage and childbearing”. This came out as a practice which bothers the respondents a lot. The practice was reported to exist in all the districts where the girls originated from. Table 4.9 shows that a majority of respondents (67%) reported of the existence of this practice in their villages. They also reported that not only do they hate child marriage but also, they hate the act of being married without having interest and decision in that marriage. Almost 44% of the girls revealed that they have been married before they were trafficked and that they were forced to be married. Complementing this situation, a good number of the young females (75%) reported that, child marriage has been one of the reasons they were trafficked. Some of them reported to run after being married while other reported escaping just after the dowry payment.

#### Table 4.14: Early marriage and human trafficking (n=400)

|  |  |  |
| --- | --- | --- |
| Child marriage status | Percent | |
| Yes | No |
| Have you ever been married | 43.8 | 56.2 |
| Did you agree | 34 | 66 |
| Was it a reason for your departure | 75 | 25 |

Early marriage was also discussed during focus group discussion and during key informant interviews. A lady working with FARAJA center reported to have received a lot of cases and victims of child marriage. In a special case during an interview, she reports;

*“In my years of working at this center, I have received a lot of cases correlated to child marriage. But the one I will never forget is one where the victim escaped after getting married. She was 14 and from Loliondo; there she was married to a man old to be her father or grandfather. The man was above 60 years. After getting married she was sexually and physically abused, since she could not be pregnant. She escaped through the headmaster of a Christian school, and she was brought at my center. We counseled her, and took her to school, but the husband with the help of the family traced and found out where she was, they attacked the center, fortunately we saved her and took her to a boarding school far away. She is safe there”.*

In situations like that you deduce that, if the girl was not smart enough, she could end up in hands of traffickers and pedophiles since she was very vulnerable. Fortunately, enough she trusted the headmaster and the headmaster could send her to authorities. However, girls of her age are always not lucky as many of them end up in the recruiter’s hands while escaping from abusive child marriage. From a key informant interview in *Mto wa Mbu* the following was reported;

*“ Mto wa Mbu is a fast growing area, where tourists rest before and after visiting the northern tourist attractions, due to that we have a lot of cases of young girls of ages between 13 to 18 being trafficked to Mto wa Mbu. Once you talk to the girls you come to realize that they have escaped early marriage among other harmful traditional practices. They are mainly from the neighbouring districts of Karatu, Babati, Mbulu and Hanang.”*

These findings correlate with those of UNFPA (2014) which reports that “On average, almost two out of five girls will be married before their 18th birthday. About 37% of the women aged 20-24 were married or in union before age 18”. Arusha, Manyara, Singida and Dodoma where the majority of respondents originate from, are also among the regions with high prevalence of early marriage as their prevalence is at 27%, 34%, 42% and 51% respectively (TDHS, 2012). The factors contributing to early marriage have been reported to be the levels of education and the poverty levels of the girls. Inferential statistics was applied to test if this was the case in our study. The Chi square test showed that there is an association between early marriage and education levels (χ2 = 12.5, p<0.05).

From the discussion above it is clear that these practices are applied to women and girls in different communities. Female genital mutilation, son preference, daughters not inheriting land and animals, women not participating in decision making, work load for women and girls and wife battering were the leading harmful practices in their communities. These practices were also reported to be push factors for human trafficking since the young females tend to run away escaping the traditional practices. In running they come across the traffickers and pedophiles who take advantage of their vulnerability to lure them for their benefit. These findings are supplemented by findings from a study conducted by Msuya (2017) who reports that, African cultural and social norms including female genital mutilation, male dominance, and the preferential treatment of sons and early marriage pushes young females to leave their homes for search of a better life and ending up in the hands of human traffickers.

# 

# Conclusion

From the above findings, the study concludes that a number of factors contribute to trafficking of young females. The factors range from insufficient income for basic needs in their families where by a good number of the respondents (71.2%) agreed that this was the reason for being trafficked; low education levels as majority of them (74%) have only attained primary education and only 1.5% have achieved tertiary education; lack of lucrative job opportunities in rural areas, as they reported farming as the mainstay activity in rural areas. Gender violence was also highlighted as a cause of the respondents to either escape or accept job offers from traffickers as 75% of the respondents agreed to have been abused before leaving their homes.

Another cause of human trafficking tendency mentioned by the respondents was dysfunctional families, it was found out that dysfunctional families accounted for 70% of all respondents, they confirmed that they are from families which have a history of domestic abuse, or their parents were not in good terms with each other. A good number of the respondents (27%) also mentioned that they came from families where their mother is the only one taking care of all the children. Their father, though alive does not care for the wellbeing of the children. Harmful traditional practices were also mentioned as a major cause and driver of human trafficking. The respondents mentioned Female genital mutilation (93.8%), son preference (83%), daughters not inheriting land and animals (80.2%), women not participating in decision making (76%), big work load for women and girls (74%) and wife battering (68.2%) being the leading harmful practices in their communities.

Also, early marriage (67.2%), under estimating women and girls (55.2%) and polygamy (53.8%) were mentioned as practices which tend to demean the position of girls and women in the community hence encouraging them to escape the ordeals whenever the opportunity arises. When tested for association, the following variables showed a strong relation with the dependent variable confirming that these independent variables might be the cause of the respondents to be pulled into human trafficking. The variables which showed strong association to human trafficking included; gender violence (χ2 = 4.19, p<0.05); female genital mutilation (χ2 = 9.608, p<0.05); denial of inheritance (χ2 = 23.89, p<0.05); polygamous marriage setting (χ2 = 6.879, p<0.05); son preference (χ2 = 9.427, p<0.05); Women not participation in decision making and meetings (χ2 = 15.56, p<0.05) and Old aged men marrying young females (χ2 = 12.27, p<0.05). In totality one or more than one factor was mentioned by the respondents as a factor that solicited them into being trafficked to other places away from their homes.

# Challenges Encountered by Young Females during Travelling and in Their Destinations

This section presents the challenges the victims encounter while in transit and at their new destinations. The challenges discussed here are divided into four categories of abuse i.e. physical, sexual, psychological and economic forms of abuse. In the determination of physical challenges, the respondents were questioned about the means of transport they used to reach their destinations. This question intended to probe on the type of transport they used since the means of transport might also be a challenge to the victims. Apart from the type of transport used, the study inquired if the respondent’s faced starvation or any ill treatment while travelling and after reaching their destinations.

A number of questions were also asked in order to deduce if the respondents were sexually abused while in transit and or after reaching their destinations. Different questions were asked to inquire if the respondents were actually abused. Much as physical and sexual challenges were determined, psychological and economic hardships were also determined in this study. Different questions were asked to determine these hardships. Data collection tools used in pursuing this objective was the questionnaire as the quantitative tool and focus group discussion, face to face, key informant interview and observation as the qualitative tools. Quantitative data for this objective was obtained using descriptive data analysis whereby frequency and percentages represented the findings. The findings from these particular questions are presented in the following sections.

# Abuse

According to the Council of Europe (2010), abuse has been defined as any act or omission committed by a person (or group) that endangers the life, bodily or psychic integrity, or freedom of a person (or group), or severely compromises the development of the person’s personality and/or adversely affects his or her financial security. Violence or abuse can be categorized into different types that include; psychological or emotional, physical, verbal and socio-economic abuse. The main victims of these different forms of abuse are women and children. In this section, different challenges the respondents encountered will be presented. The challenges to be discussed include the physical, sexual, psychological and socio-economic abuse.

# Physical Abuse

Different question was inquired to the respondents in order to capture different forms of physical abuse inflicted on them. The respondents were inquired if they have suffered bodily harm or injury as indicators for physical abuse. They mentioned starvation, pinching, whipping, slapping, kicking, and burning among others to which caused bodily harms. Table 4.15 below shows the different forms of physical abuse inflicted on the girls while travelling and after reaching their new destinations.

#### Table 4.15: Different forms of physical abuse (n=400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Form of physical Abuse | Frequency |  | Percent |  |
| **Yes** | **No** | **Yes** | **No** |
| Starvation | 215 | 185 | 57.5 | 42.5 |
| Slapping | 169 | 231 | 42.2 | 57.8 |
| Beating (whipping) | 166 | 234 | 41.5 | 58.5 |
| Punching | 74 | 326 | 18.5 | 81.5 |
| Pinching | 51 | 349 | 12.7 | 87.3 |
| Kicking | 35 | 365 | 8.7 | 91.3 |
| Attacking by weapon | 28 | 372 | 7 | 93 |
| Burning | 16 | 384 | 4 | 96 |

Table 4.15 shows that the respondents indicated starvation (57.5%), slapping (42.2%) and beating in form of whipping (41.5%) were common abuses among a good number of the girls. Starvation was also mentioned during face-to-face interviews and focus group discussion. The respondents reported that in several cases they were starved by their employers or when they were travelling to their new destinations. The following case from Meru focus group discussion illustrates;

*“I am from a remote village in Singida Rural so I had to start my journey at 4.00 a.m. after reaching Singida town; I had to take a bus to Arusha. I reached Arusha at around 18.00 hours. After reaching there I met my boss and started a new trip from Arusha town to Usa River (Meru). We reached my destination at around 9.00 p.m. the whole day i did not eat anything as a result I felt starved and tired”.*

About 18.5% of them also reported to have been punched by their bosses and 4% of them reported to have been burnt in different parts of their bodies once they made a mistake. This was also the case during face-to-face interviews and focus group discussions. The respondents mentioned the above forms of violence, during their daily work. They complained of being beaten and even being burnt once they did a small mistake. A victim from Meru district points out during an interview how she was burnt;

*“My boss beats me whenever I do a small mistake, even when I do not mop the floor the way she wants it. When I burn food while cooking, she also takes a knife, puts it in hot charcoal and burns my skin. I cry the whole night. Even so in the morning I wake up and continue working”.*

Physical abuses were also mentioned by the community members during focus group discussions. They reported that the victims in different work places work in difficult situations since the majority of their bosses tend to abuse them physically and even sexually. Those working at eateries (*mama lishe*) were abused in many forms; whenever they break a glass or plate, they are either charged for it or punished through beating, burning, or pinching. The respondents working in bars and hotels also reported the same forms of abuse, as this respondent from Monduli reports during a face-to-face interview;

*“Whenever I lose or break something like a glass, my manager demands I pay or he demands I sleep with him. If I reject him, my job is terminated or I will not be paid salaries up to when my loss is cleared”.*

Slaps and other forms of abuse were observed by the researcher in different districts. A distinct case of this situation was observed in Arusha city. During a routine observation in the night at a certain pub in Kaloleni, the researcher observed a bar attendant being slapped by her manager while serving her customer. The customer had complained of being served a flat drink (beer). The attendant tried to explain the situation to the manager and ended up being slapped. The researcher later found out that the bar manager used to slap the attendants for minor mistakes.

The respondents working as domestic helpers also had mistreatments inflicted upon them. They complained of being severely beaten, strangled, burnt and starved whenever there is a misunderstanding or they have done a minor mistake. The disputes between them and their bosses was reported to occur when they destroy material things, when they are found having affairs with husbands or sons, delay in doing chores, befriending people who are not friends to the employers, oversleeping due to overwork, getting pregnant, or eating food beyond the measure of the boss etc.

Apart from being physically attacked the girls, during face-to-face interviews, complained of doing a lot of chores during the day. They reported to be responsible for cooking meals, laundry, fetching water, gardening, cleaning the house, looking after infants and children and taking care of the sick and the disabled. They also complained of working long hours starting at 5.00 a.m. to 10.00 p.m. This situation made them very weak and tired.

As a form of physical challenge, since the body might become injured or weak due to transportation facility, the respondents were also inquired on the means of transport they used while travelling from their homes to the new destinations. Human trafficking involves recruitment, transportation and exploitation of human beings. In transportation the victim is moved or move from his or her home to a new destination through different means of transportation. The means involves buses, airplanes, trains and even personal vehicles. For the case of the current study a variety of transportation facilities were used to move the victims from their homes to the traffickers’ destinations.

The bus was the common means of transport used (89.8%), followed by personal vehicles (9.5%). On rare cases the train (0.2%) and motorbikes (0.5%) were used to move the girls. Motorbikes were mainly used when transporting the victims in short distances, though in some cases they used this form of transport even for long distances. The following case from an interview exemplifies;

*“The day I was travelling I woke up very early in the morning since I had to travel for two hours, to catch a bus. I used a motorbike from my village in Singida Rural to catch a bus in town. From there I had to travel for hours to reach my destination.”*

From the above findings it is clear that road transport was the main transport means for most human trafficking, since 99.3% of the respondents used it. This might be due to the fact that Arusha can be reached mainly through road and air. Since air transportation is expensive more people prefer to use road transport either through personal or public transport facilities.

# Sexual Abuse

The respondents were inquired if they encountered any form of sexual abuse including kissing, fondling, touching, sexual intercourse without consent; not stopping sexual contact when asked to; forcing someone to engage in sexual intercourse; inappropriate looking, sexual teasing or innuendo. One or more than one forms of sexual abuse was reported by the respondents as table 4.16 illustrates.

#### Table 4.16: Different forms of sexual abuse (n=400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Form of Sexual Abuse | Frequency |  | Percent |  |
| **Yes** | **No** | **Yes** | **No** |
| Rape | 70 | 330 | 17.5 | 83.5 |
| Inappropriate touching | 233 | 167 | 58.3 | 41.7 |
| Forced Kissing/ Fondling | 208 | 192 | 52 | 48 |
| Forced watching pornography and other illicit material | 58 | 342 | 14.5 | 85.5 |
| Forced Oral sex | 114 | 286 | 28.5 | 71.5 |

From table 4.16, it is clear that a good number of respondents (58.3%) reported of encountering inappropriate touching, 52% being forced to kiss and fondling and also a good number reported of being forced into oral sex. Few respondents reported rape (17.5%) and being forced to watch pornography and other illicit materials (28.5%).

These findings from a questionnaire were supplemented by findings from qualitative tools which in a way report the same. During interviews it was confirmed that a good number of victims of human trafficking are brought by from the rural areas for the purpose of commercial sex. The victims are exploited in different ways as during an interview the community development officer from Namanga, Longido District reports;

*“Sex exploitation is a problem here in Namanga, since the majority of girls and young women aged from 8 to 30 years are trafficked from different places including Babati, Karatu, Arusha rural, Kondoa, Singida (Iramba and Ikungi), Mbulu. The girls are brought to Namanga for either being trafficked to Kenya (Nairobi) or remain at Namanga for Commercial sex or prostitution. A lot of cases of sexual abuse are heard though not formally reported to the ward office. However, we are able to work with the church and other organizations to rescue these young girls”.*

The social worker in charge in Arusha city was on the same page when she said the following during an interview;

*“Since Arusha city is a center of tourism, sex tourism is very common though illegal. The girls are forced into prostitution by their pedophiles. The customers might be normal citizens and sometimes foreigners. The tour drivers assist the pedophiles for these acts. They hunt for the girls during the night or just pick them from their pedophiles; they take the girls back to the tourists’ hotels. The girl is later paid a very small amount since it is divided amongst the tour driver and the pedophile with the girl”. In other instances, around Kaloleni area, the area full of night clubs the girls prostitute themselves to tourists and even locals for very cheap price. The price ranges from 5,000/= to 20,000/= Tshs. However, the girls are given half of the amount by the pedophile.*

Since it was hard to observe the indicators of previous sexual abuse act such as bruising on private parts and thighs, itching in genital areas, unusual difficulty in walking or sitting; infections, unexplained genital discharge, or sexually transmitted diseases as indicators for sexual abuse the respondents in the current study were only inquired if at all they faced any of the mentioned acts related to sexual abuse.

These cases were also revealed during face-to-face interviews and focus group discussions with the respondents. The respondents working as domestic helpers complained of being raped and touched inappropriately. They reported to be abused within the household by the household head, relative or even the son of the family. Some even got pregnant after being sexually abused as this respondent from a face-to-face interview explains;

*“I was employed in a certain household in Mbauda area, the bosses never mistreated me but the son was very hostile to me. One day after the parents had gone to work, he raped me. He threatened me that if I ever report him, he would do something bad to me or my family back home. So, I kept quiet and never uttered a word till I discovered I was pregnant. I told him, but he denied me outright, so I escaped”.*

The respondents working in bars and lodges or guest houses, also complained of the being sexually abused. They complained that both the customers and bosses abused them whenever they felt like doing so. The following case from a respondent in Arusha City illustrates of the foregoing;

*“I work in a night club as a waiter; I have been abused several times by my clients and boss. My boss forces himself on me whenever he wants, In the beginning I used to cry a lot, but nowadays, I am tired of crying because it does not help. They threaten to fire me if a tell anyone. So, I keep quiet”.*

Much as it was not common, respondents working in eateries also mentioned sexual abuse to be among the challenges their encounter in their daily duties. They complained on being touched inappropriately by their clients when serving them food. The following case from an interview with a respondent in Namanga illustrates;

*“It is a common practice to be touched by clients on my chest (breast), however angry you become they keep doing it. Nowadays I wrap my breast with multiple vitenge cotton material so as to protect myself. It is very irritating. My boss says I should just allow them to touch since they are just enjoying and nothing more”.*

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# Psychological Abuse

From both the quantitative and qualitative tools, the respondents mentioned a number of acts which were thought to be psychological type of abuse. The acts ranged from threats, isolations, insults and intense criticizing, intimidation and humiliation. Table 4.17 shows the frequency and percentage distribution of the type of psychological abuse inflicted on the respondents.

#### Table 4.17: Different forms of psychological abuse (n=400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Form of psychological abuse | Frequency |  | Percent |  |
| Yes | No | Yes | No |
| Insults and Intense Criticizing | 145 | 255 | 36.2 | 63.8 |
| Humiliation | 95 | 305 | 23.8 | 77.2 |
| Intimidation | 74 | 326 | 18.5 | 81.5 |
| Verbal threats | 72 | 328 | 18 | 82 |
| Physical and social Isolation | 51 | 349 | 12.7 | 87.3 |
| Belittling | 68 | 332 | 17 | 83 |
| Movement monitoring | 28 | 372 | 7 | 93 |

From table 4.17, it is observed that a significant number of the respondents (36.2%) reported to be insulted and criticized, while 23% reported of being humiliated, while 18.5% and 18% of the respondents reported intimidations and verbal threats respectively as forms of psychological abuse inflicted unto them. Different questions from the questionnaire showed these findings. However, much was also found by using qualitative instruments applied to this study. During focus group discussions and face to face interviews this was also discussed, the participants complained of being verbally abused, intimidated and even humiliated throughout the day in their work place.

The researcher also observed this act at several bars and eateries where the bosses verbally insulted the respondents. They were verbally insulted for mere small mistakes such as delay in taking orders from customers, burning food, slowness in responding to orders, breaking utensil, etc. The following case from a participant in a focus group discussion explains;

“It *was raining during lunch time in Mto wa Mbu, a young girl around 15 years working at the eatery was sent to deliver food across the road. On her way to food delivery, she slipped and fell down. She came back with no food and broken utensils. The boss was very furious and started to utter insults on the girl. The girl cried, but the boss never stopped insulting her”.*

Cases like this were mentioned throughout the discussions, participants also reported that psychological abuse in most cases go hand in hand with physical and sexual abuse. As the bosses verbally insult the victims, they also slap or beat them. This happens mainly to the victims who work as domestic helpers and those working as waitresses. The victims working at bars and other entertainment places were also psychologically abused, but in their case the insults, intimidation and humiliations comes from both the customer and their bosses. Their customers used intimidating language to demean them. Since they are drunkards, the victims tend to neglect but it does not mean that they are not hurt. They are restricted from responding to any insult from their customers since the ‘customer is always right’. During focus group discussions with the bar attendants in *Mto wa Mbu* the following abusive language was reported;

“*Come here you prostitute”, “you are very stupid girl”, “you are dumb like your mother*” “*you don’t have brains where do you think you come from”, “You dirty thing come here” etc.*

These findings are corroborated by studies done elsewhere by different organizations. In a study done to domestic workers and waitresses working in Far East, it was reported that 80% of them, had constantly been verbally abused by their bosses. In another study by Ullah (2015) it was revealed that domestic workers working in Hongkong received threats to use violence; threat to abandon; threat to confine and deprive of food; insulting, making derogative statements about them; socially isolating them, or not allowing them to have visitors as most common complaints regarding psychological and emotional torment.

# Economic Abuse

As indicators of economic abuse in the current study the respondents were inquired if any of the following acts were inflicted on them; denial or irregular salary payment; long exhaustive working hour; denial of finding other jobs or other sources of income; refusal to let them claim benefits and refusing to let them access a bank account; control their mobile phone accounts. Table 4.18 shows the response to the above claims.

#### Table 4.18: Different forms of Economic abuse (n=400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Form of Economic abuse | Frequency |  | Percent |  |
| **Yes** | **No** | **Yes** | **No** |
| Denial or Irregular salary | 316 | 84 | 74 | 26 |
| Long exhaustive working hours | 286 | 114 | 67 | 33 |
| Denial of other jobs /other sources of income | 157 | 243 | 36.9 | 63.1 |
| Refusal to let them claim benefits | 120 | 280 | 28.2 | 71.8 |
| Refusal to access a bank account | 60 | 340 | 14.1 | 85.9 |
| Control mobile phone accounts | 59 | 341 | 13.8 | 86.2 |
| Debts | 290 | 110 | 72.5 | 27.5 |

Table 4.18clearly shows that the majority of the respondents (72.5%) complained of having big debts built from false accusations from their employers and 74% reported to have irregular salary payments. Also a good number reported working long exhaustive hours with little or no pay (67%). While only a few respondents (14.1%) reported that they are denied to have a bank account and if they have, they are not allowed to access it. On a similar case thirteen percent of the respondents revealed that their employers’ control or check their mobile money account such as MPESA, Tigo Pesa and Airtel Money accounts on a frequent basis.

These findings go hand in hand with the findings from qualitative instruments. During face-to-face interviews and focus group discussion the respondents reported of being economically abused. The following case from a face-to-face interview in Meru elaborates this scenario;

*“My boss checks all my messages in my phone. She even checks my MPESA balance. There was a time, money was stolen in her shop, she immediately checked my MPESA account and found Tshs. 15,000/= in my account. She accused me of stealing her money, and took me to the police station where I was beaten mercilessly. Fortunately, while I was still under custody, the money was found. From that day I am very careful, not to have any money in my mobile account”.*

Another significant number of the respondents (74%) complained of irregular or denial of their salaries. Since denial and irregular salary payment was a complaint from a good number of respondents the current study probed more on the modalities and amount the respondents receive. Table 4.19 shows the amount paid and the intervals of salary payments.

#### Table 4.19 Salary amount and payment intervals (n=400)

|  |  |  |
| --- | --- | --- |
| Item | Frequency | Percentage |
| Amount of Salary (Tshs) | Yes | Yes |
| Less than 50,000/= | 273 | 68.2 |
| Between 50,000/= and 100,000/= | 119 | 29.8 |
| More Than 100,000/= | 8 | 2 |
| Total | 400 | 100 |
|  |  |  |
| Interval of salary payment |  |  |
| Every end of month | 248 | 62 |
| After Every two months | 36 | 8.8 |
| After Every six months | 7 | 1.8 |
| Not consistent | 109 | 27.2 |
| Total | 400 | 100 |

From Table 4.19 it is clearly reported that the majority of the respondents (68.2%) received salaries of less than Tshs. 50,000/=. Only 31.8% of the respondents received salaries above Tsh. 50,000/=. Also, the table illustrates that many victims (62%) received salaries every end of month except for 38%. However, the respondents reported that, sometimes the salaries received are not the agreed amount and, in some instances, the remaining amount is never paid. The amount reported to be paid by many employees in this study is very low as compared to those stipulated in the Employment and Relationship Labour Act of 2004.

The amounts for domestic workers as stipulated in the act is TZS 65,000/= and TZS 80,000/= for those working in commercial setup. Much as this law is known to employers only a few of them obey it. This was also found out in a study done in Tanzania by ILO (2016) which reported that Above fifty percent (ranging from 58% to 73%) of domestic workers employed by those with income levels between TZS 100,000 to 999,000 declared they have either not been paid at all, in monetary terms, or their payments are irregular, contrary to what is stipulated in the national labour laws.

# Conclusion

From the findings above, it becomes clear that the respondents encountered different forms of challenges while travelling or after reaching their new destinations. The challenges were categorized into different forms of abuse. They included physical, sexual, psychological and economic abuse. Physically the respondents mentioned starvation (57.5%); slapping (42.2%) and beating in form of whipping (41.5%) being common among a good number of the respondents. Also a few of the respondents mentioned pinching (18.5%) and punching (12.7%) as forms of physical abuse inflicted on them by either their employers or clients.

On rare cases the respondents also revealed to be burnt (4%) after making minor mistakes such as burning food, breaking utensils and forgetting to do certain chore. Sexual abuse was also common among the respondents as a good number of respondents (58.3%) reported of encountering inappropriate touching, 52% being forced to kiss and fondling and also a good number reported of being forced into oral sex. Few respondents reported rape (17.5%) and being forced watching pornography and other illicit materials (28.5%).

Psychologically a significant number of the respondents reported to be insulted and criticized (36.2%), while 23% reported of being humiliated, Eighteen percent and 18.5% of the respondents’ reported intimidations and verbal threats. Further the victims revealed that they faced economic challenges from mainly their bosses and clients. Among others majority of the respondents (72.5%) complained of having big debts built from false accusations from their employers and 74% reported to have irregular salary payments. Also, a good number reported working long exhaustive hours with little or no pay (67%).

While only few respondents (14.1%) reported that they are denied to have bank account and if they have, they are not allowed to access it. Complementing the above 13% of the respondents also complained that their employers had control of their mobile money accounts. They reported that the bosses usually check to see the balance of the accounts. From the above discussion it becomes clear that, the victims of human trafficking do face a lot of challenges while they are in the hands of their employers and away from home.

# The Impacts of Human Trafficking on Young Females

# Introduction

This section presents the findings of the study in response to the third, fourth and fifth objectives aimed to examine the health, social and moral impacts of human trafficking on young females in the study area. As earlier on described the current study defines impact as the immediate and long-term effects of direct and indirect violent actions inflicted during the process of human trafficking of young females.

As discussed in the previous sections, the victims of human trafficking in this study undergo a series of acts which violate their human rights. The victims are maintained and exploited for the economic gain of their traffickers. During their stay under the traffickers the girls are abused severely and end up suffering different social, health, moral and economic effects. The effects of human trafficking are thus mainly felt by the trafficked person and in some case the family of the victims and the community. In more severe cases, the impact of this unlawful act affects the country as a whole. The current study discusses human trafficking impacts on individuals that had been trafficked. The impacts will mainly be divided into three categories according to the objectives of the study.

The third objective of the study aimed to examine the health impacts of human trafficking on young girls. The fourth objective aimed to evaluate the social impacts and the fifth objective was to assess the moral impacts of human trafficking on young females. In eliciting the health, social and moral impacts of human trafficking from the respondents the study used both qualitative and quantitative data collection methods. In the qualitative methods the study used different tools such as the face-to-face interviews, in depth interviews and focus group discussions.

In the case of quantitative data, the tool was the questionnaire. By using these tools the study aimed to know the time the respondents lasted under the human trafficking cycle, the psychological and physical impacts they suffered as a result of the human trafficking ordeal. The study also investigated on the social impacts encountered as a result of human trafficking. The results obtained were analyzed using different methods i.e. SPSS for the questionnaire and content analysis for the qualitative methods. The research results matching each of the above objectives are discussed in the following sections.

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# Health Impacts of Human Trafficking

The health impacts of human trafficking are divided into two categories. The first category is the physical health effects and the second category is those concerned with mental health and moral behavior. Physical health impacts ranged from headaches, sexual related problems, fatigue and body injuries and sometimes physical and mental disabilities. Mental related effects ranged from severe depression, trauma to sadness. Table 4.20 shows these effects as elicited by the respondents.

#### Table 4.20: Health Impacts of human trafficking to young females (n=400)

|  |  |  |
| --- | --- | --- |
| Impact | Frequency | Percentage |
| **Yes** | **Yes** |
| Physical health effects |  |  |
| Physical Injuries and scars | 284 | 71 |
| Fatigue | 255 | 63.8 |
| Sexually Transmitted Infection | 173 | 43.2 |
| Pregnancies | 162 | 40.5 |
|  |  |  |
| Mental health effects |  |  |
| Depression | 251 | 62.8 |
| Extreme sadness | 170 | 42.5 |
| Alienation and disorientation | 51 | 12.8 |
|  |  |  |

# Physical Health Impact of Human Trafficking

From Table 4.20, it is observed that the majority (71%) of the respondents reported to have experienced injuries and scars resulting from abuses inflicted upon them. Similarly, majority (63.8%) of the young females reported to have experienced feelings of fatigue due to excessive overwork. In addition to injuries and fatigue, some of the respondents reported to have been infected with sexually transmitted diseases (43.2%) and pregnancies (40.5%) and many other effects. Similar findings were revealed during the face-to-face interviews and focus group discussions. The participants indicated that the health effects of human trafficking came about as a result of physical, psychological and sexual abuses inflicted upon them. The respondents were interviewed with a focus on the type of work and exploitation experienced.

The participants working in bars reported that they suffered a lot as they were frequently abused. They usually work too much and most of the time they a sexually abused. As a result, they are always tired, suffering from extreme fatigue and unhappiness. This happened due to lack of enough sleep since the girls have to work throughout the night and wake up very early in the morning to resume work. The following case from Mto wa Mbu focus group discussion with bar attendants illustrates this;

*“As barmaids we always stay late during the nights making sure that all the customers have paid their bills and left. Sometimes the customers stay late and even sleeping on the tables, but we are not allowed to wake them up. You sit with them till they willingly wake up and leave. It is hard, the customer always abuses us verbally and even sexually. They slap, touch our bodies we are not allowed to complain. After they have gone that’s when we can go to sleep. Most of the time we just sleep on the chairs in the bar since it is in most cases very late and unsafe to walk home. Sometimes we close the bar around three a.m. in the morning”.*

The research findings were also collected from domestic helpers. According to the participants from face-to-face interviews, it was learnt that this group also suffers a lot due to overwork and lack of enough time to sleep. They always sleep late and wake up very early in the mornings. As a result, these girls are always tired and escape from their places of work due to overwork. This situation was also applicable to females working at different eateries. Apart from being overworked there, the young females working at the bars, eateries and domestic places reported to have suffered injuries in various parts of their bodies. The injuries were reported to have been a result of being beaten, burnt and even cut using knives and other sharp instruments. The following case was reported in one of the discussions with community members;

*“The girl at my neighbor’s house is very sick. She has been working as a domestic helper there for some time, when she started working, she was healthy and happy. She has been there for three years now. If you see her, she has reduced and run down, she is sick and she is no longer happy. She is always beaten, scolded and sometimes starved. I wish I could know her parents so I take her back home where she came from”.*

From key informant interviews a lot was also revealed on the health effects of abuse due to human trafficking. The interviewees reported of cases of unwanted pregnancies, injuries, burn scars, beating scars, and even cases of sexually transmitted diseases inflicted on the victims of human trafficking. The following case from an interview with a social worker reveals some of the effects;

*“Recently we had a case of a girl who abandoned a baby, was working as a domestic helper in a certain household. She was raped and she became pregnant. Since she was pregnant, her job was terminated. She worked at several eateries (mama lishe) up until she gave birth. Since she did not have income and relatives to help in taking care of the baby, she did abandon the baby and ran away. Luckily she was found and reconnected to her child”*

*.*

There was also a case from a respondent who worked as a commercial sex worker who reported of suffering in the hands of a customer;

*“The scar I have here in my cheek came about as I was cut with a popping knife with a client. The client forced me do things I did not want, I disagreed. He was very furious, so he took his knife and cut me. Apart from this visible scar I have other scars throughout my body, as prostitutes are constantly abused by our clients. Sometimes they even choke, punch and strangle us”.*

In another interview with FARAJA center it was revealed that the victims of human trafficking were rescued and brought to their center, suffering a lot. The girls come with both emotional and physical effects as a result of abuses inflicted on them. The physical effects mentioned included scars, injuries, sexually transmitted diseases including HIV/AIDs and pregnancies. Some of the rescued girls were brought to the center with their babies since the father is unknown or have denied the pregnancy. The center takes care of the mother and the baby by providing different services to both.

The above findings, relate to a number of studies conducted in different places worldwide. In a study conducted in India by an organization known as Her Future (2019) it was revealed that victims of human trafficking suffer a multitude of negative effects. Some of the effects mentioned include; sexually-transmitted infections (HIV/AIDS, HPV), menstrual irregularities, and other injuries to the genitalia (due to the prevalence of physical violence in brothels and other institutions). Also unplanned pregnancies were common (due to the prevalence of unprotected sex), and the result of one is never in the woman’s favor: even if victims are given the option to abort, they will most likely be denied access to safe and trusted healthcare.

In another study done in the Philipines by McTavish (2017) it was pointed out that victims of human trafficking suffer from both physical and mental effects. Among others the report outlines health problems including exhaustion, frequent viral illness, STDs, vaginal infections, back aches, sleeplessness, depression, head-aches, stomach aches, and eating disorders as effects of being abused for a long time by the traffickers and pimps. Lastly USDS (2007) in research on Trafficking in Person in 2007 found out that 95 percent of victims had been violently assaulted or coerced into a sexual act, and over 60 percent of victims reported fatigue, neurological symptoms, gastrointestinal problems, back pain, and gynecological infections.

# Mental Health Impacts

The respondents of this study pointed out a number of mental effects they are encountered as victims of human trafficking. Despite their form of exploitation (labour or for sex) they all complained to be mentally disturbed as shown in Table 4.20. To be precise 62.8% of the respondents reported to suffer from depression, while 42.5% reported that they were in extreme sadness. A good number of them (12.8%) also reported to suffer from alienation and disorientation. Depression was inquired using the following indicators; difficulty in falling or staying asleep, irritability, outburst of anger and lack of concentration. This situation was reported to come about as a result of confinement, isolation and constantly being abused.

This was also revealed during focus group discussion and face to face interviews. The participants who work as bar attendants and partly as commercial sex workers complained of being confined and isolated from interacting with friends and neighbours, or even going to public places like church or mosque, market places during the day. The same situation was reported by the domestic helpers. They also reported that, they were never allowed to leave the house except when they are going somewhere with their employers. The following case from a face-to-face interview explains;

*“I never go beyond that long gate until the day I escaped. I had been confined in the house I worked in, for more than a year. I opened and closed the gate whenever the kids and the boss return from school and work respectively. I was never allowed to go anywhere, even to church. I was never allowed to communicate with my relative who was living close by; I was severely abused by my lady boss and one day I decided to escape”.*

In complementing the above findings, the respondents also revealed that they were having insomnia due to memory of abuse experience they h encountered. Nightmares and screams were reported by the younger females while the older ones reported to have regrets and thoughts throughout the nights. The following illustrative example from an interview with a sex worker in Namanga explains;

*“I have worked as a sex worker for more than five years; I started working when I was 14 years, I have seen and done a lot of things while working. I have been raped, strangled, cut, beaten, and forced to do awkward things like abortion. I have reached a point where I do not care anymore. I always drink alcohol during the night, because without alcohol and weed I cannot sleep. I see frightening images, nightmares, flashbacks and scenes whenever I close my eyes. So I have to drink if I really want to have a good sleep”.*

# Moral Impact

Morality is the inborn conscience about right and wrong and the underlying truth is

the substance of all morality. In the case of human trafficking the victims of human trafficking are given a small opportunity to choose whether to do good or bad due to the number of abuses this atrocious act have on them. The young females tend to forego the good act for the bad act in preventing further harm and protecting themselves. This was also the case in the current study since the respondents reported a number of moral conducts, they had to contend with to prevent further damage to their dignity and bodies. Table 4.21 presents these findings.

#### Table 4.21: Moral Impacts of human trafficking to young females (n=400)

|  |  |  |
| --- | --- | --- |
| Moral Effects |  |  |
| Impact | **Frequency** | **Percentage** |
|  | Yes | Yes |
| Need fordrugs, smoking and alcohol abuse | 140 | 35 |
| Violent behaviours | 130 | 32.5 |
| Aggravated Anger | 51 | 12.8 |
| Suicidal inclination and body harming thoughts | 12 | 3 |

Eighty three percent of the respondents reported to have encountered behavioral changes due to the abuse they have suffered since they were trafficked. They reported the need for alcohol and drugs (35%), tendency to be violent (32%) and angry (12.8%). Though a few, three percent of the respondents reported having had ideas of committing suicide or other forms of bodily harm. The respondents working as sex workers reported of constantly been sad, angry and afraid of being judged by the people around them. They isolated themselves from the public since they felt that they have lost their dignity, and the community identifies them as dirty and worthless. They even did not want to go back to their homes, since they were afraid of being stigmatized and judged.

The same situation was confirmed by community members during focus group discussions. They reported that the victims of human trafficking face a lot of emotional trauma especially those involved in prostitution. The girls in prostitution were reported to be always angry, tended to use the weed, alcohol and drugs of several kinds. This was also supported by FARAJA center officials in an interview who revealed that;

*“The victims of human trafficking coming to our center suffer a lot of emotional challenges. They are always sad, fearful and angry sometimes. We understand them because we know through counseling, they will be okay as we know the situation, they have passed through was terrifying and saddening”.*

Apart from anger, the respondents also reported to have felt the urge to use alcohol, cigarettes and drugs. When asked about this, the respondents admitted to be smokers of either normal cigarettes or marijuana (*Bangi*). The reasons given are toadapt to their new destination and conditions of livingas this helped them to forget the ordeal they were facing. Further they explained that with marijuana the sensation was different as after smoking they did not feel shy to do anything coming their way. With the use of drugs, the only few girls admitted having used illicit drugs such as cocaine, heroin, Khat (*mirungi)* and other forms of drugs. When discussing with them it was noted that some girls started taking drugs in small amounts given by friends with the aim of reducing their fears, shyness especially when meeting with their customers who are mostly cruel and eventually, they become addicted. The following case from a face-to-face interview in Arusha Municipality exemplifies this case;

*“In the beginning I never smoked neither did I take alcohol. But I always felt remorse every after meeting my clients. I thought of what I was doing and knew I was a sinner. I felt bad. I thought of my parents, their teachings and felt extremely bad. I told my friends who were a bit experienced than I was, and they introduced me to marijuana. I started taking it in small amount, but it helped me. I no longer felt bad though sometimes I think of my parents and cry.”*

Accompanying the need of drug and alcohol abuse, the few respondents revealed that there were times they feel like committing suicide and even harming their bodies. This feeling comes about as the victims see themselves as unworthy and dirty, they generally feel that they have lost self-worth and self-esteem, and they develop feelings of hopelessness and helplessness. They feel like they have lost their dignity and cannot return to their families nor can they have a family of their own. This was reported mainly by respondents working in entertainment places such as bars and those working in the commercial sex industry. The following respondents stated this during face-to-face interview in Monduli district;

*“My boss tells me that I am dirty and worthless, that is true since my body is dirty. In a normal work day, I sleep with three to five customers. They do all the dirty things on me. However, during weekends the number of customer increases. After the act, I always feel dirty and disgusting. I feel that I do not deserve to be living in this world. Much as it pains, I continue doing it as I need money to survive.”*

Other respondents also informed that due to the abuse they receive from their perpetrators and customers, they have developed a violent attitude in order to protect themselves. This was mainly the case with respondents working as bar attendants and those working in the sex industry. Since they were constantly abused by their customers, they developed a protective mechanism on their own or with their peers. In some cases they attacked their abusers using knives, razor blades, or any sharp objects and in some cases they ganged and beat their abusers and robbed them. The following cases from Kaloleni ward in Arusha city illustrates the foregoing;

*“In several instances I have been raped by ruthless men. I used to cry for days after the incidences. I did nothing to defend myself letting them abuse me. One day my friend told me to carry a knife whenever I meet a client, since I could not know their intention. Also, she told me to take the money before the act and not afterwards, since the majority of the sex customers never pay after abusing you. Then on this particular day I remember a heavy structured man, wanted to use force on me, I managed to harm him with the knife, left him bleeding and ran away. Since then, I have used the knife and other tools to protect myself”.*

# Social Impacts

Socially the respondents who were victims of human trafficking reported having suffered from stigma, legal problems, safety issues and even denial of education or job opportunities. Specifically, during the questionnaire data analysis, the girls mentioned a range of acts they suffered from socially. They mentioned stigma (43.8%), feeling unsafe (34%), denial of job opportunities due to lack of trustworthy (39%), legal problems (22%) and lack of food and clothes (17%). Table 4.22 tabulates the effects.

#### Table 4.22: Social impacts experienced by the victims of human trafficking (n = 400)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Effect | Frequency |  | Percentage |  |
|  | Yes | No | Yes | No |
| Stigma | 175 | 225 | 43.8 | 56.2 |
| Lack of Employment | 156 | 244 | 39 | 61 |
| Feeling unsafe | 138 | 262 | 34 | 66 |
| Legal problems | 89 | 311 | 22 | 78 |
| Lack of food and clothes | 68 | 332 | 17 | 83 |

From the qualitative instruments, the victims reported being faced with stigma from the community members and even their families. During focus groups talks and in interviews this was a concern. The participants revealed that the victims of human trafficking were always alienated from the social circles. They tended to be marginalized and stigmatized when they try to be as normal beings. This was illustrated during a discussion with the victims, when asked about how they felt to go back home, one participant stated;

*“I will not go back there, because the whole village regards me as a sinner just because I work in town. They all think I have HIV and I will transmit it to their kids. Even my father does not want me to stay at home regardless that he is the one who sent me to work in town. So, once you work in town you become like an alien in your own family”.*

It was clear that, a good number of the victims were not ready to go back home to their families due to discrimination and stigma. Figure 4.3 shows how the respondents responded when asked about being reintegrated with their families

Figure 4.: Readiness to be reintegrated with family

From figure 4.2 above it is clear that 65.5% of the respondents were not ready to go back home due to different reasons. But mainly it was due to fear of stigma, shame and discrimination from their communities.

The stigma felt by the victims in Arusha, relates to the same situation worldwide as in a report by IOM (2016) it is reported that the shame of sexual exploitation can lead to social ostracism for trafficked women and girls and is a fact of life for the victims all across the world. Families either disown their offspring or risk being disowned themselves by communities who believe that the fault lies with the victim and not the trafficker. In southern Africa, trafficked women from poor rural areas often rejected by their families upon their return are forced to move to urban areas and work in sex industry in order to survive. For them, commercial sex is the only way they know of earning a living.

The report further provides that in other parts of Africa, and elsewhere in Europe and South America, there is stigma of failure, if a trafficked victim returns without money or the promised wealth that going abroad was supposed to achieve. This is also reported by Dahal *et al* (2015) who did research on returnees of human trafficking in Nepal and reports that the returnees find it close to impossible to find proper ways to reintegrate into their own society. Continued social stigma, lack of support, and limited opportunities for finding any means of survival cripple and isolate them to a maximum. A very revealing quote from Dahal’s study on the extent of stigma experienced by the returnees is worthy reproducing here;

*“Even a glass of drinking water from the hands of a returnee is considered to be impure and unholy; their presence at any cultural or religious events is considered to be a bad omen. The trafficking returnees are always looked down upon and rejected socially. The short stay at the rehabilitation centers does provide some security, but it becomes completely different after coming out into the real world”.*

Apart from stigma, the respondents complained of being discriminated in different places once they are seeking new job opportunities. They reported that the employers could not take them after knowing that they are victims of sex trafficking or labour servitude. The employers thought that the girls were thieves and not trustworthy person to be employed. Also due to their academic background they could not be hired into productive jobs since the majority of them only knew how to read and write their names. They had problems in counting and reading properly. As a result, they were sought to be employed in waitress and domestic jobs.

A significant percentage of the respondents also reported of feeling unsafe (22%) and also having legal problems (17%). As discussed in section 4.7.3 above, a number of females interviewed reported being accused of destroying and stealing material things i.e. plates, glasses, mobile phones, etc. from their work places, and hence they were forced to pay. Failures to pay the victims were faced by legal cases. They were threatened to be jailed unless they pay the money or continue to work without salary. Some of the girls reported to escape from this kind of torture to new places. Despite their movement, they reported that they still felt unsafe and always feared that they will be caught by their former bosses and sent to jail. Apart from their bosses, the respondents working as sex workers reported of harming their clients while defending themselves. The girls had to run, fearing of being reported to authorities as the following victim explains;

*“My client wanted unprotected sex, I refused but he wanted to force me threatening to beat me. I had to do something. We always carry knives and razor to protect ourselves. In this case I had to defend myself, so I took my razor and used it on his chest. He started bleeding and screaming. I had to run very fast from that guesthouse to my room. I packed my things and escaped knowing I will be caught. Since that day, I am afraid whenever I see a police officer”.*

# Conclusion

From the above findings, it is apparent that human trafficking has negative impacton the victims. The impacts of this heinous act are felt by the victims immediately after being inflicted on them and sometimes after a long time. To this, the term impact was described as immediate and long-term effects which result as consequence of direct and indirect actions of human trafficking on the victims.

The impacts were categorized into three parts i.e. health, moral and social impacts. None of the respondents reported facing economic impacts. The health impacts were further grouped into physical and mental health impacts. With physical health impacts it was observed that a majority of the respondents (71%) reported to have had injuries and scars resulting from the abuses inflicted upon them. Also, a good number (63.8%) of the young females reported of constantly feeling fatigue due to overwork. In addition to injuries and fatigue, the respondents also reported to have contracted sexually transmitted infections (43.2%) and pregnancies (40.5%) among other effects. This was also discussed during focus group discussions and face to face interviews, where the participants confirmed the effects of sexual and physical abuse.

During the interviews and discussions, the respondents mentioned fatigue, sexual transmitted infections, unplanned pregnancies and sometimes injuries as health impacts they endure due to a number of abuses inflicted on them during the human trafficking process. On another hand the mental health impactswere reported. To be precise 62.8% of the respondents reported to be depressed, while 42.5% reported that they were faced with extreme sadness. A good number of them (12.8%) reported to have suffered from alienation and disorientation while 8% of the respondents reported tendencies to anger and the urge to use drugs. Complementing the above impacts moral impacts were also mentioned by the respondents.

A good number of the respondents reported to have suffered moral effects due to the abuse they suffered since they were trafficked. They reported they became victims of alcohol and drug abuse behavior (35%), being violent (32%) and angry (12.8%). Though a few, three percent, of the respondents reported having had ideas of suicide or even body harming. Social impacts were also mentioned by respondents. As Table 4.32 shows they complained of being stigmatized (43.8%), feeling unsafe (34%), denied job opportunities due to lack of trustworthy (39%), legal problems (22%) and lack of food and clothes (17%). Also, from focus group discussions and face to face interviews the respondents reported of being stigmatized by the community and even their family members after reintegration. On this account the majority of the respondents wished to start their new lives in their current destinations rather than going back to their parental families.

# CHAPTER FIVE

# DISCUSSION OF FINDINGS

# Introduction

This chapter presents the summary of the findings and discussion based on the research views and opinions expressed by the respondents to the research questions against the relating theories and findings by previous scholars. The discussion is based on the five objectives of the study as supported by the reviewed literature and the experience from the field. The objectives in question are; to determine the causes for young female trafficking; to determine the challenges encountered by young females while travelling and in their destination areas; and to assess the health, social and moral impact of human trafficking on young females’ life. The previous chapter presented the findings of the study while the current chapter discusses these findings.

# Causes of Human Trafficking

The study set off to determine the main drivers or causes of human trafficking with particular focus on young females in the selected study area. From the findings as presented in section 4.3, it became clear, based on field data that a number of factors do contribute to human trafficking of young females. The factors range from insufficient income in the parental families; low education levels of the trafficked girls; the lack of paying job opportunities for the girls in rural areas; dysfunctional families where the two parents, father and mother are in discord and harmful cultural and traditional practices.

On zooming on the harmful cultural and traditional practices, the study established that female genital mutilation, preferences given by families to the boy child in all matters particularly inheritance, daughters not recognized as deserving inheritance of land and domesticated animals, low participation of women in decision making relating to family matters, heavy workload for women and girls and wife battering. These were identified as the leading harmful practices in the communities where the study was focused. The other traditional factors that fired young girls to consider human trafficking as a better option included forced early marriages, under-estimation of the potential of women and girls and polygamy, all of which tend to demean the position of girls and women in the community. In totality one or more than one factor was indicated by the respondents as a factor that forced the young females to consider being trafficked as a better option to places other than and away from parental homes. Some of these critical variables will be discussed in the following sections.

# Poverty

The majority (71.2%) of the respondents indicated poverty as the main reason they became victims of human trafficking. The respondents complained that they did not have sufficient income to support their lives and the lives of their parental families. They hinted the lack of basic necessities and poor living conditions in their families as one of the motivators for them to accept offers from traffickers or to escape from home and landing in the hands of human traffickers. Karatu, Babati, Mbulu, and Kondoa Districts were among the districts where the majority of the victims to human trafficking originated from. In correspondence to these findings, it was reported that the referred districts are among the parts of Tanzania with high levels of poverty.

The poverty and Human Development report by REPOA (2010), clearly indicates that a good number of people from Babati (56%), Mbulu (49%) and Karatu (39%) live below the basic need’s poverty line. Insufficient income for basic needs is a good reason for a family member to escape from the community in search of better living conditions. This has been emphasized in different studies and reports worldwide. In a report by the ILO (2012), it is indicated that more than 70% of all trafficked women and girls is due to high poverty levels in their homesteads. Complementing this finding, a report by Sisters Against Trafficking (2017) reveals that “Living in poverty is a harsh reality to escape from and people become desperate enough to enter into fraudulent employment schemes or to be deceived into prostitution”. That proves that the majority of human trafficking victims are lured by the traffickers due to poor economic conditions of the homes of the victims.

Moreover, a report by UNGIFT (2008), indicates that extreme poverty leaves no option for the destitute families other than to send their children away such as with human traffickers. In the situation in which the poor girls find themselves, namely, many negative conditions of living, such as the lack of food and productive activities, hunger and malnutrition, ill health, limited or non-access to education and other opportunities for self-improvement; increasing mortality and morbidity from illnesses; homelessness and inadequate housing; unsafe environments; social discrimination and exclusion; and lack of participation in the decision-making processes in the communities, the ugly and sorry option of being drafted into the human trafficking becomes an option to consider and to pursue.

In a study done in Tanzania (2011), Mathias reported that poverty was the main push factor for girl trafficking as parents were lured to give their go ahead with promises a better future for their daughters. The study further reports that, life in rural areas is characterized by the lack of food, poor shelter and clothing and the caregivers lacked money to pay school fees, medical care and to support the families and to live decent lives. Thus, it was easy for family caregivers to allow the girls to leave, or sometimes the girls themselves agreed to go to town in order to find other means of getting support, education opportunities, money and a better life in general. In another study by Kamazima (2009), this was also the case as reported that “poverty, poor social support and family conflicts and desire for a better life were the main reasons for human trafficking to take roots in Tanzania”.

This argument is further supported by different studies worldwide. In a study by UNESCO (2007), which evaluated the pull and push factors for human trafficking in Lesotho it was revealed that poverty was the key factor promoting human trafficking. However, the study indicated other factors such as dysfunctional families, violence, low level of education and family pressures as complementing factors to human trafficking. According to the study, poverty tends to aggravate human trafficking on its own or it alleviates violence acts, low levels of education, and family pressures.

According to the Feminist Theory discussed earlier in this study, an increased level of poverty among women has come to be referred to as feminization of poverty. Feminization of poverty is thus “closely aligned with the feminization of migration and human trafficking” (Russell, 2014), with both contributing to the gendered narrative of human trafficking victims. According to the feminists, women when compared to men are poorer since they experience significant obstacles such as gender-based division of labour and wages, more unemployment, low levels of education and drafting into the least paying jobs. The women also have the care taker burden of families which is normally not compensated. Due to this the women become more vulnerable to human trafficking as compared to their male counterparts.

From this discussion it is evident that poverty experienced by many families in rural areas in Tanzania might be the reason why families do send their children to work in urban areas. They hope that through work away from home, the child might be able to help them (the parents) financially. In reducing poverty from the rural areas the Government should effectively implement its Anti-poverty strategies and policies such as MKUKUTA and MKURABITA. By doing so, the socio-economic situations in the rural areas will be improved and hence a lot of things will change but mainly the economic situation of individual families. Through improving the economic situation of families, it is believed that the parents will no longer send their children to work in town or allow them to be easily lured into human trafficking.

# Gender Based Violence

Gender violence was indicated as one of the reasons or causes of young females to either escape or to accept odd offers of jobs from traffickers as 75% of the respondents agreed to have been abused before leaving their homes. Gender based violence proved to be among the main reasons for human trafficking sin targeting young females as it showed strong relationship when tested using chi square test (χ2 = 4.19, p<0.05). Through the questionnaire and other data collection tools it was clearly shown that a good number of the respondents had been abused by different people from the community and their family. Violence in homes (including both sexual and domestic violence) has been correlated with human trafficking.

In a study by UNICEF (2017), it is reported that, domestic violence increases vulnerability of the children at home. As a result the young females escape or are convinced easily by traffickers to leave home. This finding is supported by the National Network to End Domestic Violence (NNEDV) report of 2017 which argues that domestic violence on young females is one of the key reasons for the growth of human trafficking, as the young females become vulnerable to traffickers seeking safe places away from home.

These findings are complemented by a report published by ACDP (2002) on trafficking and girls. The report explains that trafficking in young women and girls persists worldwide due to gender inequalities leading to gender violence and violation of human rights which tend to place females at a high risk of being trafficked. This finding is also corroborated by Woldu (2014) in his report on root causes and solutions for human trafficking in Ethiopia. In this report Woldu argues that gender-based violence and oppression of women and children within patriarchal families and social structures, in which women are subordinated to men, is one of the main reasons why the young females fall prey to traffickers.

Not only do women and girls rarely enjoy the same opportunities as men and boys, they are the objects of discriminating attitudes and treatment. They are often regarded as a burden to the family and far less time and resources are invested in them. Girls are frequently prevented from going to school. Women have less say in family matters than men and in many cases cannot own or rent land. Other factors that tend to make people dependent and vulnerable are ethnic or social discrimination.

The feminist theory (Section 2.1.1.) concurs that worldwide men have power and control over women, and thus human trafficking is among the forms of abuse inflicted on women due to their lack of decision-making power. They believe that due to the social structures and patriarchal systems in many places worldwide, women and girls are violated more as compared to men and boys. They believe that the oppression of women and children within patriarchal families and social structures, in which women are subordinated to men, is one of the main reasons why they fall prey to traffickers. Not only do women and girls rarely enjoy the same opportunities as men and boys, they are the objects of discriminating attitudes and treatment. They are often regarded as a burden to the family and far less time and resources are invested in them. Girls are frequently prevented from going to school. Women have less said in family matters than men and in many cases cannot own or rent land.

The situation results into the lack of jobs, low wages and high cost of living caused by uncalled for situation which accelerates awkward situation such as an opportunity to fall prey to human traffickers. Moreover, the lack of food, clothing and housing and the impossibility of the government to fulfill these needs create the desire in their citizens to emigrate and look for better opportunities, and it is there when they become a prey for heartless human beings who lure them with false promises. This theory confirms what has been reported by the respondents in the current study. They reported that gender violence imposed on them was among the reasons they fell prey to the traffickers.

On another hand, gender inequalities experienced by the victims of trafficking go hand in hand with the widely sexist belief that women are inferior to men, women are further oppressed, restrained, subordinated, controlled, molded, abused by male dominated society. The oppression may involve violence, unpaid household work, underpaid wage work and sexual harassment. From the above discussion it is apparent that gender-based violence existing in the communities has contributed to persistence of human trafficking of young females. The government therefore, should implement and enforce laws and policies which eliminate this problem from the communities.

The existing acts of violence on young females show that there are loop holes in the policies or the way the existing laws are enforced. A good example is the sexual offences special provision Act (1998) which does not mention the corporal punishment for the perpetrator of this act. This might be a reason why people continue to offend females sexually. The study therefore, believes that the Government should enforce and work on eliminating gender-based violence which will eventually reduce the number of victims of human trafficking who otherwise entered the human trafficking ordeal to escape gender-based violence.

# Harmful Traditional Practices

Harmful traditional practices were accused of being among the reasons, causes and factors that incite young girls to succumb and yield to becoming victims of human trafficking. Statistically, a number of the variables showed association with the trafficking of the young females confirming that these variables were part causes of human trafficking. The variables included female genital mutilation, denial of inheritance such as land and animals, polygamous marriages and son preference, women non-participation in decision making processes, betrothal of young girls to old age men for marriage. The respondent agreed that these factors in singular and or in combination with other factors forced the young females fall into the trap of human trafficking.

**Female genital mutilation (FGM):** The majority (93.8%) of the respondents in the study revealed that female genital mutilation was among the most harmful traditional practices imposed on young girls and their sisters back at home. This was also pointed out during focus group discussions and face to face interviews. The victims of human trafficking who originated from Longido, Ngorongoro, Karatu, Arusha rural, Monduli, Mbulu, and a few districts from Singida and Dodoma Regions reported to have been mutilated or observed their relatives being subjected to sexual mutilation.

The ill effects of FGM in the referred regions are similar to those established by Amiri (2019) who reported that FGM in Tanzania is most widespread in Manyara (81%), Dodoma (68%), Arusha (55%), Singida (43%) and Mara (38%) regions. The practice varies from region to region with prevalence rates ranging from 20% for Christian and 15% of Muslim women.

The study findings also revealed that the main reason of mutilating young girls was selfishness. FGM was considered a passage rite for a girl to join the adult women community. Without FGM a female was never accepted in the adult community. This finding also concurs with that of Amiri (2019) who reports that FGM is intended to prevent girls from engaging in pre and extra marital intercourse, and particularly to prevent pregnancies prior to marriage. Girls who undergo FGM attract a higher bride price and are often married shortly after being mutilated, and are thus denied opportunities for further and higher education. Maasai elders, however, stress the importance of the rite in transforming girls into ‘complete’ women, making them acceptable and prepared for marriage.

It is believed that once a girl has been cut, she has the ‘right’ to marry and produce a family; an uncut girl will not be afforded this right. In the eyes of the Maasai community, an uncut girlis called “*endito”* – literally ‘rubbish’, ’useless’. From the discussions it was also learnt that a number of girls managed to escape this violent act ending up “in the hands of the human traffickers”. This was also reported by Amiri (2019) who confirms that girls who manage to escape FGM tend to run away and end up being victims of human trafficking. Sometimes they run to unknown destinations to escape this nightmare ordeal.

From the above discussion, it is evident that, FGM is a continuation of gender-based violence inflicted upon women and girls due to patriarchal and social structures existing in different cultures. The act is performed purely out of insensitiveness to and under the disguise of culture. It leaves the victims defeated and powerless which in real life is the intention of the abusers. The trauma theory indicates that, the effects of physical, sexual and psychological abuse end up building trauma to the victims of the ordeal. In this case it is clear that the victims of FGM endure pain for the rest of their lives which results in trauma. As per the feminist theory the men in these cultures stand to posses’ power over women and girls, thus oppressing them inter alia with FGM to demean them and have greater control over them and their bodies.

In escaping these barbaric acts, girls search for means of escaping to run away from this horrific act awaiting them as they grow up. With this discussion it is apparent that this act should be eliminated from the communities as a way of reducing the incidences of girls running away from home. This is firmly corroborated by feminist proponents who believe that the act must be eradicated. According to Morriso (2008) one of the most important activities to feminists is the eradication of FGM as a means of promoting women empowerment and integration in all activities in societies. The current study takes this stance as the feminists and argues that since the act is inhuman and dangerous to the health of victims it should be stamped out by law

**Denial of inheritance for the females:** From the findings above, it was revealed that eighty percent of the respondents complained of being denied inheritance. The respondents from both pastoralist and agro pastoralist backgrounds complained about this. They reported that, the male child was the one favoured when it came to the family inheritance. They inherited land, livestock and all assets the family had while the female child inherited nothing. The issue of denial of inheritance and lack of decision was also reported by wives. The wives reported that, in their cultures they were not allowed to inherit or even make decision of selling any asset the family had. They revealed that, their husbands were in control of decision making when it came to selling assets and livestock, selling of land and using unapproved family finances.

Denial of inheritance has been reported in many pastoralists, farming and agro pastoralist communities. In a study by Kipuri and Ridgewell (2008) in Ethiopia, it was reported that Hamar women have no power to sell livestock; they can only trade in chickens, eggs, milk, hides and skins. They are not even allowed to sell agricultural produce that they have grown without first consulting their husbands. Male inheritance remains the normal despite national legislation enforcing equitable inheritance of property. Complementing this argument Taraiya (2015) also argues that in Maasailand the girl-child may have access to and use the property, but not any hereditary right to property at her parents’ home.

This is considered a precaution because girls are supposed to get married off as approved by the family and will move to the kraal of her husband where she will find cattle to benefit from. Wives will also be brought home by her male siblings. The same is true with the livestock; she may have access to the stock at her parents' home to maintain livelihood, but not to own. Due to this situation the respondents from the current study felt that since they were entitled to nothing at their homes, they had to start looking for means for their future elsewhere and hence they got trapped in the hands of human traffickers.

Apart from inheritance the respondents also complained of not being given opportunities for education, which to them was very important. They reported that after completion of primary education they were not given an opportunity for secondary education while their brothers were given that chance. They were instead given to suitors for marriage. Unequal education opportunities for male and female children have also been reported elsewhere in pastoralist communities. In A recent household survey in the Somali Region of Ethiopia it was found out that the literacy rate for male pastoralists was 22.7 percent and for female pastoralists only 4.8 percent (Kipuri and Ridgewell, 2008).

From the feminist perspective it is clear that inheritance of properties including land, education and other assets to the daughter is firmly attached to unequal gender rights among the son and daughter within many families. The feminists argue that the patriarchal system existing within many communities in Africa and Tanzania in particular tends to segregate and discriminate daughters in all systems of productivity. They do so due to the hegemony power given to them by the cultural norms. By doing so they tend to alienate the girl child who ends up running away from home or accepting offers given to her regardless of the dangers associated with the offers such as human trafficking.

**Son preference:** Eighty three percent of the respondents reported that son preference existed in their households. This was reported by respondents from pastoralist and agro pastoralist origin. From the discussion it was generally learnt that a Maasai and Iraqw son is respected, valued given what the parent can afford including education and inheritance while the daughter is less respected and is in most cases only prepared to be a good wife and mother. A daughter in these communities is regarded as another family’s daughter since she will be married off into another family.

In that case the girls are not given care and attention as their brothers. Economically the daughters are expected to be an asset for the family due to the dowry the family receives once the girl is married. In pastoralist families the dowry ranges anywhere from 30 cattle to 300 or more cattle for a young female. Some girls are forced to get married young to generate an income, or dowry, which can then be used by their brothers to secure a wife. Worldwide, son preference has been reported in different communities regardless of the ethnic nature of the community.

An example is India, which reports this problem as a plethora of social, cultural and economic factors. In India a boy is widely viewed as an asset; a future breadwinner and caregiver who will look after his parents when they become old. A girl, in contrast, is seen as a liability, as parents are often pressured to pay dowries when their daughters marry (DW, 2019). After marriage, a daughter is usually regarded as part of her husband's household and is generally expected to take care of her in-laws, but not her parents.

Masculinity and Son Preference in Nepal and Vietnam revealed that parents preferred sons over their daughters for varying reasons. They stated that “it is important to have a son to carry on the lineage or family name, it is important to have a son to take care of you in your old age, fathering a male child shows you are a real man and having a daughter is financial burden or loss”. The reasons for son preference mentioned in the above studies were reported to discriminate against females and as a result the girls escaped to fend for their future since they could not get this from their families (Nanda *et al*., 2012).

# Conclusion

From the above discussions it becomes evident that gender violence and harmful traditional practices tend to demean the position and discriminate women and girls in different communities worldwide. However, it has proven that despite different efforts made by the Government and other stakeholders the bad practice still persists despite their harmful nature and their violation of human rights. This proves that challenging an old tradition and introducing change requires understanding and negotiating with the society as well as the main stakeholders in order to plan and implement effective programs for change. With adequate education, sensitization and information, social attitude change might be effective in promoting the needed change. With the achievement of social and behavior change, gender equality among boys and girls, women and men might be achieved worldwide.

# Challenges Encountered by Young Females Enroute to and At Their Destinations

# Introduction

From the findings presented it becomes clear that the respondents encountered different challenges while travelling or after reaching their new destinations. The challenges were categorized into different forms of abuse. They included physical, sexual, psychological and economic abuse. The following section will discuss the abuses.

# Physical Abuse

Physically the respondents mentioned starvation; slapping and beating in form of whipping being common among a good number of the respondents. Also a few of the respondents mentioned pinching and punching as forms of physical abuse inflicted on them by either their employers or clients. On rare cases the respondents also revealed to be burnt after making minor mistakes such as burning food, breaking utensils and forgetting to do certain chore. Physical and sexual abuse is among the key violation of human rights. The respondents from the current study encountered different forms of violations due to their age, level of education and lack of power to resist. The patriarchy system within their culture and unequal power relations were blamed for this kind of treatment.

The traffickers made sure they take advantage of their powerful positions to mistreat and exploit the victims whenever they felt like doing so. Physical and sexual abuse of the victims of human trafficking has also been reported in studies conducted in Tanzania and elsewhere. Mathias (2011) who conducted a similar study in Dar es Salaam reported a number of physical and sexual abuses inflicted on victims of trafficking who worked as sex slaves or domestic servants. The victims reported a variety of physical abuses which resembled the ones mentioned in the current study. Complementing these acts, they also revealed other forms of abuse.

They mentioned; heads of two or more girls being knocked together, their bodies being connected to naked electric wire, their beds being poured with cold water in case they wake up late and denial of food. Similar acts were also mentioned by Childreach (2013) who did a study in Nepal. In this study, physical abuses mentioned resembled the ones mentioned above except in this study, the victims complained of being denied health services whenever they needed it. They reported to take pain killers on a daily basis to avoid getting sick or whenever they felt they had fever.

The victims also complained of total confinement, they were not allowed to communicate with anyone outside or within their homes. This might be the reason why they were not taken to the hospitals since their traffickers were afraid the victims might be identified or might talk to strangers reporting their situation. Total confinement of trafficking victims or isolation from social networks has been reported as a way of controlling them. It is used by both the traffickers and the pimps to conceal their whereabouts (UNODC, 2011; IOM, 2011; Kamazima 2009).

Apart from being physically attacked the girls during face-to-face interviews complained of doing a lot of chores during the day. They reported to be responsible for cooking meals, laundry, fetching water, gardening, cleaning house, looking after infants and children and taking care of sick and the disabled. They also complained of working long hours starting at 5.00 a.m. to 10.00 p.m. This situation made them very weak and tired. Working more than the normal 8 hours a day makes the domestic helpers tired depressed and sometimes feels sick.

This finding relates with a study done by ILO (2016) in Tanzania which revealed that most domestic workers work for more than 12 hours a day and others for more than 14 hours, and the extra hours they put into work are not adequately compensated. This goes against the Employment and Labour Relations Act of 2004 of Tanzania which provides for three kinds of rest periods: daily break, daily rest and weekly rest. While an unpaid daily break or lunch break is only one hour and applies to workers who work for more than 5 hours consecutively, daily rest is set at 12 consecutive hours between the end of work and the commencement of work for another day.

Domestic helpers worldwide have reported to be abused, humiliated and even killed. Several studies done worldwide have reported that, domestic servants face a lot of violence from their employees. Specifically in human rights watch report of 2006 it was reported that In Saudi Arabia, the Indonesian, Sri Lankan and Philippines embassies handle thousands of complaints a year.  In January 2004, for instance, the Sri Lankan embassy estimated it was receiving about 150 domestic workers each month that had fled their employers. In Singapore, at least 147 domestic workers have fallen to their deaths from hazardous workplace conditions or suicide. In most of these countries, embassies have created shelters onsite to handle the huge numbers of domestic workers seeking assistance for unpaid wages, physical or sexual abuse, or poor working conditions.

# Sexual Abuse

Sexual abuse was also common among the respondents as a good number of respondents (58.3%) reported of encountering inappropriate touching, 52% being forced to kiss and fondling and also a good number reported of being forced into oral sex. Few respondents reported rape (17.5%) and being forced watching pornography and other illicit materials (28.5%). Sexual abuse on victims of human trafficking has also been reported in different studies. This form of abuse has been reported to a lot of victims despite the form of exploitation. It has involved those exploited in domestic servitude, commercial sex and even those in other form of forced or bonded labour. The main victims of sexual abuse are mainly females and, in few cases, young males (Mathias, 2011; IOM 2011).

The current studies reported different forms of sexual abuse including inappropriate touching, being forced to kiss and fondling, being forced into oral sex, rape and being forced watching pornography and other illicit materials. According to the World Health Organization it is estimated that 150 million girls and 73 million boys under 18 years experienced forced sexual intercourse or other forms of sexual violence involving physical contact. Millions more are likely exploited in prostitution or pornography each year, most of the times lured or forced into these situations through false promises and limited knowledge about the risks (ILO, 2015).

It is clear that young female is sexually abused more as compared to their male counterparts. The reasons for this situation might be due to the gender inequalities existing in the communities, low levels of education and lack of voice rendering them to be powerless as compared to the young males. ILO - IPEC (1998) supports this argument as they firmly state that cultural prejudices label trafficked women as morally depraved and sexually available while trafficked men tend to be seen as criminals, thieves or drug runners. With this idea it is clear that trafficked women are regarded as a sex tool while the men are forced to do other illegal activities.

# Psychological Abuse

As earlier on described by UNICEF (2010) psychological abuse is defined as a type of abuse which includes behaviour that is intended to intimidate and persecute, and takes the form of threats of abandonment or abuse, confinement to the home, surveillance, threats, destruction of objects, isolation, verbal aggression and constant humiliation. In case of human trafficking psychological abuse is thus described as acts of coercion incorporating tactics of include criticism, threats, insults, humiliation, intimidation, invalidation and harassment towards the victims of trafficking. These coercive acts might occur at any stage during trafficking be it during transportation, harbouring, or enslavement of the victim (TVPA, 2000).

In the current study a significant number of the respondents reported to face psychological trauma. They reported of being insulted and criticized (36.2%), humiliated (23%) and Eighteen percent and 18.5% of the respondents’ reported intimidations and verbal threats. These findings relate to different findings from studies done worldwide by different organizations. In a study done to domestic workers and waitresses working in Far East, it was reported that 80% of them, has constantly been verbally abused by their bosses, while seventy four percent reported of been threatened (UNICEF, 2010).

In another study by Ullah (2015) it was revealed that domestic workers working in Hongkong received threats to use violence; threat to abandon; threat to confine and deprive of food; insulting, making derogative statements about them; socially isolating them, or not allowing them have visitors as most common complaints regarding psychological and emotional torment. Mathias (2011) also complements the above finding in a study conducted in Dar es Salaam. In this study it is reported that the victims of human trafficking receive a number of psychological acts from their employers and traffickers. They mentioned verbal abuse such as insults, intimidation, threats and reprimands accompanied with isolation. Some girls revealed that they were neither allowed to talk even to neighbours nor were they allowed to make phone calls.

The coercive systems applied by traffickers are reported to utilize high levels of control, exposure to chronic stress, provocation of fear and creation of sense of helplessness in victim (Hopper and Hidalgo, 2015). The developed fear and sense of helplessness developed by the victim is then used by the trafficker to continue controlling and enslave them further.

# Economic Abuse

Economic abuse has been described as acts which involve; denial of funds, refusal to contribute financially, denial of food and basic needs, and controlling access to health care, employment, etc. it is further described as an act which happens when an abuser takes control of or limits access to shared or individual assets or limits the current or future earning potential of the victim as a strategy of power and control. Economic abuse has been used by traffickers and pimps to control systems for the victims of human trafficking. With limited economic and financial means of living the victims continues with enslavement despite the harsh conditions they face.

In the current study the respondents revealed that they had faced economic challenges from mainly their bosses and clients. Among others majority of the respondents (72.5%) complained of having big debts built from false accusations from their employers and 74% reported to have irregular salary payments. Also. a good number reported working long exhaustive hours with little or no pay (67%). While only few respondents (14.1%) reported that they are denied to have bank account and if they have, they are not allowed to access it. Complementing the above 13% of the respondents also complained that their employers had control of their mobile money accounts. They reported that the bosses usually check to see the balance of the accounts. From the above discussion it becomes clear that, the victims of human trafficking do face a lot of challenges while they are in the hands of their employers and away from home.

Similar findings have been reported by Raphael et al. (2010) who reports that lack of economic control is a key in controlling victims of trafficking from escaping. The study further reveals that in a study conducted in the United State of America to victims of sex trafficking; seventy nine percent experienced some form of economic exploitative behavior while 79% of the victims reported to be caught in enslavement due to inadequate financial dependence.

Economic abuse has been discussed in different reports as a coercive control mechanism for victims of human trafficking (UNICEF, 2010; Raphael *et al*., 2010; Williamson and Cluse – Tolar, 2002). All these reports argue that economic abuse as other forms of abuse has been used by traffickers to control their victims. As a way of controlling the traffickers keep their victims in a cycle of financial dependence. They make sure they limit all sources of income the victims have and even take money the victims earned. Other forms of control include threats to kick them out of the home, providing drugs to encourage addiction (or withholding drugs from them), and claiming a victim is indebted to the trafficker after providing them with food, clothing, or gifts (Raphael, *et al*., 2010).

# Conclusion

Generally, from the above discussion it is apparent that, the victims of human trafficking undergo a series of abuse. They encounter physical, sexual, psychological and economic abuse. This has been reported from the current study and elsewhere worldwide. It happens despite the presence of laws which inhibit these acts which violates human rights. Gender violence and inadequate enforcement of laws might be the stimulus of continuation of these acts. In the Anti Trafficking in Person Act of Tanzania (2008) it is clearly stipulated if a victim suffers any form of abuse or illness from sexual exploitation, forced labour, involuntary servitude and bondage then the perpetrators of these acts must be punished.

The punishment might be in form of fine of not less than five million Tanzanian Shillings but not more than Hundred Million Tanzania Shillings. As an alternative the perpetrator might be imprisoned for a period not less than ten years but not more than twenty years. Much as this act is clear, only few cases of this nature have been punished in the year 2018/19 the Government reported prosecuting at least 24 defendants and convicting at least three traffickers under the 2008 anti-trafficking act for sex trafficking, compared with 24 prosecutions and four convictions in 2017/18 year (USDS, 2019). This might be the impetus for persistence of these acts against young females who are trafficked country wise, since the perpetrators might feel that they can pay the fine or can maneuver and never be convicted.

Complementing this, a number of reports have also mentioned that, the victims of human trafficking never report or deny giving testimony of the abuses inflicted on them to the law enforcement officers. They tend to keep quite due to prior threats by their abuser. This slows the investigation of the cases and ultimately the abusers are sent free due to lack of evidence. With this going on it becomes clear that, abuses towards the victim of human trafficking might continue unless the victims and other stakeholders are educated and sensitized on the importance of reporting and giving testimonies against such acts.

# Discerned Impacts of Human Trafficking on Young Females

From the findings presented in section 4.6 above, it is evident that human trafficking has left a lot of suffering with the victims. The impacts of this heinous act are felt by the victims immediately after being inflicted on them and sometimes after a long time. To this, the term impact was described as immediate and long term effects which result as a consequence of direct and indirect actions of human trafficking on the victims. The impacts were categorized into three parts i.e. health, moral and social impacts. None of the respondents reported of facing economic impacts. The health impacts were further grouped into physical and mental health impacts.

# Health Impacts

# Physical Health Impacts

With physical health impacts it was observed that a majority (71%) of the respondents reported to have suffered injuries and scars resulting from the abuses inflicted upon them. Also, a good number (63.8%) of the young females reported to be constantly feeling fatigue due to overwork. In addition to injuries and fatigue, the respondents also reported sexual transmitted infections (43.2%) and pregnancies (40.5%) among other effects. This was also discussed during focus group discussions and face to face interviews, where the participants mentioned the effects of sexual and physical abuse. The respondents during the interviews and discussions mentioned fatigue, sexual transmitted infections, unplanned pregnancies and sometimes injuries as health impacts they endure due to a number of abuses inflicted on them during the trafficking process.

These findings concur with the findings by OVC (2012) who did a study in India and identified similar physical impacts of trafficking in person to women victims. The study identified that all victims of human trafficking suffer one or a number of ailments. The ailments included unhealthy weight loss due to food deprivation and poor nutrition, chronic pains, head and neck trauma, infectious diseases, Human Immunodeficiency Virus (HIV) & Sexually Transmitted Infections (STIs), complications from abortions, workplace injury, Bruises and scars. In another study done by IOM (2008) in East Africa, similar health effects were reported by the victims of human trafficking. In this study the victims revealed that they developed or suffered from constant headaches (72%), stomach aches (26%) and STIs (17%). With these ailments resulting from abuses it is obvious that, the victims of trafficking will not have normal lives again since the effects might be permanent.

# Mental Health Impacts

On another hand, mental health impacts were also reported from the current study. To be precise 62.8% of the respondents reported to have been depressed, while 42.5% reported that they suffered extreme sadness. A good number of them (12.8%) also reported to have suffered from alienation and disorientation while 8% of the respondents reported to have suffered from sleeping disorders. The situation was the same during focus group discussions and face to face interviews. The respondents reported to have suffered from anxiety, flashbacks and sleeping disorders. In totality they complained that they suffered mentally due to the number of abuses they had encountered.

Psychological effects of human trafficking have been reported in a number of studies conducted worldwide. The victims always complain of similar effects due to the ordeal they have encountered. They complain of depression, sleeping problems, flashbacks and nightmare, extreme anxiety and memory problems (IOM, 2008; Kamazima, 2009; Mathias, 2011 and Childreach, 2013). These effects were also mentioned by WHO (2012) adding that The Victims who have been rescued from sexual slavery, typically present with various psychological symptoms and mental illnesses, including post-traumatic stress disorder (PTSD), Depression, Anxiety, Panic disorder, Suicidal ideation and Stockholm Syndrome. Understanding and treating the health impacts of human trafficking is key to the recovery process of the victims. If these effects are left unaddressed, they can undermine the victims’ recovery and potentially contribute to vulnerability to re-victimization.

The above discussion on mental impacts relates to what the trauma theory explains. In the trauma theory it is clear that the bad condition caused by any act of physical, sexual, mental abuse results into trauma which might be expressed immediately after the abuse or it might be expressed after a long time. Trauma is a health condition which is encountered by the victims of abuse. All in all the victims of human trafficking who are abused by either their employers or traffickers face a form of trauma in their life. As reviewed earlier, the trauma theory has mainly researched on victims of mental trauma and alienating victims from other forms of exploitation. The current study, dealt with victims of all forms of exploitation regardless of the form of abuse they have encountered.

From the study it was concluded that, many victims of human trafficking have been affected physically or mentally. The government, through the social welfare and other stakeholders, should identify and make efforts to rehabilitate these victims so that they can live normal lives again.

# Moral Impacts

In complementing the above impacts, moral impacts were also mentioned by the respondents. A good number of the respondents reported to have suffered moral effects due to the abuse they suffered since they were trafficked. They reported the need and urge for alcohol and drugs (35%), being violent (32%) and angry (12.8%). A few, three percent, of the respondents reported having ideas of suicide or even body harming. During focus group discussion the girls emphasized the importance of taking care and protecting themselves. In so doing they reported the use of violent methods since pleading and using humorous methods never worked with some of their abusers. They reported that while working as sex workers they form sisterhood amongst themselves since they have no one to defend and protect them. They reported never going to the police, since going their meant more trouble for them.

It was revealed that in cases where the young females went to the police to file the complaint against their abusers, they were the ones put in custody as violators of laws. So, in avoiding eventualities situation, they never took their cases to the police, instead they handled them using violence. Violence and theft by the victims of sex and labour trafficking have been reported in a number of studies worldwide. In a study conducted in East Africa by IOM (2008) it was reported that around a quarter of all trafficked respondents reported turning violent, while 24% reported to have suffered from bouts of anger. While angry the victims could become violent and aggressive harming anyone who came in contact with them while angry.

Substance abuse was also mentioned as a method used by victims of human trafficking to deal with depression and other outcomes of the ordeals. A number of the respondents mentioned the urge to use drugs and substance abuse to feel calm and forget all the nightmares they face. A number of drugs and alcohol were mentioned to be used by the respondents. The common substance used was alcohol and marijuana which were readily available and affordable. Hard drugs such as cocaine and heroin were scarcely used and were expensive, so only a few of them used such drugs. Substance abuse as means of forgetting the suffering of sexual and labour exploitation has been mentioned in a number of studies.

In a study by IOM (2008) in East Africa it was specifically mentioned that high levels of substance abuse were reported in the bodies of those trafficked in the Kenya sample (33 respondents or 21%) and the Uganda sample (12 respondents or 18%). Also in a study by Shimba et al (2013) this was revealed. In this study 30% of the respondents reported to have been using marijuana and other hard drugs. The respondents justified the use of drugs as a way of calming their nerves and forgetting the ordeals they were in. According to UNODC (2008) trafficked victims may be subjected to substance abuse by their traffickers. Some trafficked women have described how they were forced to use drugs or alcohol to ensure their compliance and to enable them to take on more clients, work longer hours or perform objectionable or risky acts. In another instance, trafficked persons may also turn to substance abuse to alleviate the pain of their situation, often resulting in addiction, organ damage, malnutrition, needle-induced infections, overdose and death.

Suicidal ideation and self-body harm were mentioned by only a few respondents (3%). Although the percentage reported in this study was low, this does not mean that the victims do not think of body harm and suicide. It has been reported in several reports that the victims of human trafficking express their feelings in different ways. They prefer to keep quiet and conceal what they really feel inside since they are afraid and ashamed of being judged (IOM, 2008). So the study believes that, the respondents of the current study might have feared to reveal what they felt on issues related to suicidal thoughts and body self-harm.

Much as it is hard to grasp this information from the victims, different studies had similar findings as the current study. In a study by IOM (2008) only 8% of the respondents said they had harmed themselves and thought of suicide. This was also the case with Ligia (2015) who did a study in Cambodia on the victims of child trafficking. Ligia (2015) reported that Self-injury was reported by 8.8% of children (7.1% boys; 9.2% girls; *P* = .82) and at least one suicide attempt was reported by 5.4% (2.9% boys; 6% girls; *P* = .39). Twelve percent had self-injured or attempted suicide and 2% reported both.

# Social Impacts

Social impacts were indicated by the respondents. As Table 4.32 shows the respondents complained of being stigmatized (43.8%), feeling unsafe (34%), denied job opportunities due to lack of trustworthy (39%), imbued with legal problems (22%) and lack of food and clothes (17%). From the focus group discussions and face to face interviews the respondents reported of being stigmatized by the community and even their family members after reintegration. This majority of the respondents wished to start their new lives in their current destinations rather than going back to their families.

Worldwide victims of human trafficking have suffered from community and family stigma. They have been stigmatized and alienated from their families once they are reintegrated back. Families related to the victims either disowns their children or risk being disowned themselves by the communities. The communities believe that the victims and especially victims of sex trafficking are the ones to be blamed for what has happened to them and not any other way around. This has been shown in different studies done relating to the victims’ reintegration.

In the childreach (2013) study, it was reported that repatriation of victims is extremely difficult as many families and communities are unwilling to accept trafficked children back either because of the financial burden or because of the strong stigma association with girls' previous employed as sex workers. Unfortunately, once a child in Nepal has been trafficked, the same child can go in and out of exploitation numerous times, even after repatriation. Elsewhere in South Africa trafficked women from poor families are often rejected by their families upon their return, while in other parts of Africa, South America and Asia (IOM, 2008) reports show that the stigma is more experienced by the victims if they return without money or promised wealth.

In extreme cases sex trafficking victims are often not first identified as victims but as criminals, blamed for their victimization and stigmatized by the labels people place on them. In a study of juvenile victims of sex trafficking, Mitchell, et al. (2009) found that juveniles involved in prostitution cases were more likely to be treated as victims (rather than delinquents) by law enforcement if they were younger, appeared frightened or their appearance was dirty, and if their case came to the attention of the police via an outside report.

# Conclusion

From the above discussion it becomes evident that human trafficking has negative impact on the lives of the victim of human trafficking. The study has confirmed that human trafficking has severe health, social and moral impact to its victims. The impacts range from scars, ailments, stigma, feeling unsafe, and denial of job opportunities due to lack of trustworthiness and legal problems. Thevictims also tend to engage in abuse alcohol and drugs, to become thieves, violent and sometimes harmful to their own bodies. All these happen as a result of different abuses and acts of exploitation inflicted on them. The victims feel they have lost their worth and dignity of the body and moral standing. Physically the victims feel ill emaciated and emotionally disturbed.

Those who were exploited for sexual purposes tend to have permanent damage as they might have contracted sexually transmitted infections or HIV/AIDS. All these effects tend to damage the victims. The only way they can survive is through rehabilitation and reintegration. These include recovering their self-confidence and self-esteem, finding a suitable way of earning a living and, in the case of girls and women suspected of having been involved in prostitution, avoiding the stigma pertaining.

# CHAPTER SIX

# CONCLUSION AND RECOMMENDATIONS

# Introduction

This chapter presents the summary of the study findings, the contributions the study has made to existing knowledge, conclusion and recommendations for action by different stakeholders of human trafficking, women studies and the girl child.

# Summary of Study Findings

The study was conducted and guided by five specific objectives from which the research questions were developed. The objectives included: First, to determine the reasons, causes and or drivers of human trafficking targeting young females; secondly, to identify and examine the challenges encountered by young females enroute to and at their destinations. The third specific objective was to discern and examine the health effects of human trafficking on the young females and the fourth specific objective was to assess the social effects of human trafficking on the victimized young females and lastly the fifth objective aimed to evaluate the moral effects of human trafficking on young female victims of the ordeal.

The findings from this study produced useful information that potentially translates into new knowledge and adds onto the already existing knowledge on human trafficking. For instance, the first objective of the study provided answers for the questions as to why young females are trafficked in Tanzania. A number of factors were determined as causes or drivers of young females falling victim to human trafficking. They included poverty, lack of education opportunities, gender-based violence, lack of job opportunities in rural areas, dysfunctional families and harmful traditional practices.

It became evident that gender violence and harmful traditional practices tend to demean the position of women and discriminate them as well as girls in different communities. It has been proven that despite the different efforts made by the Government and other stakeholders of the vice, to suppress and ultimately remove these ill traditional practices from society, the problem continues to persisttogether with their harms and their violation of human rights. The traditional and cultural practices in question are female genital mutilation, son preference, daughters not allowed to inherit land and animals, women not enabled to participate in decision making, unbearable work load for women and girls, under estimation of women potentials, polygamy, girls’ early marriages and wife battering.

Inthe case of the challenges encountered by the victims of human trafficking, this study established that the victims encounter physical, sexual, psychological and economic forms of abuse. They encounter these abuses under the hands of their traffickers, pimps, pedophiles and employers. All this happens despite the presence of laws and regulations which inhibit these ill acts which violate human rights. Gender violence and inadequate enforcement of laws were seen to be among the drivers of human trafficking.

The impact of human trafficking on young females was assessed. From the findings it became evident that human trafficking has negative impact on the lives of the victims. Human trafficking has severe health, social and moral impact on its victims. The impacts range from scars, ailments, stigma, feeling unsafe, and denial of job opportunities due to lack of trustworthiness credibility and legal problems. They also included excessive use of alcohol and drugs, tendencies to become thieves, violent and sometimes causing harm to their bodies. All these happen as a result of different abuses and exploitation of young girls.

Most victims of human trafficking feel they have lost their worthiness and dignity of the body and soul. Physically the victims feel ill emaciated and emotionally disturbed. Those who were exploited for sexual purpose tend to have permanent damage as they might have contracted sexual transmitted infections or HIV/AIDS. All these effects end up causing a lot of damage to the victims. The only way they can survive is through rehabilitation and reintegration. These include recovering their self-confidence and self-esteem, finding for them suitable ways of earning a living and, in the case of girls and women suspected of having been involved in prostitution, avoiding the stigma attached to commercial sex.

# Contributions to Knowledge

The study has indicated that human trafficking and especially the impacts of human trafficking are under-researched. Only a few studies around the world have been conducted (Kamazima, 2009; Tsutsumi, 2008; Ostracvich, 2011 and Hermet, 2018). The current study, therefore, produced three significant contributions to knowledge. The contributions include; empirical contributions, methodological contributions and theoretical contributions as detailed below:

# Empirical Contribution

Based on the findings of the study, background of the study and the empirical review, it has been noted that empirically the study has made contribution to knowledge. This has come about as only few studies have been conducted in the country with regards to human trafficking. Few studies have been conducted by IOM, 2016; Mtewele, 2011; Mathias 2012 and Kamazima 2009.Among those studies only two studies have slightly touched on the impacts of human trafficking while the rest have concentrated on the causes and trend of trafficking.

From this observation it is evident that there is insufficient empirical data on studies conducted to assess the impact of human trafficking in Tanzania. This study is unique and probably the first to be done in the Tanzanian context since it dealt with the referred impacts. Likewise, IOM (2016) supports that, despite trafficking in person being a pressing social problem today in most of the African countries including Tanzania it remains under- researched. This means that most researchers in the academia have not given the problem deserving attention. From this empirical evidence, it is apparent that conducting this study is part of the needed empirical input to the new knowledge.

In the case of original contribution to the existing body of knowledge, the current study setting, and selection of study area showed a significant difference from the preceding studies and hence its contribution was also new. The current study was carried out in Arusha region. The study involved victims from all district councils of Arusha region. This allowed for quality, feasible and reliable findings since the researcher had time to collect data by using different tools and in different settings. This has never been done in existing previous studies as it provided findings from each district. Only one previous study was done in Dar es Salaam region. However, the study was conducted in one district which is different from the current study which has a bigger coverage even though it was done in one administrative and geographical region of Tanzania.

# Methodological Contribution

Adding on the empirical contribution the current study made contribution with regards to methodological approaches used. As stated in the research design in Chapter three, the study opted for a mixed research approach. The mixed research approach allowed for the study to mix both qualitative and quantitative approaches in data collection. Cross sectional approach for quantitative research and phenomenological for qualitative research were utilized concurrently in the study. None of the previous studies mentioned above applied this research approach. That means previous studies either opted for qualitative research approach or quantitative approach both operating in isolation. This was notably a gap that this study attempted to bridge. On this note, this study has made a contribution to knowledge in terms of research methodology.

# Theoretical Contribution

This study was based on two theories namely; the feminist theory and the trauma theory. Each such theory had a gap that this study attempted to fill. For example, the trauma theory was heavily based on mental trauma, forgetting other forms of trauma such as physical trauma. Further the theory was applied mainly to victims of sexual abuse leaving out other forms of abuses in human trafficking. Much as the theory applied to victims of abuse from different parts of the world, the theory has never been applied to the Tanzanian context. Therefore, the current study tried to fill in this gap by testing the theory on victims of both labour and sex trafficking in the context of Tanzania.

In the case of the feminist theory, the results from the study are part of the theoretical contribution in terms of confirmation and replication of the theory. According to this theory females and especially young females are trafficked more than their male counterparts due to gender inequality existing in the communities. This was proved to be true since from the findings it was discerned that a number of harmful traditional and cultural practices existing in different districts in Arusha region contributed to human trafficking. Though applied in different social problems existing in Tanzania, the theory was never applied in the case of human trafficking. Hence for the case of Tanzania, it was the first time this theory was applied.

# Conclusion

It is without doubt that human trafficking targeting young females can have devastating long and short-term consequences for their physical, mental, social and moral health and behaviors. The consequences not only destroy the victims’ health and welfare but go on destroying their families too. These consequences might last for a short time or might last throughout their lives. In combating this dreadful act, the Government of Tanzania, in collaboration with other stakeholders, has taken different steps in the effort to suppress and eventually alleviate human trafficking.

Among others, the Government enacted different legal instruments and implemented a number of strategies which aimed at preventing human trafficking, protecting the victims and punishing the perpetrators of human trafficking. However, despite all these efforts the problem seems to persist. Women and especially young females are still trafficked from rural areas of Tanzania to urban areas. They are trafficked to be exploited in domestic servitude, commercial sex and forced labour in agriculture, entertainment, food and catering and horticulture projects of well to do people.

The main objective of this study was to assess the impact of human trafficking on young female victims in Arusha region. It determined the causes and challenges encountered by the victims of human trafficking. A number of factors influencing human trafficking were determined including poverty, low education levels, lack of job opportunities in rural areas, gender-based violence and harmful traditional practices towards girls and women in different communities. These factors contributed to the problem despite different efforts put in place by the government to eliminate the problem. After being victim to human trafficking it was established that the victims encountered a number of abuses including physical, sexual, psychological and economic abuse. The abuses were further translated into health, social and moral impacts which were experienced immediately or after a long period of time.

From these findings, it can be deduced that human trafficking is still persistent in Tanzania and especially in urban areas such as Arusha. Young females are trafficked from rural areas to urban areas for labour and sexual exploitation. It is also clear that the victims of human trafficking do suffer in different ways and endure health, social and moral impacts throughout their lives. In the light of these findings, it can be concluded that Tanzania has still a long way to go in her efforts to combat and eliminate human trafficking but central to the needed strategy is to improve the socio-economic conditions of rural areas and to ensure that every child especially girl child gets opportunity to pursue education to all levels possible. .

# Recommendations

Based on the findings from this study, the following recommendations are made for action by different stakeholders of human trafficking. The recommendations are made to the Government; the local government; social welfare officers; parents and community members; gender advocates; human rights and Non-Government Organizations, Faith Based Organizations, young females and future researchers.

# Recommendations to the Government

The Government, being the key player in controlling and stamping out human trafficking is advised to strengthen its strategies in the following areas;

1. **Enactment and enforcement of legal provisions:** The current study has proved that only a few cases of human trafficking are reported and eventually prosecuted in the country. The causes of this low performance were alluded to be fear of reporting the cases and also the longevity and complexity of the processes involved. The study recommends strengthening protection mechanism for survivors of human trafficking who are key witnesses during the cases.

The study also recommends more training for the officials dealing with human trafficking cases since the cases are sensitive and complex. Finally, the study urges police officers and other authorities to examine how best to assist the victims of human trafficking by not abusing them for having been involved in prostitution, theft, or other acts as violations of law. When working with this population it is critical for law enforcement to view the victims of human trafficking as victims and not criminals who broke laws such as prostitution or theft.

1. **Poverty levels and social services in rural areas:** From the findings, it was clearly established that poverty was among the key causes of human trafficking of the young females. The victims were trafficked as a way of escaping poverty inthe rural areas. Poverty was also associated with low education levels, lack of job opportunities and dysfunctional families. This therefore explains that underdevelopment and poor socio-economic infrastructures in rural areas might be a fueling factor of human trafficking in Tanzania. For that reason this study came to the conclusion that improving the social infrastructures and services and reducing the poverty levels in rural areas might end up suppressing the human trafficking problem. To this end, the study recommends the following;
2. The Government and development partners should work together to ensure that the socio-economic gap between the urban and rural areas are reduced by evaluating and re-implementing the policies already in place which aim to address this gap. The policies, strategies and programs include MKUKUTA, MKURABITA etc.
3. The Government should encourage youth retention in rural areas through enabling them to pursue their secondary and thereafter their vocational and tertiary academic goals. This can be achieved through sensitizing the parents (especially parents from the pastoralist communities) to let both boys and girls go to secondary and tertiary schools. This will eventually reduce early marriages and pregnancies, gender discrimination and hence human trafficking.
4. The Government should build more vocational training centers in rural areas, since the study found that in many rural places where the victims came from vocational centers were not there. The centers might be an epitome for capacity building where both girls and boys can gain skills and eventually self-employment rather than running to urban areas and eventually ending up into the hands of human traffickers.
5. Social services and infrastructures such as health centers, electricity, markets, roads and schools in general should be improved or made available in areas where there is currently low provision of these services. This will eventually reduce the urge for people to shift to urban areas in search of these services since they will be available in their vicinities.
6. **Rehabilitation and reintegration:** The Government and other stakeholders should ensure that the budget for rehabilitation and reintegration of the victims of human trafficking are set aside and these programs are implemented effectively. The lack of funds for these programs was mentioned as a problem, and thus the victims reintegrated in the community tend to be re-trafficked due to stigma and lack of rehabilitation services. Further, the government should work to remove the stigma attached to work in prostitution and encourage the public to understand that in many cases children do not enter into sex work by choice and should therefore not be rejected by their families or their communities, and should be allowed to reintegrate back into society as much as possible. This should be achieved through awareness creation and sensitization to the communities on the issues pertaining to stigma and human trafficking.
7. **Gender based violence and harmful traditional practice:** As poverty, gender-based violence and harmful traditional practices were also among the key causes of human trafficking of young females. The victims reported that they were trafficked due to these harmful practices. With this situation rampant in many communities the study advises the Government to continue sensitizing communities on the effects of the harmful practices and violence. Also the government should ensure it has increased awareness and knowledge of human trafficking as a form of violence against humanity to the communities.
8. **Education Curricula**

The Ministry of education should look into the possibility of incorporating human trafficking and gender-based violence topics into primary school and secondary school curricula. These topics, if taught will increase knowledge and awareness amongst the children and perhaps their parents. With this knowledge the children might even be able to identify human traffickers and their accomplices at a very early stage since they already have the indicators and the impacts of human trafficking.

1. **Skills development:** As part of the victims’ rehabilitation service, the Government should provide entrepreneurship training so as to empower the victims to self-employ themselves. The skills might range from cookery skills, catering skills, tailoring skills and even carpentry.

# Recommendations to the Local Government (District Councils)

The district offices and the district executive directors should form a task force or team which will comprise different stakeholders working together to combat human trafficking in the district. The taskforce team might include the district social welfare and community development officers, the police, the prosecution officer, the immigration officer, labour officer, the judiciary and the Non-Governmental Organisations, the Faith Based Organizations and community leaders. The team will work in line with the National Anti-Trafficking Plan and can have their plan which will be customized according to their environment. With this taskforce all human trafficking movements within the district can be monitored and actions taken faster and effectively.

# Recommendations to the Local Government (Ward, Village and Street)

The local government here refers to the ward and village or street leaders. These are the primary persons after the family who can protect and prevent human trafficking of young females from their localities. Much as they have these responsibilities, the local authorities need to work with other stakeholders and the communities to make sure they prevent human trafficking of all vulnerable victims and to make sure they protect all the victims reintegrated back in their communities. The study therefore advises these authorities to do the following;

1. **Establishment of local community bylaws:** There should be by laws to require and encourage parents to register all movements or transfers of their children from the communities. This will help in building a database of the person and place where the children have gone and their conditions should be monitored through the e-governance system already in place
2. **Sensitization of the importance of education to children:** Local government and community-based organizations including faith organizations should have plans to sensitize and harness the importance of sending all children to school regardless of their gender. This will encourage all parents to abandon some of the harmful cultural practices and traditions such as ‘son preference’, ‘early marriage’, ‘biased inheritance’ e.t.c.
3. **Breaking silence on harmful traditional practices:** Through the ward social welfare and community development officers the local government should make sure they create awareness to the public of the social problems existing in their communities. They should make sure they break the silence on harmful traditional practices, human trafficking and gender-based violence and discrimination. They should warn the public of trusting people to take their children to urban areas without being sure what activity or job they will be involved in.
4. **Involvement of community in fighting human trafficking:** Effective Community management should be ensured to deal with human trafficking problems at the grassroots level. In this regard, local communities and local governments have to work together to address these issues since the local communities are the ones that can deal with such ills at the grassroots level. In line with this, women must also be encouraged to participate actively at all levels of social and political life. It is important to support efforts to establish comprehensive gender equality policies for the home, the workplace and in the political arena.

# Recommendations to the Social Welfare and Health Officers

Social welfare and health officers are very key to the recovery of the victims of human trafficking after their rescue. After being tormented and abused for a short or long time during their stay with the traffickers or employers, the victims need help to recuperate to their normal being. The social welfare and health officers are responsible for making sure this goal is achieved. Hence, they need to be equipped with knowledge and skills of dealing with these cases. To the social worker and health officer the study advises that different stakeholders should make sure they improve health care providers’ skills on how to manage human trafficking victims’ health and social problems.

# Recommendations to Parents and Community Members

Parents and community members should be made aware of the consequences of human trafficking. Sensitization and trainings in human trafficking and its impacts should be publicized regularly so that people can be able to identify early indicators of potential victims and promoters of human trafficking. The members of the public should be in the centre of identifying the traffickers since they are the ones approached by them. The public should also be taught in steps to be taken once they recognize any tendencies to human trafficking within their vicinities. In a nutshell parents and community members should be the whistle blowers for any movement indicating possible human trafficking of children in the communities.

# Recommendations to Gender Advocates

To the gender advocates the study recommends the following;

1. **Sensitization and awareness creation:** The advocates of gender equality should continue sensitizing and creating awareness of the ills and bad effects of human trafficking and especially trafficking in women and girls who are the main victims of this horrendous act against humanity and its effects in their lives.
2. **Training stakeholders in gender issues including human trafficking:** Stakeholders and all the interested persons to curb human trafficking should provide training to all associated persons on a gender based approaches of combating human trafficking since human trafficking is highly associated with gender inequalities existing in different communities.
3. **Networking with Government organs:** Since this is a gender specific problem, the advocates of gender equality should work together with Government organs such as the National Bureau of Statistics, NBS, to identify gender specific indicators of human trafficking and other gender issues for women and girls who are at risk of being molested and subjected to innuendos of being human trafficked. All the concerned people and staff should be trained and retrained including all stakeholders of the vice including the communities as this will eventually help to identify people at the risk of being trafficked.

# Recommendations to Human Rights and Non-Government Organizations

Non-Governmental Organization and human rights advocates should work together to sensitize and create awareness to the public on the ills of human trafficking and its impacts on human beings. This should be done in collaboration with Government officials in charge or community and social development and faith organizations should be involved closely.

# Recommendations to Faith Based Organizations

From the findings of this study, it was revealed that in some instances the victims of human trafficking seek spiritual guidance from religious leaders by attending worship services offered churches or mosques. However, some of the victims reported that at some of these faith and worship centres they were rejected and at times chased away from the premises. The human trafficking victims were very heart broken and lost since the church was for them their last place they hoped to find peace of mind and comfort of heart.

For situations like this the study recommends that faith organizations and centres such as the Anglican Church of Tanzania, Revival Church of God (Namanga) and Tanzania Assemblies of God Church (Loliondo) and other related churches and indeed mosques should initiate special programs for the moral and spiritual rehabilitation of abused girls in order to lift and empower the girls spiritually and even economically. On the side of traffickers, the faith organizations should use their power to shape the behavior of faith followers and adherents since it is believed that religious beliefs tend to nurture and reform all behaviors. The study recommends that faith organizations should regularly inform their people about the ill effects of human trafficking.

The church organizations can do this on their own or they should invite experts to give talks on the vice during faith meetings. This measure, if properly taken within area cultural and religious contexts would make the crime (morally) unappealing and unacceptable to lots of people and could equally foster unity and cooperation among the various authorities to address not only human trafficking but other socially and economically detrimental practices like female genital mutilation, gender based violence, early marriages, drug trafficking, e.t.c.

# Recommendations to Young Females (Victims and Those at Risk)

Due to the fear and terror the victims experience from abuses inflicted on them, they opt to keep silent when put under discussion on matters relating. The study advises the victims of human trafficking that it is in their interest and the interest of their friends, young and older to be open and to give their testimonies once required to do so. This openness will not only help them but it will, in the long run, help other girls who are at risk of being trafficked. For those at risk the study recommends that they should take courage to continue with school despite any hardships encountered. For those who have completed primary education it is recommended that they should endeavour to continue with secondary education and those who wish to go for vocational, technical and professional training (such as cookery, tailoring, gardening, woodwork, and hair dressing) should be helped by District Councils and community-based organizations to achieve this noble life enhancing objective. If parents force their girls to do things which do not build the futures of youngsters, the latter should be free to report this to social work offices near them. In doing so, the local government will take the necessary steps against parents who deny the girl child their rights to schooling.

# Recommendations for Researchers

Inadequate data on human trafficking and especially of young females has been a big hurdle in handling and combating this problem. In this case, the study recommends more research on this topic in different regions of Tanzania for the purpose of creating an updated database on the seriousness of human trafficking. The research areas to be explored might include identification of risk factors, identification of groups affected more by this problem, estimating prevalence, and exploring health consequences and outcomes, victims coping strategies after being rescued, the impact of such trafficking on communities, how well to improve rehabilitation services of the victims and the prosecution of the human traffickers.

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# APPENDICES

**Appendix A: Questionnaire to Victims of Human Trafficking**

**Introduction**

Greetings,

My name is Rehema Magesa, a PhD student at the Open University of Tanzania. Currently. I am working on a research project titled: “Impact of human trafficking on the lives of young female lives: The case of Arusha region”. The main objective of the research is to assess the impact of trafficking to young femalesin Arusha,specifically the study intends to know the causes, the type of people involved, the challenges encountered and ultimately any rehabilitation and reintegration services available. In so doing, Ihave few questions to ask you. Please fill free to interact any time in case any question is not clear. You should also note that our conversation is highly confidential and no information will be released to the third party. Your honesty in responding to the questions is highly appreciated.

**Part 1: Background Information**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your best response. | | |
| 101. | Date of interview | …………………………………. |
| 102. | Name | ………………………………….. |
| 103. | Current Residence | Village.................................  Ward:………………………  District:……………………. |
| 104. | Place of Origin | Village.................................  Ward:………………………  District:……………………. |
| 105. | What is your age? | Below 9  10-14  15-19  20-24  24-29  Above 30 |
| 106. | Gender | 1. Female 2. Male |
| 107. | What is the highest Level of your Education? | 1. Adult education 2. Primary 3. 3.Secondary 4. Tertiary |
| 108. | How was your living-situation in yourplace of origin at the time of recruitment for human trafficking? How did you live your life? | 1. Parent’s own house 2. Living in a rented house with parents 3. Living with relatives 4. Homeless |
| 109. | How many siblings do you have? | 1. One 2. Two 3. Three 4. More than 3 |
| 110. | a. Who were you living with before being recruited? | 1. Alone 2. With a partner 3. With parents or family 4. With friends or acquaintance 5. Other |
| b. Were you trafficked or you came to the current destination voluntarily without persuasion, fraud or fake promises | 1. Yes I was trafficked  2. No I came voluntarily |
| 111. | Who was taking care of you before you were trafficked? | 1. Father 2. Mother 3. Both 4. Relative 5. Sibling |
| 112. | What areyour parents/ guardians main occupation? | 1. Farming 2. Livestock keeping 3. Business 4. Employee 5. Other (state) ……………. |

**Part 2: Main Causes of Young Female Trafficking**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to the question. | | |
| 201. | What was your age at the time of being picked for human trafficking? | Below 9  10-14  15-19  20-24  24-29   1. Above 30 |
| 202. | What motivated you to take up the offer? | 1. Insufficient income to meet my basic needs 2. Money for family/ siblings 3. Money for a more luxurious life 4. Adventure 5. Interesting work 6. Hope for a Better future 7. Use of force/kidnapping 8. Hope for better work conditions 9. Other mention……………… |
| 203. | How was your relation with your parents/ family | 1. Good 2. Somewhat good 3. Not so good 4. Bad |
| 204. | Did you hear about human trafficking before you were picked as a member? | 1. Yes 2. No   If yes please answer question 205 |
| 205. | From where did you hear about human trafficking before you became a victim? | 1. Friends 2. Teacher 3. Family member 4. Television/ Radio/ Newspaper |
| 206. | What was your family (parents) marital situation at the time of your being aligned for human trafficking? | 1. Single 2. Married 3. Divorced 4. Single mother and sole providerfor the family 5. Widowed family 6. Survivors of domestic violence, sexual abuse or sexual harassment 7. Broken/ Dysfunctional family |
| 207. | Have you ever been abused before leaving home (physically, emotionally e.t.c) | 1. Yes 2. No   If your answer is yes answer the following question (208) |
| 208. | Who abused you? | 1. Your male parent / Guardian 2. Your female parent/ guardian 3. Your male siblings 4. Your female siblings 5. Relative leaving with the family 6. Neighbour 7. Community member 8. Teacher at school |
| 209. | What was the reason for your being abused? | 1. Anger 2. Alcohol related 3. Gender based violence |
| 210. | Before being trafficked out, what were you doing? | 1. No activity, dependant to family 2. Just divorced 3. Agriculture 4. Small business |
| 211. | Have you ever been married? | 1. Yes 2. No   *If yes answer the following question (212 & 213)* |
| 212. | Did you agree to get married or were you forced into it? | 1. I agreed 2. I was forced |
| 213. | Was this marriage a reason for your escapefrom home as a member of trafficked girls? | 1. Yes 2. No |
| 214. | Do you have children? | 1. Yes 2. No   *If yes how many?.......................................* |
| 215. | Did you have them before or after having been trafficked? | 1. Before 2. After |

**Part 3: Identification of the origin, transit route and the destination ofthe trafficked girls**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your response to the question. | | |
| 301. | What methods and networks are used to recruit and traffick the victims? | 1. Parents send kids to relatives/friends in urban areas 2. Someone promises to provide good jobs 3. Family members promised and entrusted with money or other present to lure the girls 4. Small-scale freelance agents recruiting persons from rural areas 5. Use of force, abduction and fraud 6. Traffickers promising to offer opportunities (better lives and well-paying jobs; how – newspaper, word of mouth, agencies/business fronts |
| 302. | Sex of the trafficker | 1. Male 2. Female |
| 303. | What was the relation of the victim with the recruiter(s)? | 1. Partner 2. Induced by a Family/ relative 3. Induced by a Friend 4. Acquaintance 5. Neighbour 6. Unknown 7. Other |
| 304. | Who has taken the initiative to contact the recruiters? | 1. The victim approached the recruiter 2. The recruiter approached the victim 3. The family of the victim approached the recruiter 4. The recruiter approached the family of the victim 5. Other……….(Mention) |
| 305. | How has the victim been contacted by the recruiter(s)? | 1. Advert 2. Internet 3. Place of amusement 4. Publicly by mouth on mouth 5. Through family member 6. Acquaintance 7. More than one method above (mention)………………………………… 8. Other (mention)…………………………………………… |
| 306. | What was the trafficking route? | ………………………………………………………………………….. |
| 307. | What didthe recruiter arrange for the victim? | 1. Travel-documents 2. Advance money to meettravelling costs 3. Debt redemption for the victim 4. Debt redemption for the parents 5. Taking financial care for the child of the victim 6. Taking care for the child of the victim 7. Others (Mention)………………………… |
| 308. | What kind of promise was given to the victim? | 1. Luxurious life 2. Education 3. Domestic work 4. Marriage 5. Prostitution 6. Job as Entertainer (stripper, dancer) 7. Other …………………………………………… |
| 309. | When did the victim recognize that she was fooled into human trafficking? | 1. Before departure 2. During the travel to the place of destination 3. Onarrival 4. A while after the arrival 5. Others |

**Part4: The physical, psychological and socio-economic effects the girls encounter in the process of being trafficked**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your response to the question. | | |
| 401. | How long was your travelto your destination? | 1. One day 2. Less than one week 3. More than a week 4. More than a month |
| 402. | Who did you travel with? | 1. A friend 2. A relative 3. A neighbour 4. A person you do not know |
| 403. | What form of transport did you use? | 1. A bus 2. Personal vehicle 3. Train 4. Aeroplane 5. Motorbike 6. Boat/ ship |
| 404. | What challenges did you encounter enroute? | 1. Physical abuse 2. Being isolated from others 3. Hunger 4. Sexual abuse 5. Being exposed to dangerous modes of transport 6. Threats and intimidations 7. Illness |
| 405. | If you were physically abused, what form of physical abuse was inflicted on you? | 1. Punching 2. Kicking 3. Beating 4. Slapping 5. Attack with a weapon 6. Others (explain)…..…………. |
| 406. | If you were psychologically abused, what forms of abuse were inflicted upon you? | 1. Humiliation 2. Intimidation 3. Insulting and intense criticizing 4. Verbal threats 5. Belittling 6. Movement monitoring 7. Physical and social isolation 8. Threats to relatives of victims 9. Others (mention)……………… |
| 407. | After arriving at the destination, who handled your travelling documents i.e. passport | 1. The trafficker 2. The boss at your work place 3. Yourself |
| 408. | What did you end up doing at the destination? | 1. Domestic work 2. Bar-attendant 3. Sex work (prostitution) 4. Labor in mines 5. Labor in agriculture 6. For construction 7. Food processing 8. Forced begging 9. Other ………………………… |
| 409. | Were you paid a salary? | 1. Yes 2. No   *If yes answer question 409* |
| 410. | How much salary were you paid per month if at all? (in Tanzanian Shillings) | 1. Less than 50,000/= 2. Between 50,000/= and 100,000/= 3. Above 100,000/= |
| 411. | What was the interval of the salary payments | 1. Every end of the month 2. After every two month 3. After every six months 4. After a year 5. Not consistent |
| 412. | What the mental health impacts are you are currently struggling with? | 1. Post traumatic stress disorder 2. Depression 3. Alienation and disorientation 4. Feel of extreme sadness 5. Memory loss 6. Anger 7. Need of substance abuse |
| 413. | What health impacts have you encountered during and after the entire ordeal? | 1. Physical injuries 2. Emotional injuries 3. Sexual transmitted diseases 4. Stigma 5. Drug Abuse 6. Violent behavior 7. Aggravated Anger 8. Suicidal and Body Harming |
| 414. | What social impacts have you encountered during and after this entire process? | 1. Stigma and Isolation 2. Feeling Unsafe 3. Legal problems 4. Lack of food and clothing 5. Lack of employment |
| 415. | What impacts have human trafficking inflictedon you as a child? (this question is to be administered to girls only) | 1. Stagnation in growth 2. Fear 3. General fatigue 4. Sexually transmitted diseases 5. Unwanted pregnancy |

**Part 5: Asses different rehabilitation and reintegration programs and services provided to victims of trafficking**

|  |  |  |
| --- | --- | --- |
| 501. | How long were you under captivity? | 1. One month 2. Between 2 and 6 Months 3. Between 7 months and 1 Year 4. Beyond one year |
| 502. | How were you rescued from this situation? | ………………………………………………………… |
| 503. | Who helped/ assisted you? | 1. A friend 2. A neighbour 3. A staff from NGO, CSO or Government 4. A religious person |
| 504. | What rehabilitation services were you provided with after being rescued? | 1. Care and support 2. Shelter 3. Counseling services 4. Legal services 5. Protection 6. Entrepreneurship skills 7. Other (Mention)……………………… |
| 505. | Will you / do you wish to be reintegrated back to your community? | Yes  No |
| 506. | What type of employment would you prefer when you reintegrate in the community? | 1. Trading 2. Eatery (mama lishe) 3. Hair dresser 4. Farming 5. Going back to school |

**600 HARMFUL TRADITIONAL PRACTICES**

|  |  |  |
| --- | --- | --- |
| 601 | What do you understand by harmful traditional practices | 1. Act of violence towards girls and boys in a community 2. Practices such as forced marriage, female genital mutilation, and crimes committed in the name of ‘honour 3. practices that affect the health and social well-being of women and children in various parts of the country and among various communities 4. Traditional practice that causes physical harm and extreme emotional trauma to tens of millions of girls and women around the world. |
| 602 | What are the main traditional practices in your tribe | 1. FGM 2. Forced abortion 3. Abduction by men 4. Old aged man marrying young girls 5. Inheritance marriage 6. Giving marriage without the interest of the girl 7. Early marriage /Child Marriage 8. Under estimation of women potentials 9. Bride price 10. Husband & wife not eating together 11. Polygamy 12. Heavy workload of women 13. Son preference 14. Daughters not inheriting land, animals 15. Women not participating in meetings and decision making 16. Ghost marriages 17. Honour killings 18. Wife battering 19. Other (mention)…………………………… |
| 603 | Do you thinkthese practice might be a push factor for women and girls to leave rural areas? | 1. Yes 2. No |
| 604 | What are the impacts ofthese practices | 1. Death 2. Permanent disability 3. Injuries 4. Sexually transmitted diseases 5. Psychological damages 6. Fear 7. Others |

**Appendix B: Face to face Interview Guide**

The guide was administered to victims and potential victims of human trafficking, young females between the age of 15 and 24 years were targeted. It was administered in all the seven districts of Arusha region.

**Part 1: Background Information**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your best response. | | |
| 101. | Date of interview | …………………………………. |
| 102. | Name | ………………………………….. |
| 103. | Current Residence | Village.................................  Ward:………………………  District:……………………. |
| 104. | Place of Origin | Village.................................  Ward:………………………  District:……………………. |
| 105. | What is your age? | Below 9  10-14  15-19  20-24  24-29  Above 30 |
| 106. | Gender | 1. Female 2. Male |
| 107. | What is yourhighest Level of Education? | 1. Adult education 2. Primary 3. Secondary 4. Tertiary |
| 108. | How was your living-situation in the place of origin at the time of the recruitment? How did you live? | 1. Parent’s own house 2. Living in rented house with parents 3. Living with relatives 4. Homeless |
| 109. | How many siblings do you have? | 1. One 2. Two 3. Three 4. More than 3 |
| 110. | Who were you living with before being recruited for human trafficking? | 1. Alone 2. With a partner 3. With parents or family 4. With friends or acquaintance 5. Other |
| 111. | Who was taking care of you? | 1. Father 2. Mother 3. Both 4. Relative 5. Sibling |
| 112. | What areyour parents’ / guardian’s main occupation? | 1. Farming 2. Livestock keeping 3. Business 4. Employee 5. Other (state) ……………. |

**Part 2: Causes of Young female trafficking**

113. Why did you leave home to this new destination?.................................................

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114. Were you forced to leave home? Or did you leave voluntarily?............................

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115. Were you abused in any form before leaving home?.............................................

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**Part 3: Identification of the People involved, origin, transit route and destination of trafficking of young females**

116. Who convinced you/ or your family to leave home? And what were the promises given?..............................................................................................................

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117. What promises were you given before leaving home to the new destination?......

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118. Did the trafficker keep any of the promises? What happened?..............................

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119. What form of transport did you use to your new distination?................................

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120. For how long did you travel to you destination?....................................................

.........................................................................................................................................

121. What was your route?.............................................................................................

.........................................................................................................................................

**Part 4: The physical, psychological and socio-economic effects the young females encounter in the process of human trafficking**

122. Were you abused in any form while travelling? …………………………………

……………………………………………………………………………………………………………………………………………………………………………………

123.Whoabused you?......................................................................................................

.........................................................................................................................................

124. After reaching your destination how were you treated?.........................................

..................................................................................................................................................................................................................................................................................

125. What physical challenges do you suffer during or after this nightmare?...............

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126. What health and mental impacts do you suffer during or after this nightmare? ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

127. Have you been able to communicate with your family after being trafficked?......

..................................................................................................................................................................................................................................................................................

**Part 5: Different Rehabilitation and reintegrationprograms and services provided to the victims**

128. Who saved you from the hands of the traffickers?.................................................

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129. How long were you under the traffickers?..............................................................

..................................................................................................................................................................................................................................................................................

130. What services are you given after being saved?.....................................................

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131. Do you plan togo back to your family……………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Appendix C: Key Informant Interview Guide**

This guide was administered to Governmental officials including Police Officers, Community Development officers, social workers and Immigration Officers

**Part 1: Background Information**

|  |  |  |
| --- | --- | --- |
| Please fill in or tick the answer that corresponds to your best response. | | |
| 101. | Date of interview | ………………………………………. |
| 102. | Name of interviewee | ……………………………………….. |
| 103. | Name of Institution | ……………………………………….. |
| 104. | Position in the institution | ……………………………………….. |
| 105. | Location | Village........................................  Ward:………………………….  District:……………………….. |
| 106. | Gender | Female  Male |
| 107. | What is yourhighest Level of Education? | Adult education  Primary  3.Secondary  Tertiary |

**Part 2: Causes of Human Trafficking**

108. Do you have cases of human trafficking in this district?........................................

..................................................................................................................................................................................................................................................................................

.........................................................................................................................................

109. Who are the main victims of human trafficking? Why? (Causes)?........................

...........................................................................................................................................................................................................................................................................................................................................................................................................................

**Part 3: Identification of the origin, transit routes and destination area of trafficked young females**

110. Do you have any information about young female involved in sex tourism in the district/ region (as source or destination)?  What are the places of origin for the victims and pedophiles? …………………………………………………….

……………………………………………………………………………………………………………………………………………………………………………………

111. Do you have cases of human trafficking for the purpose of domestic servitude? How many cases per annum? …………………………………………………

……………………………………………………………………………………………………………………………………………………………………………………

112. Where do the HT victims come from? (This district/ region) or another region? ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**Part 4: The physical, psychological and socio-economic effects the young females encounter in the process of being trafficked**

113. What hardships do the victims encounter before being rescued?..........................

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114. In what living conditions do they live in at their destination?............................

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115. What type of activity dothey engage in after reaching their destination? (the purpose of being trafficked).................................................................................

.........................................................................................................................................

.........................................................................................................................................

116. What Health/ Social/ Physical challenges do they face? ………………………

……………………………………………………………………………………………………………………………………………………………………………………

117. How many cases have been reported at your office on human trafficking? What actions have been taken?.......................................................................................

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**Part 5: Rehabilitation and Reintegration of the victims of human trafficking**

118. How do you assist the victims after being rescued from this situation? (services provided)..............................................................................................................................................................................................................................................................................................................................................................................

**Appendix D: Key Informant Interview Guide**

This guide was administered to Non-Governmental Organizations, (NGOs), Faith Based Organisation (FBOs) and other Human Trafficking stakeholders.

**Part 1: Background Information**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your best response. | | |
| 101. | Date of interview | ………………………………………. |
| 102. | Name of interviewee | ……………………………………….. |
| 103. | Name of NGO/CSO/FBO | ……………………………………….. |
| 104. | Position in the organization | ……………………………………….. |
| 105. | Location of the organization | 1. Village..................................... 2. Ward:…………………………. 3. District:……………………….. |
| 106. | Gender | 1. Female 2. Male |
| 107. | What is yourhighest Level of Education? | 1. Adult education   2. Primary  3.Secondary  4. Tertiary |

**Part 2: Causes of human trafficking**

108. How severe is human trafficking in this district?

109. Who are the main victims of human trafficking? Why? (Causes)

**Part 3: Identification of origin, transit route and the destination area of the trafficked girls**

110. What are the places of origin ofthe victims and pedophiles? Villages/ Wards?

111. To which destinations are they trafficked? (Local or International)

112. What hardships do they face enroute to and after reaching the destination?

**Part 3: The physical, psychological and socio-economic effects the girls encounter in the process of being trafficked**

113. How are they exploited? (For domestic servitude, prostitution or any other).

114. Are the girls abused enroute or after reaching their destination? How?

115. What physical effects do the trafficked young females get due to this ordeal?

116. What psychological trauma do the trafficked young females get after this ruthless process?

117. What socio-economic effect do the trafficked young females get after this process?

**Part 4: Rehabilitation and reintegration of the victims of human trafficking**

117. What is your role as a NGO/ FBO in this specific problem?

118. How do you assist the victims after being rescued from this situation?

119. What challenges do you encounter in this role?

120. Do you think the strategies put forward by the Government of Tanzania are enough to curb the situation? If not, what do you suggest should be done?

**Appendix E: Focus Group Discussion (FGD) Guide**

Focus group discussion was organized involving young females who were potential victims as well as on community members.

**Part 1: Background Information**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your response to the question. | | |
| 101. | Date of Focus Group Discussion | ………………………………………. |
| 102. | Type of the group | ……………………………………….. |
| 103. | ­Place | Village.....................................  Ward:………………………….  District:……………………….. |

**Part 2: Causes and factors that signal in human trafficking**

104. What do you understand by the term human trafficking?

105. Does it exist in this village/ street?

106. Who are the main victims of human trafficking here? Why that group?

**Part 3: Identification of the origin, transit route and destination of the trafficked girls**

107. How were the victims brought into the chain of human trafficking?

108. Who were involved in recruiting the young females?

109. Where are the victims usually taken to? For what purpose?

110. What do you do after knowing the existence of human trafficking in your village/street?

**Part 4: The physical, psychological and socio-economic effects the girls encounter in the process of being trafficked**

111. What challenges do they encounter during and after being trafficked?

**Part 5: Rehabilitation and Reintergration services provided to the young females trafficked**

112. Do they ever come back to the village after having been trafficked? How does the society treat those who return?

113. How does the local government help in combating this maladice?

**Appendix E: Observation Guide**

An observation guide was administered to young females who were identified as having been trafficked from the different district councils. This exercise was conducted at the work place of the girls, without the concerned young females knowing what was going on.

**Part 1: Background Information**

|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your best response. | | |
| 101. | Date of Observation | ………………………………………. |
| 102. | ­Place | Village.....................................  Ward:………………………….  District:……………………….. |

**Part 2: Things to observe**

1. Ages of the victims
2. How the victims dress
3. Language used between the victim and their employers/ customers
4. Body language
5. Any form of observed violence inflicted on the victim
6. Reaction of the victim after being abused

**Appendix E: Secondary data collection guide**

Secondary data was collected to supplement the primary data collected from the field. The data was collected from different sources including the internet, online libraries, Government and Non Governmental textual and non-textual sources, and academic institutions.

**Part 1: Background Information**

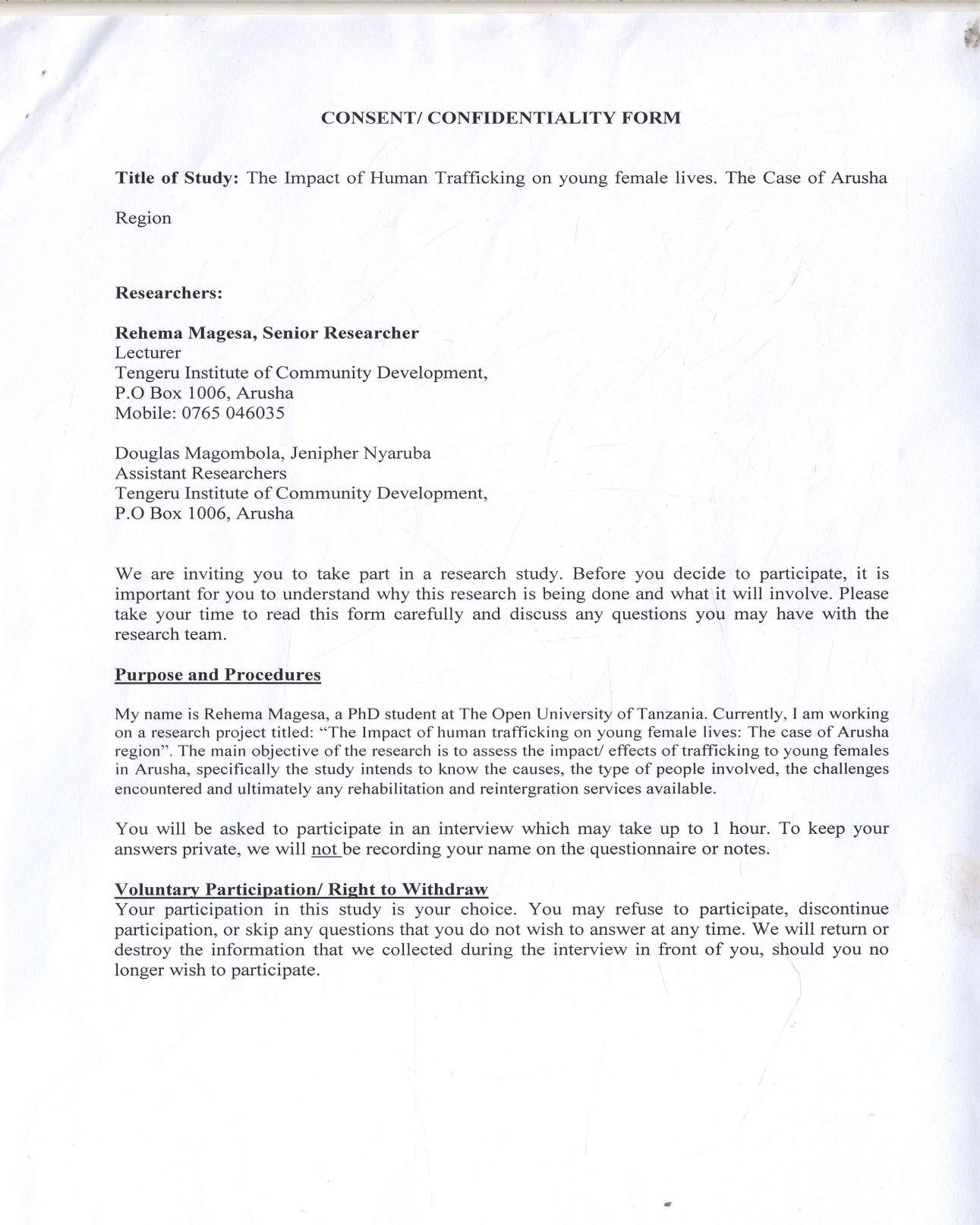
|  |  |  |
| --- | --- | --- |
| Please Fill in or tick the answer that corresponds to your response to the question. | | |
| 101. | Date the source was reviewed | ………………………………………. |
| 102. | ­Source | ……………..……………………….. |

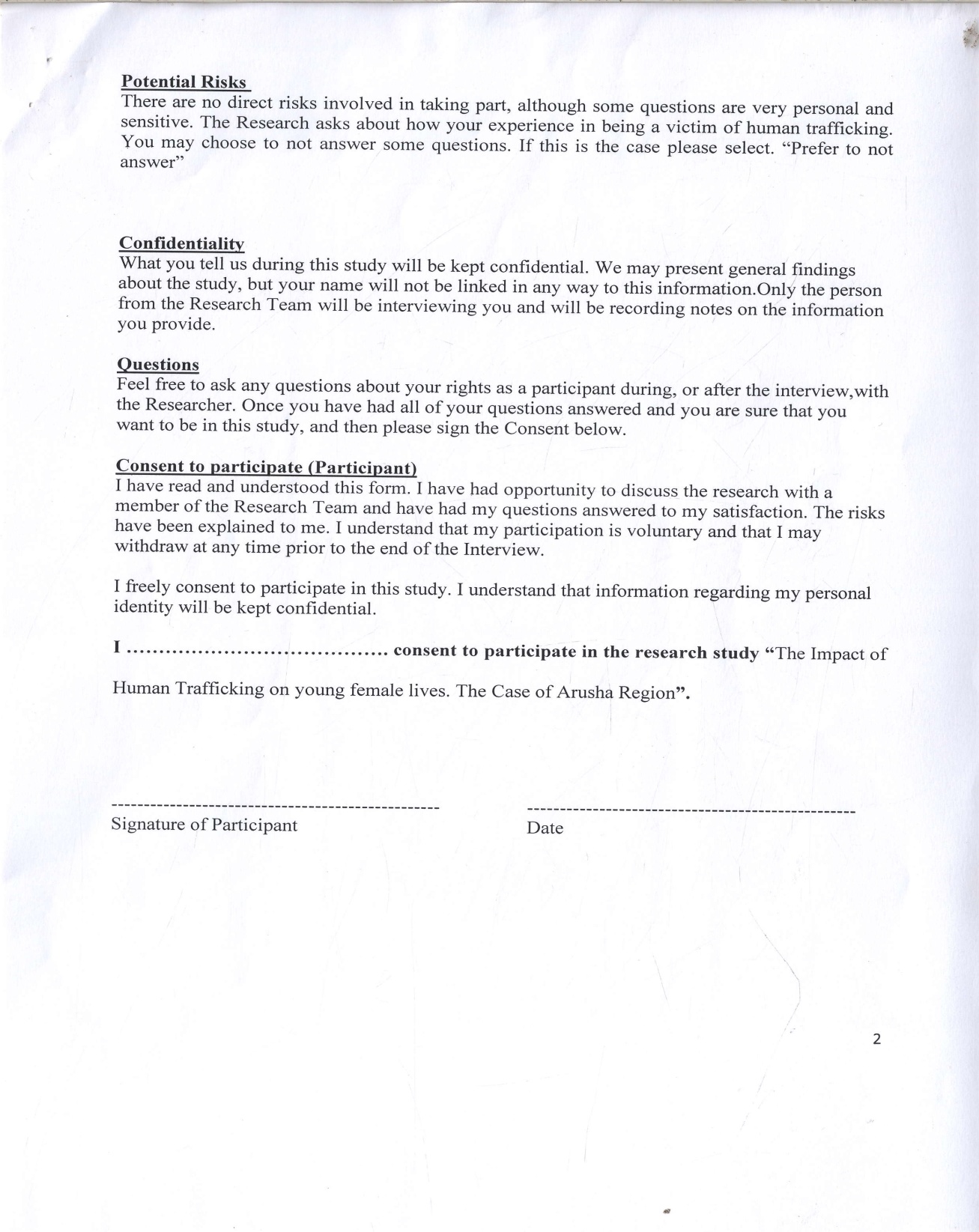
**Part 2: Guiding questions**

1. Causes of or forces which signal in human trafficking
2. Identification of the origins, transit routes and destinationsof trafficked females
3. Identification people involved in recruiting the young females for traffickers
4. The physical, psychological and socio-economic effects girls encounter in the courseof being trafficked
5. Challenges encountered by human trafficking victims during and after being trafficked
6. The impacts of human trafficking

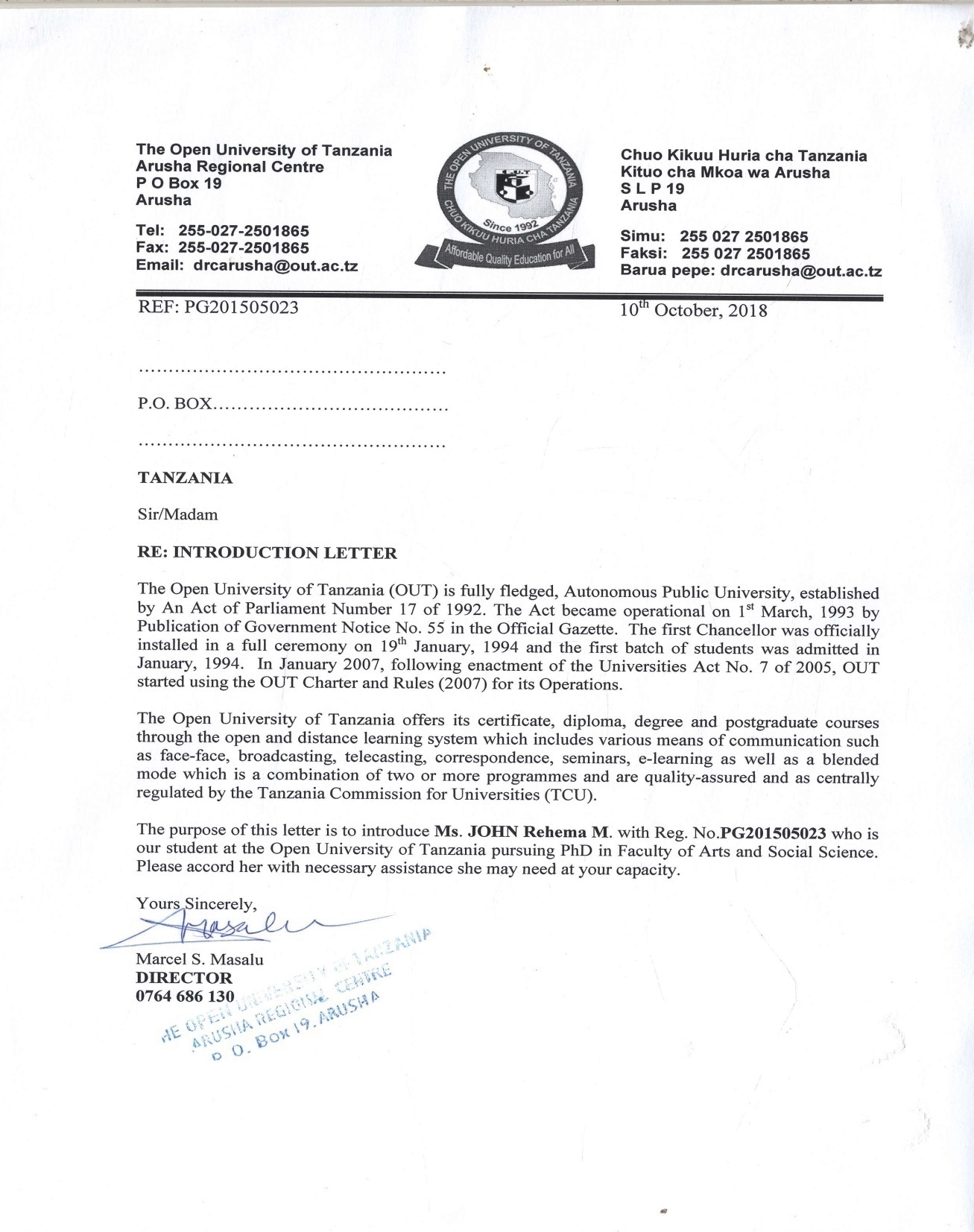
Response signals: Physical health impacts; mental health impacts, Moral behavioral changes, social impacts

**Appendix F: Confidentiality form**

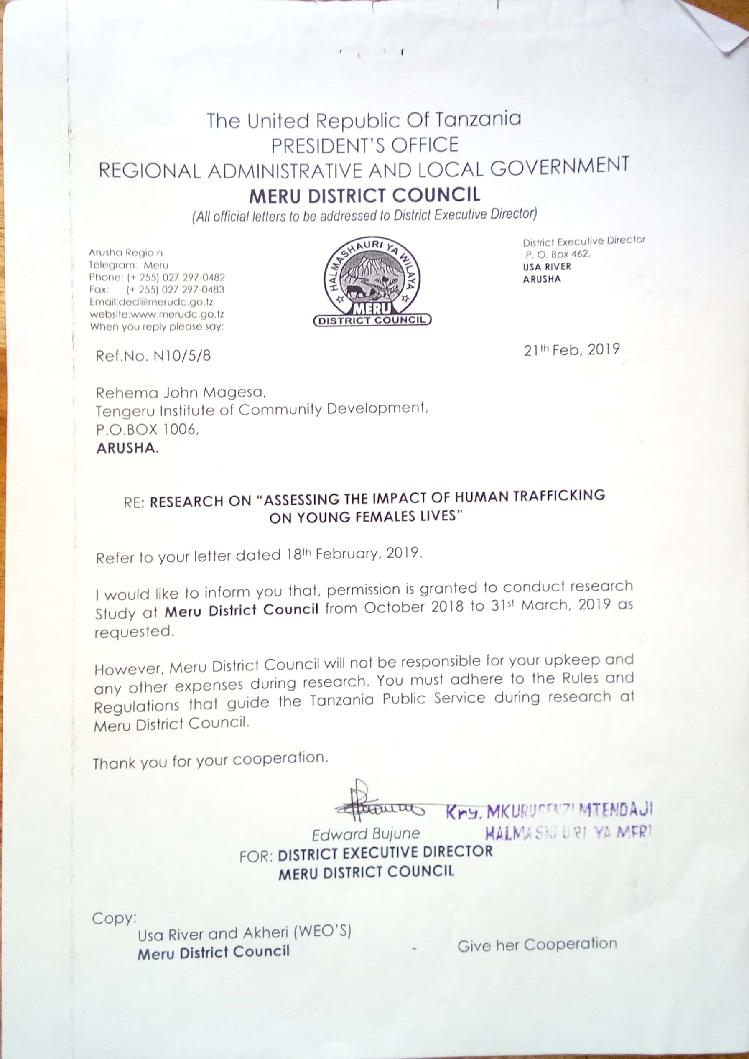




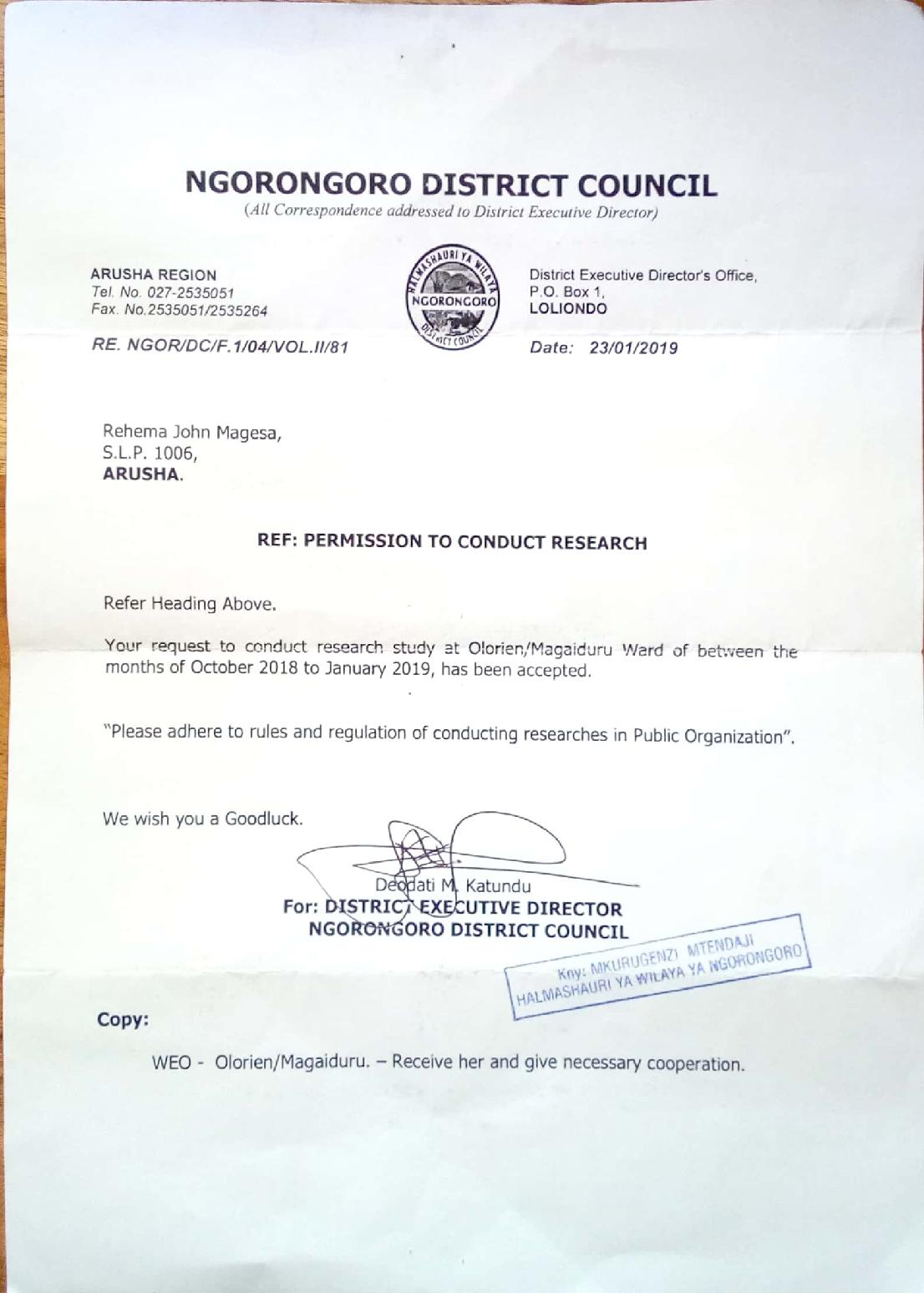
**Appendix G: Research introduction letter**

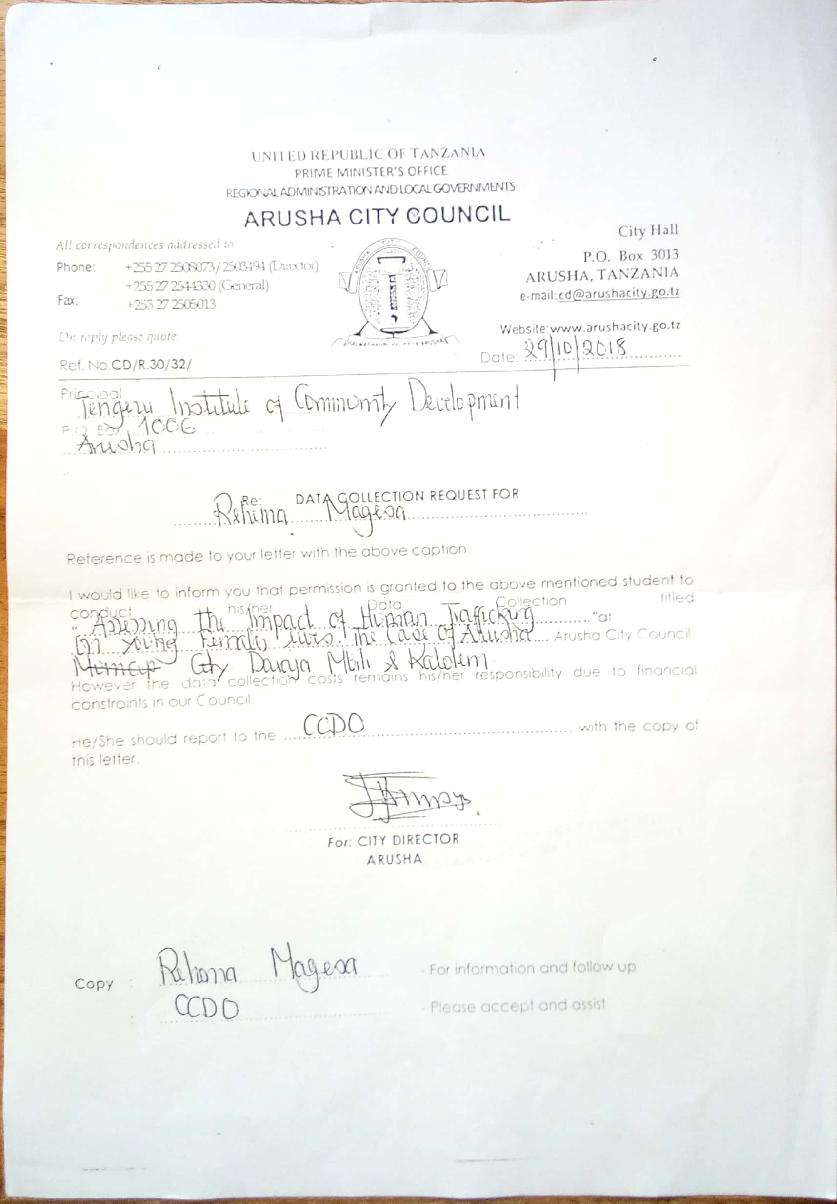


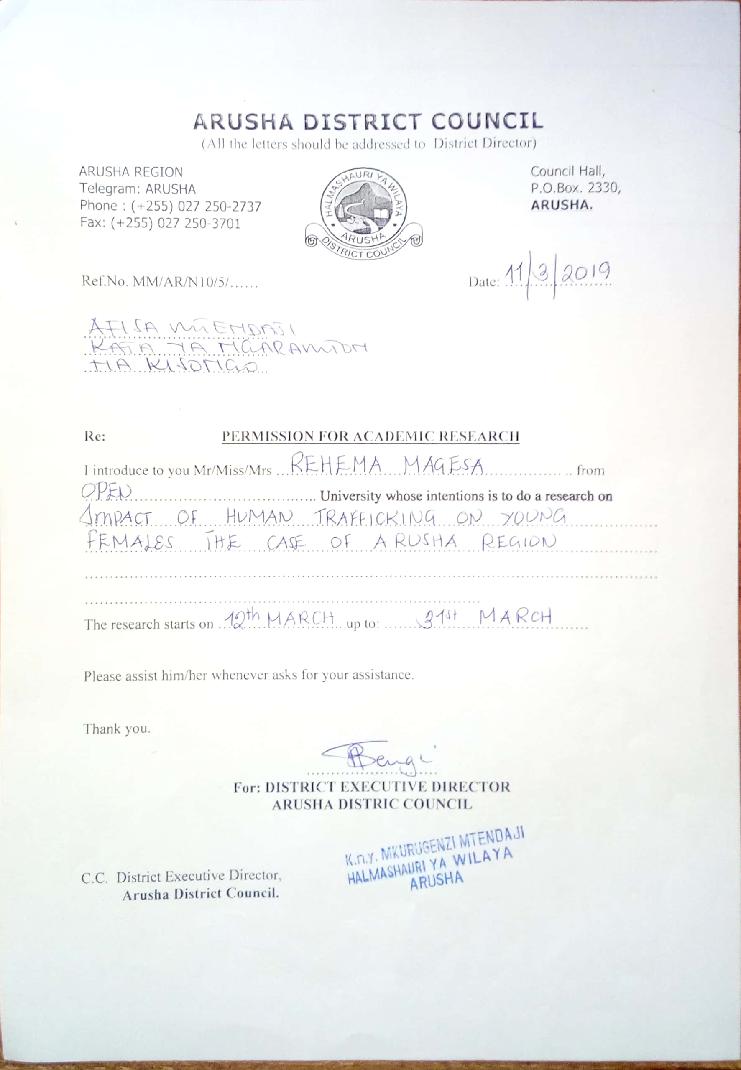
**Appendix H: Research Permission letters from District Councils Executive Directors**

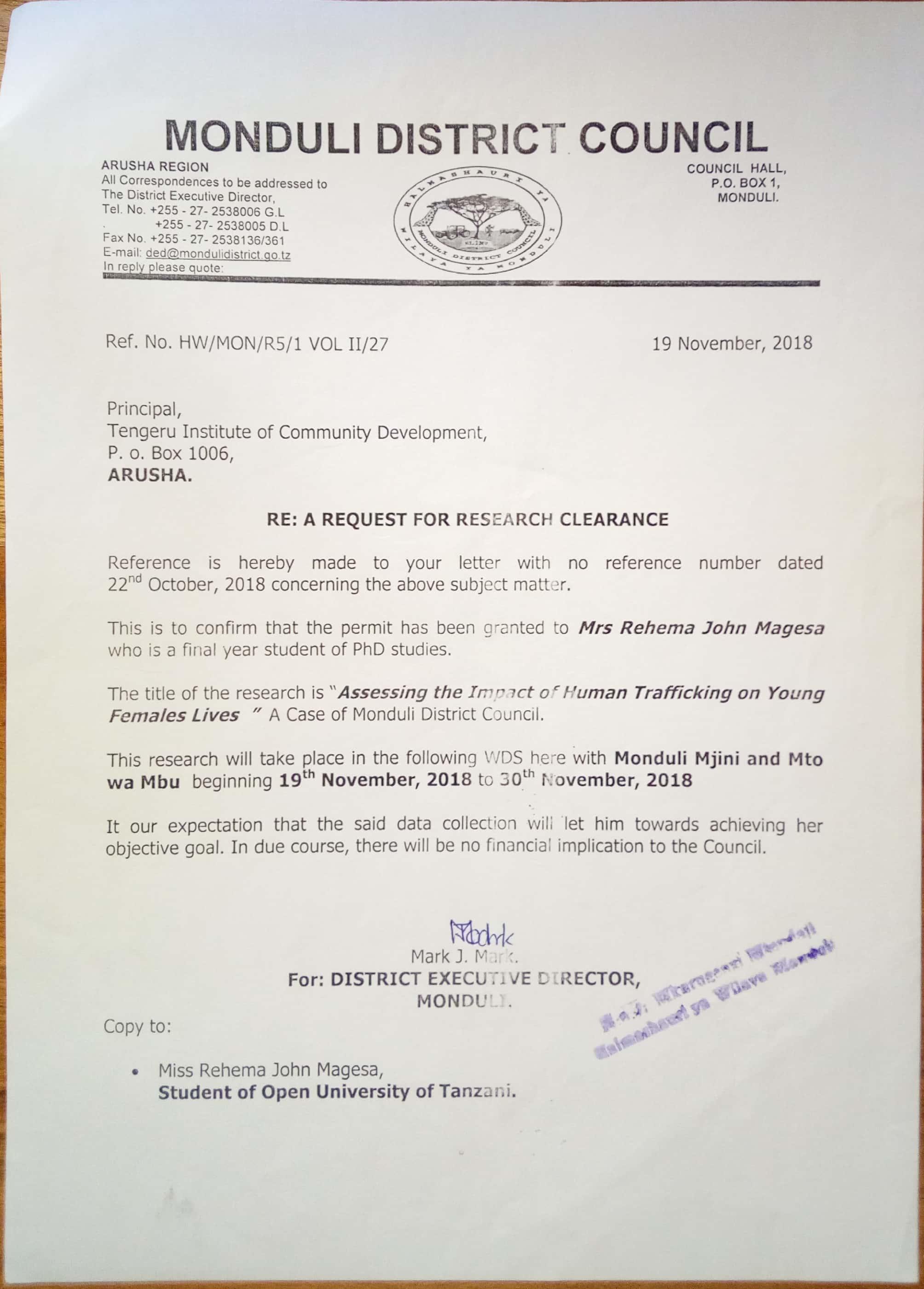


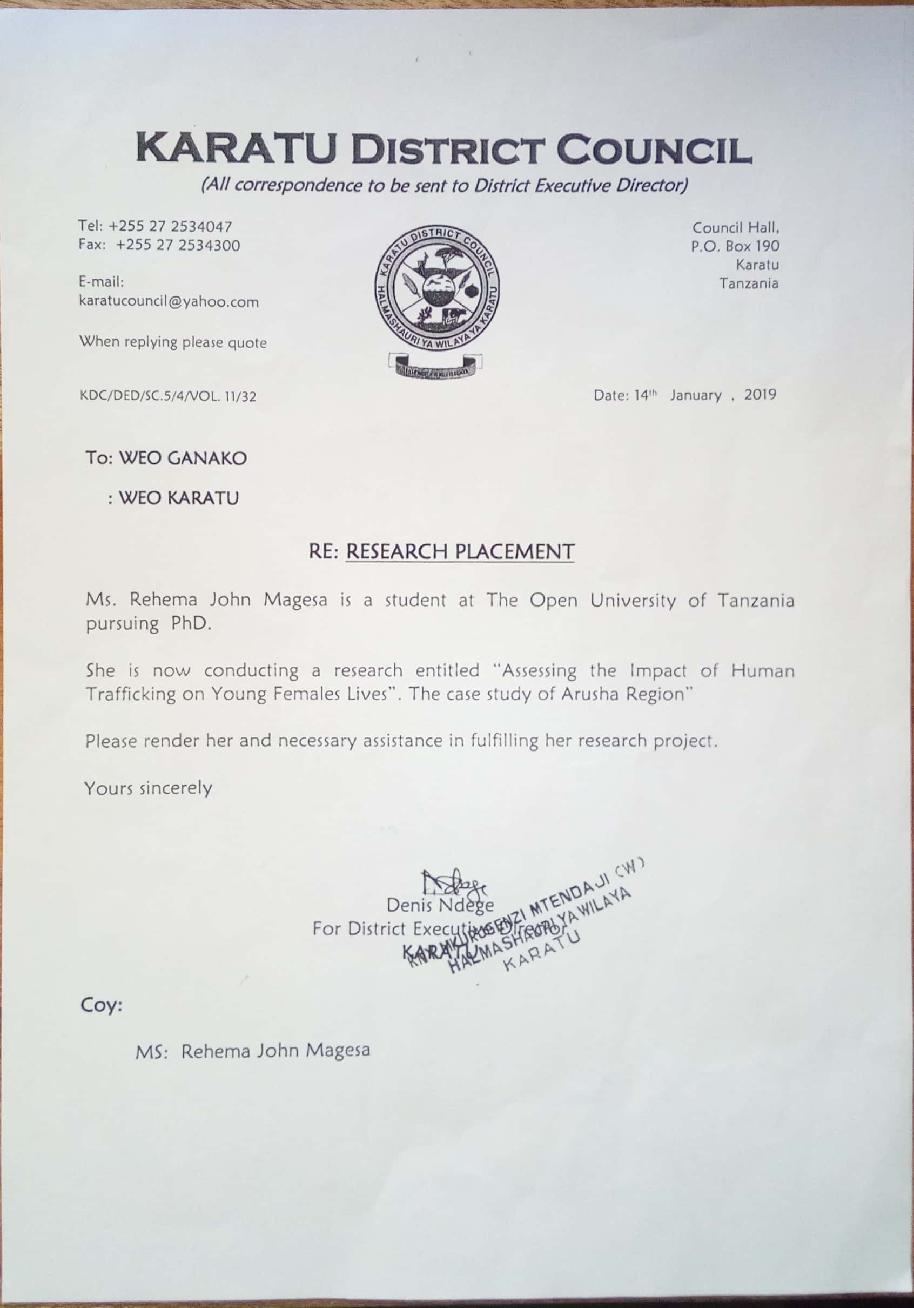












**PUBLICATIONS**