

MAISHA-Youth!

A Qualitative Study to Inform Development of a Gender Empowerment Intervention for Adolescents and Young Adults

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SVRI Forum 2024
Cape Town, South Africa

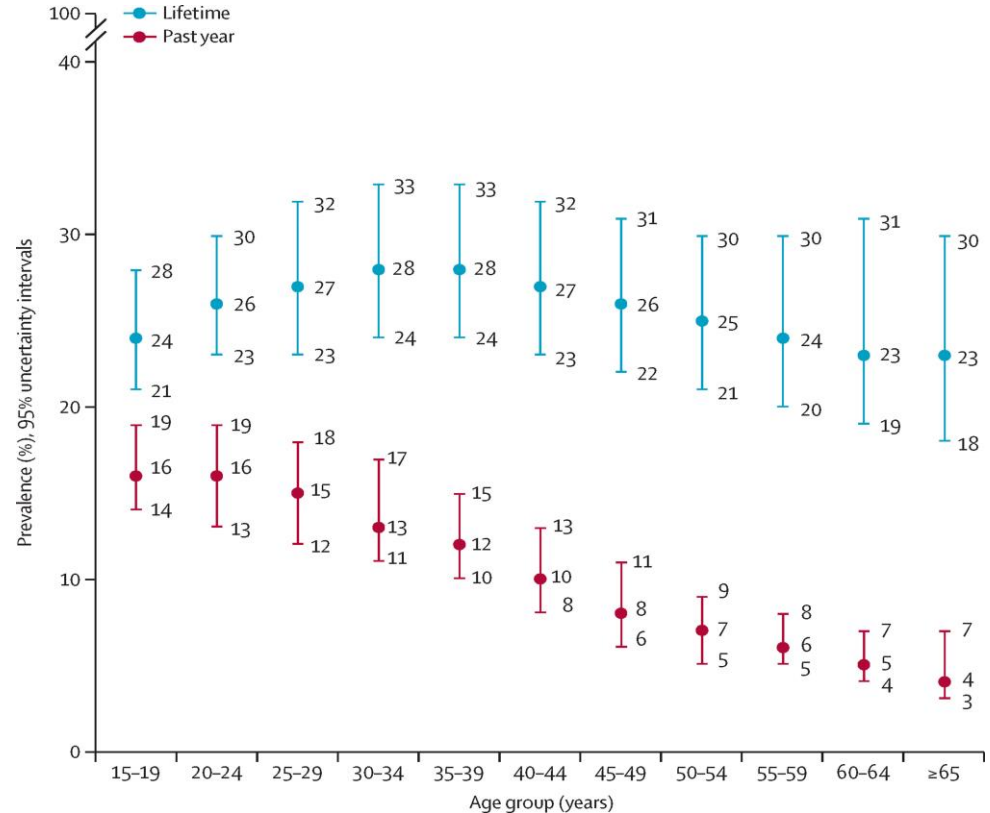


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Background

- Intimate partner violence (IPV) impacts **1 in 3 women globally**.
- Sub-Saharan Africa has among the **highest rates of IPV globally**.
- In Tanzania, **30% of adolescent girls and young women ages 15-24** years report ever experiencing IPV in their lifetime.



Source: Lancet. 2022. Global, regional, and national prevalence estimates of physical or sexual, or both, intimate partner violence against women in 2018.

Background: Foundational Study: MAISHA CRT01 Trial (2019)

- A cluster RCT with 66 established microfinance groups (n=1,049 adult women)
Median participant age was 39
- Intervention arm received the MAISHA gender empowerment curriculum (10-session group facilitated curriculum).
- Participants reported: **significant decrease** in past year **physical IPV** and **attitudes and beliefs** accepting of violence.
- MAISHA Youth goal: adapt MAISHA for younger population.

MAISHA Curriculum Topics

1. Understanding gender
2. Assigned gender roles
3. Healthy and unhealthy relationships
4. Power in relationships
5. Negotiating men's and women's roles
6. Communicating assertively
7. Defining violence
8. Setting personal boundaries
9. Non-violence conflict resolution
10. Empowering change

Source: Kapiga et. al. Lancet. 2019.

Study Aims and Objectives

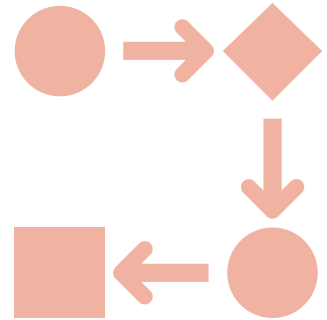
Aim: To understand adolescent and young adult perspectives on gender roles, gender equity, and intimate partner violence to inform the development of the MAISHA-Youth! gender empowerment curriculum to reduce IPV among this young population in Tanzania

Objective 1: Conduct focus group discussions with adolescents and young adults to understand perspectives on gender roles and the relationship with IPV

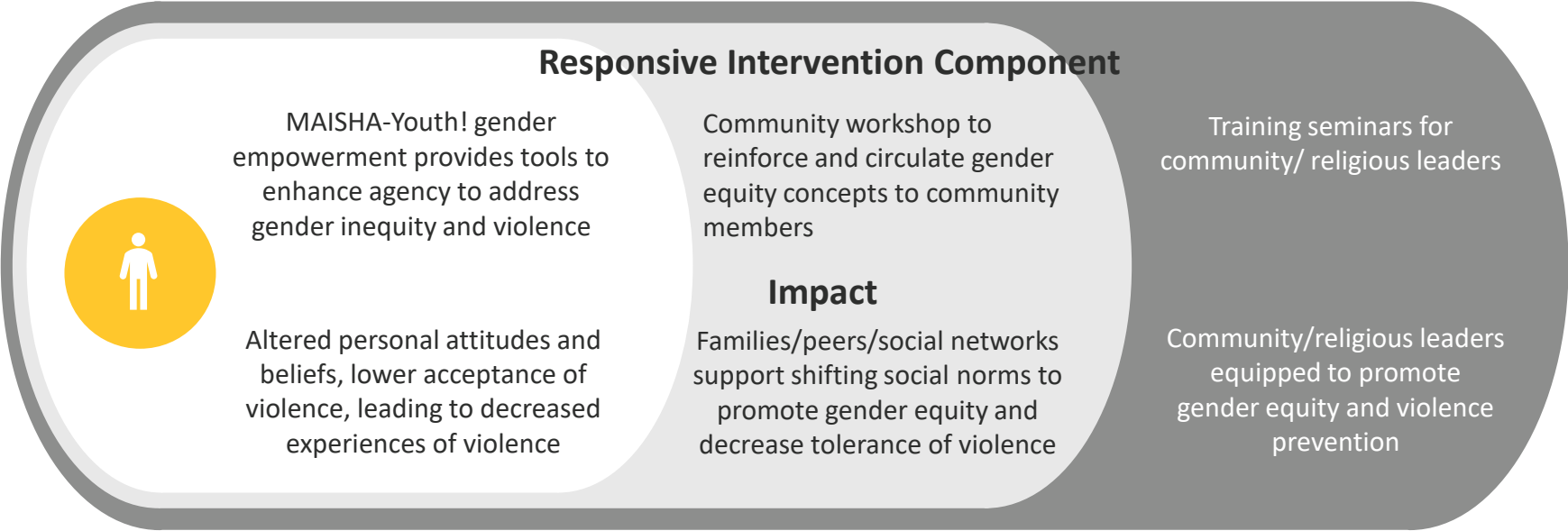
Objective 2: To apply this knowledge to adapt the MAISHA gender empowerment curriculum for male and female adolescents and young adults.

Methods (Objective 1)

- Focus group discussions to explore perspectives on gender roles and IPV among adolescents and young adults ages 14-24.
- Thematic analysis of qualitative data to establish major themes with representative quotes chosen to exemplify each theme.
- Use results of qualitative research to inform development of pilot intervention.



Methods: Social Ecological Model Framework



Results: Qualitative Analyses

We identified 4 major themes and have selected quotes for each theme.

1. Social Acceptance of Traditional Gender Roles

“When the father and mother are in harmony progress comes quickly. There is a need for both parents to work or go 50/50 because progress is made quickly.” [Female YA]

“If I start helping my partner with chores that are considered women’s tasks, the community and family will start complaining secretly.” [Male Ado]

Results: Qualitative Analyses

2. Generational Divide on Support for Gender Equity

“The mindset of the youth has changed, the older generation did things a certain way, you cannot find men from that generation carrying a child on his back but the youth doing that while going to the market with their wives is something normal.” [Male YA]

“The youth now are in the globalization age, you cannot unnecessarily punish a woman, but in the past, any mistake by a woman would result into a beating. The youth now sit down and talk things through.” [Male Ado]

Results: Qualitative Analyses

3. Religious Lens on Gender Equity and Tolerance of Violence

“When it comes to religion, I can say that it brings discrimination and conflict in gender equality. It is written in the Bible...that the woman has no authority to lead at whatever level, even the family level. The woman is termed as weak.” [Male Ado]

“[Regarding] gender equality and the Qur’an, what I have heard is that we women are below the men. He will decide what you should do, he will go out to work and fend for the family and you will not be allowed to do so, meaning you will be limited to being a housewife.” [Female Ado]

Results: Qualitative Analyses

4. Normalization of Violence

[Discussing a man who beats his wife because she did not wash his clothes] “An outsider will agree with that action, citing the woman’s arrogance.” **[Female YA]**

“I personally think physical violence can be tolerated as long as it is not regular... If it happens less often then it can be tolerated.” **[Male YA]**

What we learned from the qualitative study

Social norms drive AYA views on IPV and **older generation** strongly supports traditional gender roles

Interventions need to **include AYA's larger social networks**

Notable **variability** within AYA groups with some still strongly in support of traditional roles and high tolerance of violence

Clear need for **interventions for both genders** which allows for case studies, group discussion, and skill building

AYA eager for **education** on violence prevention and note the influence of religious leaders

Working within **religious institutions** to promote IPV prevention is a starting point

Using the qualitative results

- Research team used qualitative results to develop the MAISHA-Youth! Curriculum. Full intervention consists of 3 components:
 - 1. MAISHA-Youth! gender empowerment curriculum**
 - 2. Abbreviated workshop for parents, family, and community members**
 - 3. Leadership seminar for community and religious leaders**
- Pilot test the MAISHA intervention among 122 adolescents and young adults ages 14-24 of both genders.
- Assessed attitudes and beliefs related to gender equity and tolerance of violence pre/post intervention using validated questionnaires.
- Next Step: Analyze quantitative data from pilot study to understand effectiveness of pilot intervention

Acknowledgements

Mwanza Intervention Trials Unit

Saidi Kapiga

National Institute for Medical Research

Joyce Wamoyi

Weill Cornell Center for Global Health

Jennifer Downs

Alex Cordeiro

Lindsey Reif

London School of Hygiene and Tropical Medicine

Sheila Harvey

Shelley Lees

Thank you! Questions and comments welcome!



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