



# Tanzania

## Partner Organization:

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## Research Site: Moshi, Tanzania

**I** USUALLY enjoy seeing people succeeding ... If for instance, they are doing business and they are successful, I am motivated to do the same.

—Tanzanian girl

## Context and Risk Factors:

**M**OSHI, lying on the southern slopes of Mt. Kilimanjaro (the highest mountain in Africa), is in North-Eastern Tanzania. The Municipality has a population of

144,336 people, with approximately four persons per household. Twenty years ago, Moshi was an industrial centre; but with the implementation of a free-market economy Moshi has lost investments to other regions in Tanzania.

Many industries are in decline and this has created widespread unemployment. Major occupations include: work in coffee, forestry, metal fabrication, recreation, and tourism industries. The per-capita income of the region is lower than the national average. Currently, the HIV/AIDS epidemic is a crisis in Tanzania and has orphaned an estimated two-million children.<sup>1</sup> Stigma and denial around the disease create further challenges for youth. Other key adversities in this setting include: poverty, malnutrition, gender-based practices, low quality of education, and inadequate health and social services.<sup>2</sup>

Many children are being supported by single parents and by grandparents due to divorce, separation, and loss of parents due to HIV/AIDS

**Participants:** Of the 75 youth that participated in the study from Tanzania, 62% (47) were female and 38% (28) were male. The average age of the participants was 15 years with an average grade level of 9. Participants' ages ranged from 11 to 18 and their education levels ranged from grades 7 to 9. The communities of the participants saw the youth as coping well, based on culturally appropriate norms for behavior.

**What does resilience mean in Moshi?** In each site, qualitative interviews, consisting of nine 'catalyst' questions, were conducted with youth considered by the community to be 'coping well with adversity.' In Tanzania, 8 girls, 2 boys, and 2 adults (female) spoke with us about what it means to be resilient in Moshi. Despite poverty, low levels of education, and erratic government support the IRP discovered that young people in Tanzania are empowering themselves to independently raise capital and overcome social stigma. Youth in Tanzania told us for example:

"I usually enjoy seeing people succeeding. This enables me to see them as good examples and in the process I am encouraged to follow their examples. If for instance, they are doing business and they are successful, I am motivated to do the same; and in the process, I may manage to take care of my child instead of depending on my mother. This will enable me to educate my own child, as it was my responsibility to get into this state." (Tanzanian girl)

"I ask the government to assist us in getting employment. The young people have also to be creative and struggle hard to survive, instead of involving themselves in crime." (Tanzanian boy)



## WHAT is the International Resilience Project (IRP)?:

The IRP is a mixed-methods, culturally sensitive approach to understanding how youth around the world effectively cope with the diverse challenges they face. The IRP now has partnerships with researchers and community-based organizations on six continents in over 25 communities. The IRP is currently bringing to a close the first three-year phase of research, in which data was collected with over 1500 children in 14 communities worldwide. Moshi, Tanzania was one of those communities. Youth there told us how they survive and thrive despite turmoil in their lives and the social and political factors that affect their well-being.



### For further information:

For a full discussion of the *International Resilience Project*, please see the accompanying Project Report contained with this package or visit us at our website [www.resilienceproject.org](http://www.resilienceproject.org)

### For copies of this report, please contact:

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# Studying Resilience:

An international team of researchers created the content for the Child and Youth Resilience Measure (CYRM), a 58-item instrument administered across all 14 research-sites. Local research teams also added 15 contextually and culturally specific questions to the CYRM during its administration in their communities. Questions were scored from 1 (do not at all agree) to 5 (agree a lot) by the youth themselves.

## Sample of Tanzania CYRM Mean Scores

(Highest, lowest, and largest variance when compared to overall CYRM mean)

Order	CYRM Question listed by Mean Score	Site mean	Global mean	Variance	Color codes
1	Is getting an education important to you? (CYRM 10)	4.7	4.4	0.3	■
2	Do you think non-prescription drugs and/or alcohol will help you when you have to deal with lots of problems? (CYRM 33)(Reverse scored)	R4.7	3.9	0.8	■
3	Are you proud to be (Nationality: Tanzanian)? (CYRM 53)	4.6	3.9	0.7	■
4	Do you need to cooperate with people around you if you want to succeed? (CYRM 8)	4.6	3.8	0.8	■
5	Do you feel that your parent(s) watch you closely and know a lot about you? (CYRM 20)	4.4	3.4	1.0	■
6	Are religious or spiritual beliefs a source of strength for you? (CYRM 24)	4.3	3.1	1.2	■
7	Does your family have a ritual or routine around mealtimes? (CYRM 19)	4.3	2.9	1.4	■
8	Do you participate in organized religious activities? (CYRM 46)	4.2	2.7	1.5	■
9	Does what you do now influence what will happen later in your life? (CYRM 4)	1.9	3.6	-1.7	■
10	Do your parent(s) respect how you express yourself sexually? (CYRM 27)	1.5	3.3	-1.8	■
11	Do you think having fun and laughing can help solve problems in life? (CYRM 1)	1.5	3.2	-1.7	■
12	Are you comfortable with how you express yourself sexually? (CYRM 18)	1.3	3.3	-2.0	■
<b>Overall Mean across 58 CYRM questions</b>		<b>3.4</b>	<b>3.4</b>	<b>0</b>	

■ Highest Site Scores on CYRM    ■ Largest Variance Below Global Mean (-)  
■ Lowest Site Scores on CYRM    ■ Largest Variance Above Global Mean (+)

## Tanzania CYRM Results:

- Across all 58 measures of the CYRM, Tanzania's mean (3.4 out of a possible 5) was equal to the global sample mean across all sites. Within the Tanzanian sample however, youth placed particular importance (or scored themselves highest) on CYRM statements: 10 'Is getting an education important to you?'; 33 'Do you think non-prescription drugs and/or alcohol will help you when you have to deal with lots of problems?'; 53 'Are you proud to be (Nationality:)?'; and 8 'Do you need to cooperate with people around you if you want to succeed?' It is important to note that CYRM question 33 is reversed scored. A high score indicates that youth **do not** think non-prescription drugs and/or alcohol will help when they have to deal with lots of problems.
- Tanzanian youth gave their lowest scores to questions: 1 'Do you think having fun and laughing can help solve problems in life?'; 18 'Are you comfortable with how you express yourself sexually?'; 27 'Do your parent(s) respect how you express yourself sexually?'; and 4 'Does what you do now influence what will happen later in your life?'
- Tanzanian youth scored higher than the overall global sample on several CYRM questions. When compared to the global sample, Tanzanian youth showed the most **positive variance** (scoring higher than the overall mean for youth globally) on questions: 20 'Do you feel that your parent(s) watch you closely and know a lot about you?'; 24 'Are religious or spiritual beliefs a source of strength for you?'; 19 'Does your family have a ritual or routine around mealtimes?'; and 46 'Do you participate in organized religious activities?'
- When compared to the global sample of youth from all 14 research sites, Tanzanian youth showed the largest **negative variance** (scoring lower than the overall global mean) on questions: 1 'Do you think having fun and laughing can help solve problems in life?'; 18 'Are you comfortable with how you express yourself sexually?'; 27 'Do your parent(s) respect how you express yourself sexually?'; and 4 'Does what you do now influence what will happen later in your life?'

## Tanzania Site Specific Question Mean Scores

Site Specific Questions	Mean/5
8. Do you know ways of protecting yourself for sexually transmitted diseases and HIV/AIDS?	4.3
13. Do you protect your country?	4.1
4. Are you still in school?	4.0
11. Do you utilize your time?	4.0
2. Do you as a child/young person know your responsibility?	3.9
6. Do you educate your fellow friends on the importance of conserving the environment?	3.9
12. Do you think of developing yourself and others?	3.9
5. Do you participate in a community?	3.8
14. Do you understand the effects of drug addiction?	3.8
9. Do you avoid thinking about sex?	3.7
10. Do you think about your future?	3.6
1. Do you as a child/young person know your rights?	3.0
7: Are you aware of gender inequality?	2.6
15: Are you aware of reproductive health education?	2.4
3: Are you involved in a business?	1.5

Tanzanian youth scored a mean of 3.55 across all site-specific questions, which was slightly higher than their mean score of 3.4 on the 58 globally administered CYRM questions.

## Understanding the Results "Ecologically":

The IRP team reached a consensus that the 58 global CYRM questions could be separated into four unique and important aspects of resilience including: *individual traits and characteristics, relationship factors, community contexts, and social and political aspects of culture*. Of the 58 CYRM questions, 23 related to individual traits and characteristics, 7 related to relationship factors, 15 to community contexts, and 12 related to aspects of Culture. Focus on these four areas of resilience shows us which aspects are most relevant to children's success in difficult contexts. One can see from the chart below which aspects of resilience are more or less important to Tanzanian youth when compared to youth across all 14 research-sites.

## Four-part Ecological Model:

Gender Comparison of Tanzanian Site Means with Overall Sample Means (All Sites)

Ecological Model (Aspects of Resilience)	Site	Global	Girls		Boys	
			Tanzania	Global	Tanzania	Global
Individual Aspects	3.1	3.4	3.4	3.4	3.2	3.4
Relationship Aspects	3.5	3.4	3.3	3.5	3.7	3.3
Community Aspects	3.6	3.6	3.7	3.6	3.6	3.5
Culture Aspects	3.5	3.3	3.0	3.3	3.4	3.3

## Endnotes

- At a glance: United Republic of Tanzania. Unicef, Retrieved November 3, 2005 from Unicef Website: <http://www.unicef.org/infobycountry/tanzania.html>
- Risk factors and context information provided by Project Children's Rights Trust, Tanzania