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The Devastating Effects of Gender-based Violence on Household Well-being: A Case Study from Kinondoni Municipal, Tanzania

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*Gender,
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Based Violence.*

The study assessed the effects of gender-based violence towards household well-being in Kinondoni Municipal in Tanzania. The study employed a survey design whereas a qualitative approach was employed though the study was conducted based on subjective reality testing. Primary data were employed in the process of knowledge generation. Facts were collected from the subjects of the situation and the key informants from the respective entities engaged in gender-based violence (GBV) from the sample of 120 participants. The study was conducted in Kinondoni Municipal and data were gathered using questionnaires and in-depth interviews. The collected results from the field using questionnaires were computed in SPSS software whereas descriptive statistics were generated to present the results. Results gathered through interviews were analyzed using content analysis techniques which were narratively presented with themes to complement the results. Findings indicated that gender-based violence indeed constitutes negative effects alone on the households' well-being since in the end it fosters destructions, enmity and hatred among the actors that may culminate into other negative results once the situation is not worked to be resolved. The implication of the results is that gender-based violence is indeed a destructive practice that is not the behaviour that is encouraged to escalate for the well-being of the families. Therefore, it is recommended that measures towards addressing the cultural aspects by the government and non-state actors should be encouraged to ensure that emancipation positively occurs.

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INTRODUCTION

Gender-based violence is usually used to highlight how systemic disparity between males and females which exists in every society in the world- acts as a unifying and foundational characteristic of most forms of violence perpetrated against women and girls. GBV always has gender inequity as its core cause (WHO, 2022). The United Nations defines gender-based violence as any act that "results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or in private life (WHO, 2023). Gender-based violence (GBV) is a worldwide phenomenon.

Globally 243 million women and girls ages 15-29 have been subjected to sexual and/or physical violence perpetrated by an intimate partner in the previous 12 months. Almost 18 per cent of women and girls aged 15 to 49 years who have ever been in a relationship have experienced physical or sexual violence by an intimate partner in the previous 12 months. 30 per cent of women and girls aged 15 to 49 years have experienced violence by a partner experienced during their lifetime. One in three women is involved in either intimate partner violence or non-partner sexual violence during their lifetime (WHO, 2021). Gender-based violence encompasses a wide range of issues, including child marriage, early pregnancy, human trafficking, female genital mutilation (FGM), and various forms of domestic abuse such as physical, sexual, and emotional violence, as well as sexual violence employed as a tactic in warfare (UNFPA, 2023).

The Asian Pacific Institute on Gender-Based Violence explores the different forms and expressions of gender-based violence in Asian and Pacific Islander communities. These forms encompass sexual abuse, forced marriages, elder abuse, abusive international marriages, domestic violence, and issues related to HIV/AIDS. Victims of gender-based violence often experience various challenges, such as emotional and physical trauma, loss of income, and increased medical costs. Additionally, the broader societal impact includes heightened pressure on social and healthcare systems, reduced productivity, and consequently, a decrease in economic growth. (Amoakohene, 2015). Victims of gender-based violence are often depicted as vulnerable and distressed. Research from various Asian countries indicates that 30 to 40 percent of women face sexual harassment in the workplace (UNESCO, 2021).

Gender-based violence (GBV) remains a significant issue in Asia and the Pacific. In Bangladesh, an alarming 72.6% of married women have experienced physical or sexual abuse from their spouses, according to UNFPA (2024). Economic abuse is also common, with 16% of urban men admitting to committing violence for financial purposes (ADB, 2021). Indonesia faces similar challenges, with over 16,000 cases of violence against women reported in the first nine months of 2023 alone (Susanti, 2023). Young women, those in informal marriages, and women with abusive or unemployed partners are particularly vulnerable. In 2022, women and girls in Syria continued to endure intimate partner violence and early or forced

marriages, with experts observing an increase in reports and disclosures of such incidents.

Additionally, adolescent girls and young women are increasingly subjected to sexual exploitation, harassment, and sextortion—forms of gender-based violence that are often facilitated by technology. The issue of femicide remains critical, particularly in certain governorates (UNHCR, 2022). The ongoing impact of gender-based violence (GBV) on women and girls in Syria is severe, posing significant threats to their socioeconomic status, mental health, and physical well-being. The rates of suicide among women and girls are alarmingly high, frequently linked to the stigma associated with sexual violence, intimate partner violence (IPV), domestic family violence (DFV), and child or forced marriages (CFM). Moreover, some women and girls face further violence in retaliation for seeking help, defying marital expectations, or allegedly bringing shame to their families (UNFPA, 2023).

In Africa, gender-based violence (GBV) within households remains a widespread issue, driven by various internal and external factors. In Sub-Saharan Africa, GBV manifests in multiple forms, including forced marriages of young girls, human trafficking, female genital mutilation (FGM), male rape, violence against LGBTI individuals, verbal abuse, and legal or regulatory measures that disproportionately limit the rights and access to services for women and girls compared to men (Cantalupo, 2020). In Sudan, around 6.7 million people are vulnerable to GBV, with displaced women and girls, refugees, and migrants being particularly at risk. UNFPA has highlighted the compounded threat that women face from GBV, displacement, and mortality (UNFPA, 2024).

In Ethiopia, violence against women, girls, and boys is a significant public health issue. The 2019 Ethiopian Demographic and Health Survey (EDHS) revealed that 10% of women aged 15 to 49 had experienced sexual assault, while 7% had suffered physical abuse. Among these women, 10% reported

incidents of physical violence (WHO, 2023). A recent survey in South Sudan found that an overwhelming 65% of women had encountered sexual and/or intimate relationship violence, a figure that is double the global average (Social Development Directors, 2020). Gender-based violence (GBV) remains a critical and pervasive issue in South Africa, where approximately 50% of women have reported experiencing emotional or economic abuse by an intimate partner at some point in their lives (UNWOMEN, 2023).

In several African countries, including Mozambique, the Democratic Republic of the Congo (DRC), Zambia, Zimbabwe, Uganda, Kenya, and Lesotho, around 20% of individuals aged 15 to 24 have disclosed experiencing sexual violence from an intimate partner (WHO, 2022). The DRC, Mozambique, Uganda, and Zimbabwe, particularly as post-conflict nations, report some of the highest rates of sexual violence against early adolescents, defined as those aged 15 and under. The barriers of fear, stigma, discrimination, and insufficient resources prevent more than 90% of teenage girls aged 15 to 19 who have been coerced into sexual relationships from seeking professional help (UNFPA, 2024).

Zambia has one of the highest global rates of sexual violence and GBV, with 43% of girls and women aged 15 to 49 having experienced some form of sexual violence (WHO, 2021). The prevalence of GBV cases in Zambia has been on the rise, with reported cases increasing from 22,073 in 2018 to 25,121 in 2019, marking a 14% rise (GRZ, 2023). In 2020, the trend continued with a total of 26,370 cases reported, a 5% increase from the previous year. In the fourth quarter of 2022, Zambia reported 10,241 GBV cases, up from 7,920 cases during the same period in 2021, an increase of 2,321 cases (GRZ, 2023). Within the DRC, 39% of women have reported being threatened or harmed, while up to 52% have experienced domestic violence, and 27% are subjected to harmful practices. These high levels of discrimination and GBV severely restrict

Congolese women's access to economic opportunities and their ability to achieve self-determination (UNWA, 2023).

Gender-based violence (GBV) remains a significant and pervasive issue in Tanzania, with women frequently subjected to various forms of abuse, including intimate partner violence and sexual assault. This has detrimental effects on their physical and mental well-being, as well as their overall quality of life (WHO, 2021). In Tanzanian secondary schools, GBV continues to infringe upon the social and educational rights of students, with a substantial number of cases reported. Studies indicate that nearly one in three girls and one in seven boys will experience sexual violence before reaching the age of eighteen (URT et al., 2016; HakiElimu, 2020). Furthermore, physical violence affects 72% of girls and 71% of boys, while emotional violence impacts approximately 29% of both genders (URT et al., 2016). Additionally, data from URT (2021) reveals that 45% of women aged 15 to 49 have experienced physical violence, and 22% to 25% have faced sexual violence.

Another study highlights that 27% of single women have been physically abused by either a teacher or a family member since the age of 15. Given the profound effects of GBV on individuals, families, and society as a whole, research into its impacts in Tanzania is essential. Understanding how GBV uniquely affects women's health in the country, and identifying potential interventions, is crucial for addressing this ongoing issue and improving the well-being of Tanzanian women (UNDP, 2020). Despite some progress in promoting gender equality, GBV remains a pressing human rights concern globally, affecting one in three women and girls regardless of their background (Concern Worldwide, 2021).

Statement of the Problem

Gender-based violence (GBV) is a pervasive issue in Tanzania, with Kinondoni Municipality being no exception. Despite efforts to address GBV, it

remains a significant challenge that adversely affects the well-being of households. GBV not only inflicts physical and psychological harm on victims but also disrupts the social and economic fabric of families, leading to long-term negative consequences (USAID, 2021). The high prevalence of GBV in Kinondoni Municipality, as reflected in national and regional statistics, raises concerns about its impact on household dynamics, including economic stability, mental health, and overall quality of life. However, while the general impacts of GBV are well-documented, there is a lack of specific studies focusing on how these impacts manifest within households in this urban setting, particularly in terms of economic productivity, family relationships, and children's well-being (URT, 1996).

The problem is further compounded by the fact that existing interventions and policies may not fully address the unique needs of households in Kinondoni Municipality. Despite the recognition of GBV as a serious human rights issue, the contextual factors specific to Kinondoni—such as urban poverty, cultural norms, and access to social services—remain underexplored in the literature. This gap hinders the development of effective, localized strategies to mitigate the impacts of GBV on household well-being. Therefore, there was a pressing need for research that not only examines the prevalence and forms of GBV in Kinondoni Municipality but also explores its multifaceted impacts on households, thereby informing more targeted and contextually appropriate interventions.

Significance of the Study

Understanding the multifaceted effects of gender-based violence (GBV) on households is crucial for developing effective prevention and intervention strategies. This study contributes significantly to filling the knowledge gap on the specific consequences of GBV within households in Kinondoni Municipality. By examining the physical, psychological, economic, and social repercussions, this research provides valuable

insights into the complex dynamics of GBV and its far-reaching effects on individuals, families, and communities.

This study's findings guide the creation of tailored interventions to meet the distinct needs of households impacted by gender-based violence (GBV). The overarching goal of this research is to enhance the well-being and resilience of households in Kinondoni Municipality.

Scope of the Study

The study was conducted in Kinondoni Municipality and involved different stakeholders with knowledge about gender-based violence. The Tanzanian region of Dar es Salaam has five districts, including Kinondoni Municipal Council. The district is bounded to the east by the Indian Ocean, to the west by Ubungo District, to the south by Ilala District, and to the north by Bagamoyo District and Kibaha of Pwani Region. The district is 269.5 km² (104.1 sq mi) in size (Kinondoni Municipal Council, 2018).

LITERATURE REVIEW

Definition of Key Terms

Gender

Gender is a concept shaped by society, encompassing the roles, behaviours, expressions, and identities tied to being female, male, or gender diverse. It is moulded by historical, social, and cultural factors and varies significantly across different cultures (WHO, 2023). Gender, as a learned and enacted characteristic, influences how individuals perceive themselves, experience life, and access opportunities (Connell, 2005).

Violence

Violence can be understood as the deliberate or accidental exertion of power—whether physical or psychological directed toward an individual, oneself, a group, a community, or even a government, either as a threat or in reality (UNDRR,

2021). According to the WHO, violence involves "the intentional application of physical force or power, whether threatened or actual, against oneself, another individual, or a group or community, with a high probability of resulting in injury, death, psychological harm, impaired development, or deprivation" (WHO, 2022).

Gender-based Violence

Gender-based violence (GBV) encompasses various forms of abuse inflicted against an individual's consent, originating from a framework of power imbalances between genders (IRC, 2023). This term covers numerous harmful actions, which can occur in both private and public spheres, including physical, sexual, psychological, and financial abuse. In fact, the term "gender-based violence" is often used interchangeably with the term "violence against women." The term is also used to point to the dimensions within which violence against women takes place: women's subordinate status (both economic and social) makes them more vulnerable to violence and "contribute to an environment that accepts, excuses, and even expects violence against women". In this study, we consider only women GBV has a greater impact on women and girls, as they are most often the survivors and suffer greater physical damage than men when victimized (WHO, 2005).

Theoretical Literature Review

The social learning theory was applied in this study to elucidate the nature and perpetuation of gender-based violence.

The Social Learning Theory

Social Learning Theory (SLT), developed by Albert Bandura in 1977, suggests that individuals primarily learn behaviours through the observation and imitation of others. Bandura emphasized that learning occurs by watching and emulating the actions of others, such as parents, teachers, or peers. This theory underscores the significance of social context and role models in shaping behaviour, as

individuals tend to replicate the actions they observe, with the likelihood of repetition being influenced by the outcomes experienced by both the model and the observer.

The essence of Social Learning Theory is that knowledge is acquired through observation, imitation, and modelling. Bandura's approach integrates elements of behaviourism and cognition, demonstrating through research that children learn by observing and imitating others. His studies revealed that children often replicate behaviours they see in others, particularly those who are perceived as role models. According to this theory, new behaviours are adopted by watching and imitating others, especially influential figures. The theory also explains how behaviours and norms, such as gender roles, are transmitted across generations within a cultural context (Othman et al., 2012).

This theory is relevant to my study as it illustrates how individuals may learn about and potentially perpetuate gender-based violence by observing similar behaviours in their environment. It can help understand and trace the factors influencing gender-based violence in households. The strength of Social Learning Theory lies in its ability to explain the acquisition of complex behaviours through observation and imitation, highlighting the roles of environmental factors, cognitive processes, and personal agency. However, it is important to note that not all behaviours can be learned through these methods alone, as other factors may also influence learning.

Empirical Literature Review

Mary (2019) conducted a study on "Gender-Based Violence and Psychological Well-being of Women" in Kigulu North Constituency, Uganda. The study used a non-experimental research design in order to enable the investigator to come up with solutions to the problems in various stages of the research. The study found that a significant proportion of respondents (36%) identified high psychological

impacts of gender-based violence. They cited examples such as rejection, ostracism, social stigma at the community level, and diminished participation in socio-economic activities. In contrast, 8% of respondents reported death, injuries, and disability as secondary effects, attributing these to physical violence. Additionally, 17% noted that gender-based violence contributes to low economic growth within societies and communities. Other effects mentioned by 14% of respondents included divorce, while 11% pointed to social stigma and reduced socio-economic participation as notable impacts of gender-based violence.

Wanjiru (2021) conducted a study on the "Causes and Effects of Gender-Based Violence" in Masuliita Sub-County. The research methodology employed in these studies utilizes qualitative methods, building upon findings from prior work. These studies highlight several severe consequences of gender-based violence, including homicide, suicide, maternal and infant mortality, and increased susceptibility to diseases such as HIV/AIDS. Victims of gender-based violence may also experience reproductive issues, such as miscarriages, unwanted pregnancies, unsafe abortions, sexually transmitted infections (including HIV/AIDS), menstrual irregularities, pregnancy-related complications, gynaecological problems, and sexual dysfunctions.

Additionally, gender-based violence can lead to emotional and psychological impacts, including post-traumatic stress, depression, anger, anxiety, fear, shame, self-hatred, self-blame, mental health disorders, and suicidal thoughts or actions. Social and economic repercussions for victims may include victim-blaming, loss of societal roles or functions, social stigma, rejection, isolation, feminization of poverty, increased gender inequality, loss of livelihood, economic dependency, and legal consequences such as arrest or detention.

Magombola and Shimba (2021) conducted a study on the "factors influencing intimate partner violence

among women" in the Meru, Karatu, and Monduli District Councils." The study employed a mixed research methodology, integrating both quantitative and qualitative approaches. Quantitative data were gathered through surveys, while qualitative data were obtained via focus group discussions and in-depth interviews. The researchers found that 46% of respondents in Meru, Karatu, and Monduli District Councils experienced physical effects due to gender-based violence, including physical injuries, fatigue, sexually transmitted diseases, unintended pregnancies, urinary tract infections, and abortions. Mental health consequences were equally severe, with high rates of extreme sadness, depression, and lack of sleep reported. Socially, victims faced stigma, isolation, legal issues, food insecurity, and unemployment.

The empirical reviews consistently reveal that gender-based violence (GBV) has deep and multifaceted impacts on women across various regions, showing in psychological, physical, social, and economic domains. Studies in Uganda, Kenya, and Tanzania reveal a convergence of findings: GBV leads to significant psychological distress, including stigma, rejection, depression, and suicidal ideation; severe physical consequences such as injuries, disabilities, and reproductive health issues; and detrimental social and economic outcomes, encompassing isolation, poverty, and diminished participation in society. These findings highlight the pervasive and devastating nature of GBV, highlighting the urgent need for comprehensive interventions that address the complex interplay of its effects and support the holistic well-being of survivors.

RESEARCH METHODOLOGY

Research Philosophy

Pragmatism is a research philosophy that emphasizes the practical application of ideas and the consequences of actions as the primary criteria for determining meaning and truth (Creswell, 2011). This study used phenomenology research

philosophy because it provides the flexibility needed to address the complex and multifaceted nature of gender-based violence (GBV) and its impact on households' well-being. The choice of philosophy was attributed to the fact that the study employed the use of a qualitative approach in the process of knowledge generation and that the reality under study was subjective in the use of research questions guided the study respectively.

Research Approach

The study employed a qualitative approach since it is the method in research undertaking that seeks to describe the phenomenon under study subjectively (Creswell, 2011). This is essential for the conduct of the study because the process of knowledge generation for the study seeks to envisage the why and how regarding the phenomenon under study and the focus was to test the subjective reality through the response towards the research questions. This is the opposite of the quantitative approach since it seeks to envisage the what, when or where regarding the phenomenon under study.

Research Design

Research design is a process that allows the researcher to have an understanding of the significance of the research and the steps that are involved (Creswell, 2018). Research design is an appropriate blueprint that guides the process of knowledge generation that guides the study respectively. Since that is the case, exploratory design was employed in the knowledge generation process because the study specifically seeks to investigate the phenomenon under study from the unknown pattern to the known pattern. This assures success in the process of knowledge generation.

Study Area

The choice of Kinondoni Municipal Council for this study was largely based on its significant population size, which suggests a potentially elevated risk of encountering gender-based violence compared to other municipal councils. According to the 2022

Census, Ilala has 23,787 residents, Kigamboni has 317,902, and Ubungu has 1, 086, 912. The total population of Kinondoni is 982,328 (Census, 2022) also involves different tribes with different cultures, which can sometimes influence the issues of gender-based violence. Another factor that influences the researcher to select this area is the large number of stakeholders (for example TAMWA.) that are dealing with the problem of gender-based violence from the household level to the national level.

For example, Through the use of the media, TAMWA has been successful over the past 20 years in raising awareness of and encouraging action on, issues linked to gender-based violence, including rape, FGM, early pregnancies, wife abuse, and the murdering of elderly women owing to witchcraft beliefs (Timbuka, 2018). Kinondoni Municipal Council is among the biggest municipal councils in Tanzania and has a large population that can represent the community. As a result, data collection was more accessible to individuals affected by gender-based violence. The focus of the study was on girls and women who have experienced gender-based violence within the Kinondoni Municipal Council.

Sample and Sample Size

Sample

David (2009) describes a sample as the chosen items, units, or elements from which the researcher drew conclusions. In this study, consideration was on respondents from the selected area of study, which was Kinondoni Municipal Council. The target sample was those who had general knowledge concerning gender-based violence and those who were suffering from this problem at the household level.

Population

a population refers to the entire group of individuals, objects, or measurements that share a common characteristic of interest to the researcher

(Creswell, 2018). This can be further categorized by sex, age group, or other demographic factors (WHO, 2022). The target population for this study was 982,328, as reported in the 2022 Tanzania Population and Housing Census (National Bureau of Statistics [NBS], 2022)

Sample Size

Kothari (2019) describes sample size as 'the total number of items chosen from a population to form a sample'. The 982,328-person total population was used to determine the sample size for this study, which included 120 responders from the chosen sample. The sample size determination formula that was used is described as follows;

$$n = \frac{N}{1 + N(e)^2}$$

Whereby,

n= Sample size

N= Population size

e= Sample error, which is 0.05

Therefore,

Then,

$$n = \frac{982,328}{1 + 982,328 * 0.05 * 2}$$

$$n = \frac{982,328}{1 + 98,232.8} = 399.9$$

$$1 + 2455.82$$

$$n = 400$$

By using the reduction method of 30% whereby the sample size was 120 from

$$400 * 30 / 100 = 120$$

The sample size includes 120 respondents

The sample size basically includes 120 participants in total with 71 skilled practitioners and 45 ordinary

ones with limited skills and understanding pertaining to the level of formal education attainment; and 4 key informants for in-depth information generation.

Sampling Techniques

Sampling techniques refer to the methods employed by researchers to select participants, locations, or items for study (Kombo & Tromp, 2006). Sampling techniques are methods used to select a subset of a population for study. This is crucial when studying large populations due to limitations like time, budget, and accessibility. The study employed both probability and non-probability sampling methods to gather data from survivors of gender-based violence, key informants, and specific population segments. This approach aims to increase the efficiency and effectiveness of the study by collecting representative data that can be used to draw generalizable conclusions.

Simple Random Sampling.

Simple random sampling was used in this study. This method ensures every member of the population (households in Kinondoni) has an equal chance of being selected. A list of all households was created, each assigned a unique number. 120 households were then randomly selected using a random number generator. This ensured a representative sample and increased the generalizability of the findings.

Purposive Sampling

Purposive sampling was used in this study. This method involves selecting participants based on specific criteria relevant to the research study. The study aimed to gather insights from various stakeholders, including municipal officials, representatives from TNGP and TAMWA and experts such as gender-based violence desk officers and social workers. Twenty (20) respondents were purposively selected to collect relevant data concerning gender-based violence. Interviews were

conducted with these individuals and those who have experienced gender-based violence.

Data Collection Tools

Questionnaires

According to Goode (1980), a questionnaire is a tool designed to collect responses to questions through a form that respondents complete. It can also be understood as a collection of questions sent by mail or delivered in person to individuals selected for a survey or list. With this method, written questions were asked, and respondents had to write their own responses without assistance from the researchers. The study therefore employed the use of an open-ended questionnaire since it aimed to gather results that were subjective specifically to generate subjective or qualitative results.

Interview

Young (1983) described an interview as a structured approach where one person delves into the inner experiences of another individual, who is typically a relative stranger. Given its adaptability in questioning, this study incorporated unstructured interviews as well. This type of interview was used by the researcher because it provides opportunities for discussion between the researcher and respondents, provides ample information, and can be modified or adapted to accommodate the respondents' understanding, intellect, or beliefs. The interviews involved key informants who were social workers, gender desk officers, community leaders and counsellors. Eleven (11) participants were interviewed to gain a deeper understanding of individual experiences and perspectives on the effects of gender-based violence on household well-being.

Focus Group Discussion

A focus group discussion involves bringing together individuals with similar backgrounds or experiences to explore a particular topic. This qualitative research method seeks to gather participants'

perspectives, attitudes, beliefs, and opinions through guided dialogue (Creswell, 2013). Focus group discussions were employed in this study to delve into the nuanced perspectives and shared experiences of women regarding the research topic.

This qualitative approach allows for the exploration of underlying motivations, attitudes, and beliefs that may not be captured through quantitative methods. By facilitating group interaction, focus groups encourage participants to elaborate on their thoughts, challenge assumptions, and generate new insights. A Focus Group Discussion (FGD) addressing gender-based violence generally includes participants who share common experiences or attributes, such as women, men, youth, and community leaders. The ideal group size for an FGD was between 6 to 10 participants to allow for open dialogue and diverse perspectives while maintaining manageable group dynamics. Three focus groups, each with six (6) participants (totalling eighteen (18)), were conducted to gather knowledge about gender-based violence and its effects on household well-being.

Documentary Review

Document review involves collecting data through the examination of pre-existing documents. This research method entails systematically gathering, evaluating, and analyzing documents to obtain information and insights on a particular subject. It's a form of secondary research, relying on data that has already been collected and recorded. (Malcolm, 2019). Documentary review was employed in this study to provide a full historical and contextual understanding of the research topic. By examining relevant documents such as policies, reports, news articles; and this can be explored from academic databases like JSTOR, Google Scholar, university's library. Government websites, documents from the government offices of Kinondoni municipality and reputable online archives aim to identify patterns, trends, and gaps in knowledge over time.

Data Analysis

Data analysis involves the methodical use of statistical or logical techniques to summarize, interpret, and assess data (Gelman, 2013). The study used both qualitative and quantitative data analysis in order to increase the efficiency and effectiveness of the study. Qualitative data analysis focuses on uncovering hidden meanings in non-numerical data like interviews and open-ended responses (Silverman, 2013). Qualitative data were analyzed using thematic analysis. The analysis commenced with the transcription of the data, followed by the identification and coding of key themes related to the impact of gender-based violence on household well-being. These themes were subsequently organized into broader categories.

The analysis concluded with an interpretation of the findings to address the research questions. Apart from qualitative data analysis, there was the use of quantitative data analysis because quantitative focuses on numerical data to identify patterns, trends, and relationships. It involves statistical methods to measure, count, and compare data points, generating objective insights. The quantitative data was examined with statistical software to perform both descriptive and inferential analyses. This process involved exploring the relationships between variables to evaluate how gender-based violence impacts household well-being. Collected data were entered by using SPSS Version 16 for the Windows program before its respective analysis. The findings were presented by using frequencies, tables and figures.

FINDINGS AND DISCUSSIONS

Respondents Profile

The respondent profile, detailed in the table below, reflects a 100% response rate from the 71 distributed questionnaires. This complete participation ensures that the gathered demographic data is fully representative of the intended sample, providing a solid foundation for the subsequent analysis and conclusions. On that note, the profile

of the respondents consists of the facts that were gathered by means of the questionnaires through the demographic information of the respondents.

Therefore, the findings are clearly illustrated in the table below.

Table 1: Profile of the Respondents

Variables	Frequencies	Percentages
Sex		
Male	0	0
Female	71	100
Total	71	100
Age		
21-35	20	28.2
36-50	38	53.5
50+	13	18.3
Total	71	100
Education Level		
Master's Degree and Above	30	42.3
First Degree	27	38
Diploma	7	9.9
Certificate	7	9.9
Total	71	100

Source: Field Data, 2024

The study findings indicate the outcome on the profile of the respondents that the age of the respondents selected for the study, 28.2% of the participants were aged between 21-35 years old, while 53.5% of the respondents were aged between 36-50 years old and 18.3% were aged 50 years old and above. This implies that individuals experiencing gender-based violence comprise different age groups as adults with some being young adults, others mid-aged adults and some aged adults. The assertion is supported by the views shared by Johnson (2020) found that gender-based violence is experienced by individuals most being adults in intimate affairs whether married or unmarried but living with sexual partners comprising of different age groups as adults. In some instances and societies some individuals especially women experience gender-based violence (GBV) while being under 18 years of age with most being considered minors in several jurisdictions.

Regarding the level of education of the respondents, the findings revealed that 38% had a bachelor's education, while 42.3% had postgraduate

qualifications namely a master's degree, doctorate and postgraduate diploma; 9.9% of the respondents had certificate education and finally, 9.9% of the participants had diploma qualification. The implication of the findings is that individuals encountering gender-based violence in Tanzania and everywhere in the globe constitute individuals with varying levels of formal education that are highly educated, least educated and non-educated formally. The statement is connected with Muzavazi *et al* (2022) suggesting that gender-based violence (GBV) is experienced by individuals with different levels of formal education including those highly educated, those least educated and those non-educated.

Regarding the sex of the respondents, the findings indicate that only females were the respondents. This implies that victims or subjects in gender-based violence (GBV) in Tanzania are women since they openly speak and reveal the incidents though there are perceived cases of men experiencing the situation but they are not open. The statement is connected with Mary (2019) states that in gender-based violence (GBV) in most cases, women are the

victims since the cases reported comprise women in most accounts making them to be perceived as the ones suffering from the situation.

Presentation of Findings

Effects of Gender-based Violence on Households' Well-being in Kinondoni Municipal

The study findings revealed the effects of gender-based violence on households' well-being in Kinondoni Municipality. The effects include family disintegration, Vendetta, and defects in children that table illustrates the outcome as follows.

Table 2: Effects of Gender-based Violence (GBV)

Effects	Frequency	Percent
Family disintegration	32	45.1
Enmity	28	39.4
Vendetta	9	12.7
Defects to children	2	2.8
Total	71	100.0

Source: Field Data, 2024

Family Disintegration

The study findings revealed the effects of gender-based violence (GBV) on household well-being in Kinondoni Municipality using the sample sizes selected for the study. The disintegration of the families was one of the effects of GBV. This implies the absence of peace and harmony in the household as well as the presence of deterioration in the relationships. This in turn is likely to lead to the breakup of the families through separations and divorce that affect the well-being. In the study area it was explicit and made clear by one of the members of FGD;

"The violence has caused me to run away from the family and the man and in fact, at certain times I had to leave my children and work away which I never went back. The good thing was that the children also followed me to my parents' house and refused to stay with their father. My husband later tried to reconcile but I have never been ready and willing to back to him". (FGD: 11/09/2024)

Enmity between Actors

Gender-based violence (GBV) may lead to enmity between actors in the relationship as being spouses and sometimes family members. This is attributed to the fact that as the tensions escalate and start to come out family members in most cases tend to be sympathetic to their loved ones, especially their children. Once the information fed to them is hostile to the spouse whether they are true or false tensions and hatred usually develop to the extent that some may result in the possibility of dangerous encounters. The statement is supported by one respondent in the FGD that;

"I do not wish to go back together in a relationship with my ex-husband not ever. It is better to go and burn in hell instead of going back and live with him". (FGD: 10/09/2024)

Vendetta and Hatred

Despite that, gender-based violence (GBV) may lead to the development of personal vendetta against the perceived spouses responsible which may sometimes result in harm. This is the case because some family members of either the bride or the groom may decide to avenge their relative in different ways that cause other harm and distress to

the other person. This may lead to several occurrences such as physical attacks and termination of employment especially when one works with the in-laws and others. The statement is supported by the views shared with one of the respondents in the group discussion;

“There was a friend of mine I once knew but now I heard she got married and I do not know her whereabouts but she once lived with a guy I knew to the extent that they had a child together. The man behaved badly and started abusing her to the extent my friend decided to leave him. However, the man colluded with one of her relatives and falsely testified against her sister making her lose the custody of her child”. (FGD: 11/09/2024)

Children Well-Being

Furthermore, gender-based violence (GBV) affects the well-being of the children in the family as a result of family disintegration they may be growing without the happiness of the parents which affects them as they grow and sometimes the type of people they may become later. This is the case because some may be good provided that they get other good people and groom them well. Others become hostile especially girls who have witnessed their mothers being abused without being guilty and they tend to be very aggressive and hatred pattern towards men to the extent that it affects them later that most become difficult to be mothers and wives. Some reached the point of deciding to become single mothers. The statement is supported by one respondent in the FGD that;

“I have seen my mother beaten and humiliated by my father as a result of excessive drinking to the extent that she could be dragged naked out of their room at night and forced to sleep with us. Thanks to that later, our mother left with us and my father went broke after being dismissed from his job. He tried to reconcile with our mother but we refused and we even forbid him to come to our home. As far as I am concerned

a man cannot harass me in any way, I can do anything to him. Whether I get married or not is not important the fact that I have a child and raise him on my own is okay”. (FGD: 10/09/2024)

Key informants on the other hand described several effects that have been associated with gender-based violence that are described as follows.

Negative Outcomes

Gender-based violence constitutes negative consequences on household well-being because families tend to fall apart to the extent that it has been difficult to restore them among many. The few which could be managed to be restored may either survive for some time and disintegrate or remain but under certain terms and conditions which in reality, the love and harmony could not be the same among many. This affects the well-being and stability of the family on all counts. The statement is supported by the key informant's views;

“Gender-based violence indeed destroys families since the pain the victims encounter once they get the opportunity to start another life they never wish to go back anymore to their previous spouses. This results in the families encountering destruction and despair”. (Key informant: 12/09/2024)

Hatred

Also, gender-based violence tends to foster hatred among family members in the process of protecting and sympathizing with their loved ones. This is the case because once family members learn about the behaviour, especially the victims' family tend to be hostile with their in-laws and sometimes the entire family and the relations may be affected. Once the situation reaches the court of law each side in most accounts tends to protect and support their loved ones which automatically fosters hatred. The statement is supported by the informant's views that;

“In the situation of knowledge towards gender-based violence family of the woman that has been the victim tends to be hostile and may develop hatred on the other family. As the dispute is taken to court and the possibility of one losing everything is seen then the means to protect the children by both families escalate tensions between them and that leads to hatred”. (Interview: 12/09/2024).

Discussions of the Findings

Apart from that, with the effects of gender-based violence, the implication of the findings is that the situation has negative effects towards household well-being alone. The statement is connected with Hinduja and Singh (2018) suggesting that gender-based violence (GBV) usually has negative implications on households since children tend to be the victims of the situation as they encounter difficulties as a result of the family disintegration. Also, the situation tends to foster hostility between subjects and sometimes families in the course of defending their loved ones especially when they reach to courts.

Besides that, Ojo *et al.* (2023) suggest that gender-based violence indeed tends to foster negative results on the household pertaining to the well-being because the results of the situation tend to be devastating to the subjects as being spouses concerned and the other members or actors close to them. Unless there occurs a situation of positive reconciliation between them to ensure the well-being of the family and harmony. Additionally, Ezekwesili (2017) suggests that gender-based violence at the household level is very destructive to the extent may lead to the disintegration of the families and sometimes may be difficult to foster reconciliation.

Conclusion

The reality on the ground is that gender-based violence results in negative outcomes because the situation entails violence signifying conflicts or misunderstanding. On that note, with such

situations usually, the outcomes as the effects have always been negative through different behaviours that may be generated as the practices.

Recommendations

Since the situation pertaining to gender-based violence on household well-being is this way, it is recommended that the government declares gender-based violence practices illegal and subject to legal proceedings; the community members should first report such cases to the authorities (police) and allow the law to take charge and punish the lawbreakers. This way the situation may raise the alarms and automatically the society may change which is difficult for now as the incidents are not reported and once reported they lack cooperation making the proprietors fearless and keep on persisting.

The study also recommends the government should encourage the non-state actors in various localities they operate and the government to encourage victims to report the cases for the drastic measures to be employed by the government. This could work because it is evident with the time women suffered from property ownership as they lost their spouses that once the issues were raised and taken to courts and justice being served the behaviour stopped to a great scale as it created fear to the proprietors. Similar could be the case with gender-based violence in the area and the country at large.

The study further recommends that in the course of issuing arrests and charges once it is proved that there are adults emphasizing the behaviour of the young ones should be arrested and charged as well. This is the case because they should be charged with obstruction of justice by misleading others in the right direction.

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