



# ‘Zindagii Shoista’ Evidence-based intervention to prevent violence against women and girls in rural Tajikistan: results and lessons learned

BEARR CONFERENCE

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# Zindagii Shoista project

- Three-year project
- 4 villages in 2 districts, 271 beneficiaries
- Ethnic Tajik and Uzbek villages, all affected by circular out-migration, two villages directly effected by the Tajik Civil War
- Gender norm change (Stepping Stones) and livelihoods approach
- Working with family units
- Intimate Partner Violence, Domestic Violence and role of mother-in-law/daughter-in-law relationship

# Monitoring & Evaluation Research

- 4 phases: baseline, midline, end line and post-intervention impact assessment
- Surveying in 4 villages → 80 families → 134 women and 102 men;
- 80 in-depth interviews women and men of different ages
- 64 focus group discussions (FGDs) with project participants to develop everyday change indicators
- 8 focus group discussions for facilitators

## Socio-economic situation an baseline situation

- Most families highly in socio-economically precarious situation – 95 would struggle to raise 56 USD in case of emergency
- 90% had borrowed money over past month for food
- Dependency on labour migration and remittances – but these were on average USD 1.10/day
- Food insecurity – in particular for (younger) women
- Restrictions on women's mobility (incl. economic activities outside of home)
- In Jomi: particular challenges of women's illiteracy and lack of numeracy (legacy of civil war)

## Nexus economic insecurity/mental health/violence

- Depression levels at baseline: 43 % overall scoring high on depression scale (56 % for women, 24 % for men)
- 71% of men and 66% of women reported that they enjoyed their life none of the time, rarely or some of the time during the past week;
- 47% of men and 43% of women reported that they never or rarely felt happy during the past week
- For women: 83 % of those who felt depressed had experienced violence
- For men: alcohol and substance abuse as 'coping' mechanism

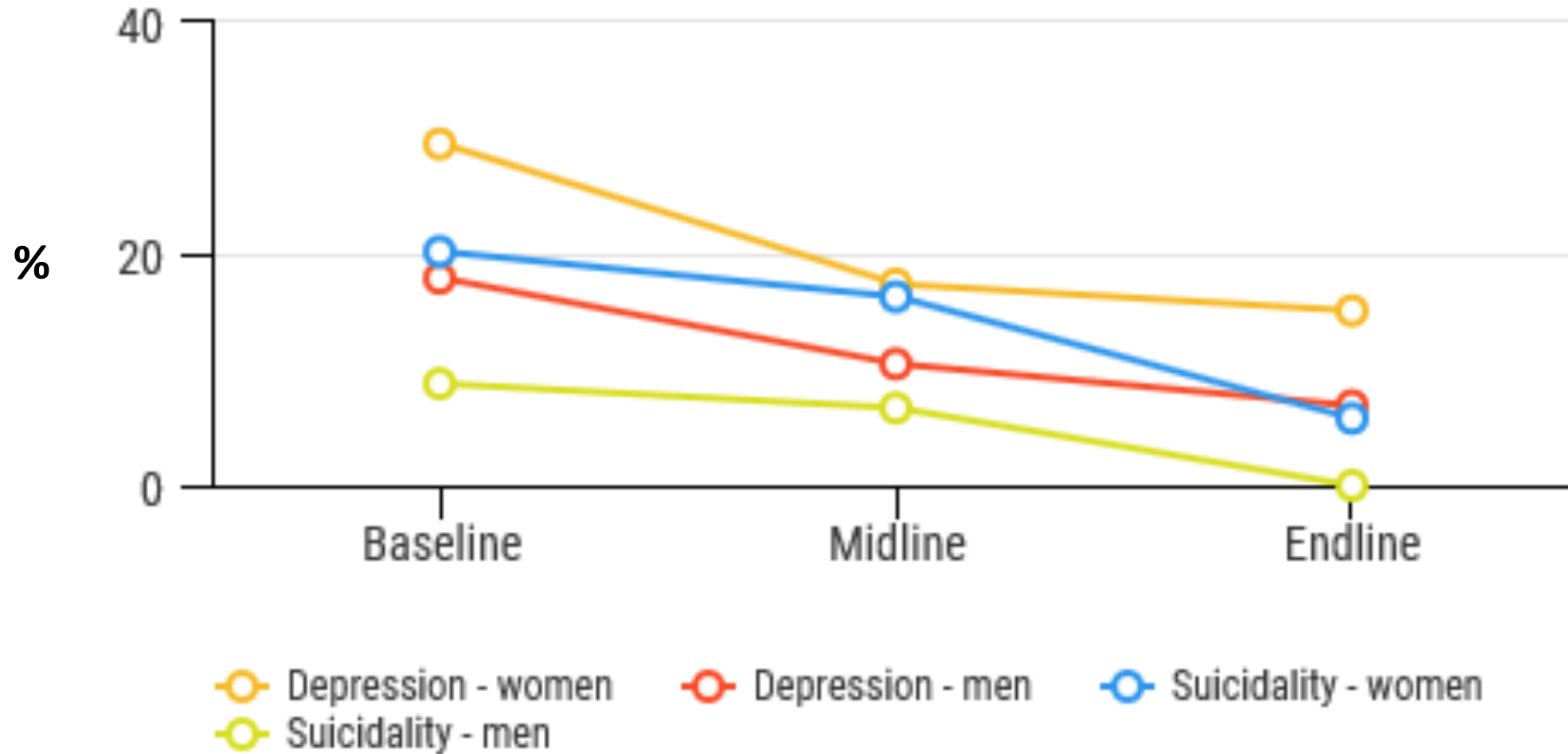
# Earnings, savings and food security

All changes are statistically significant



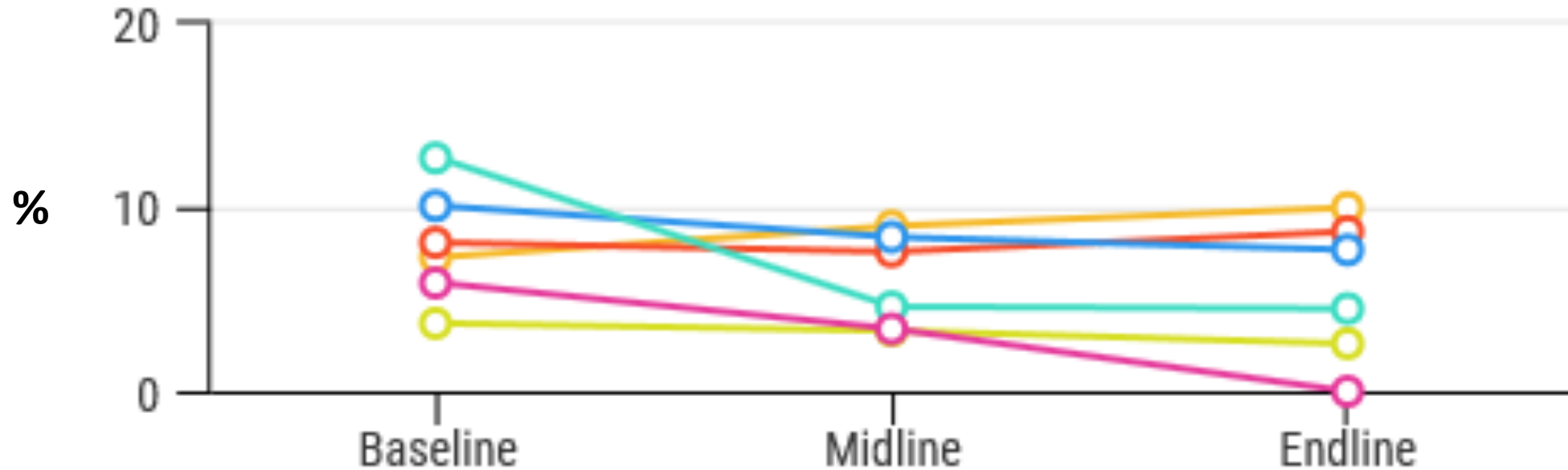
# Mental health

All changes are statistically significant



# Gender relations

All changes are statistically significant

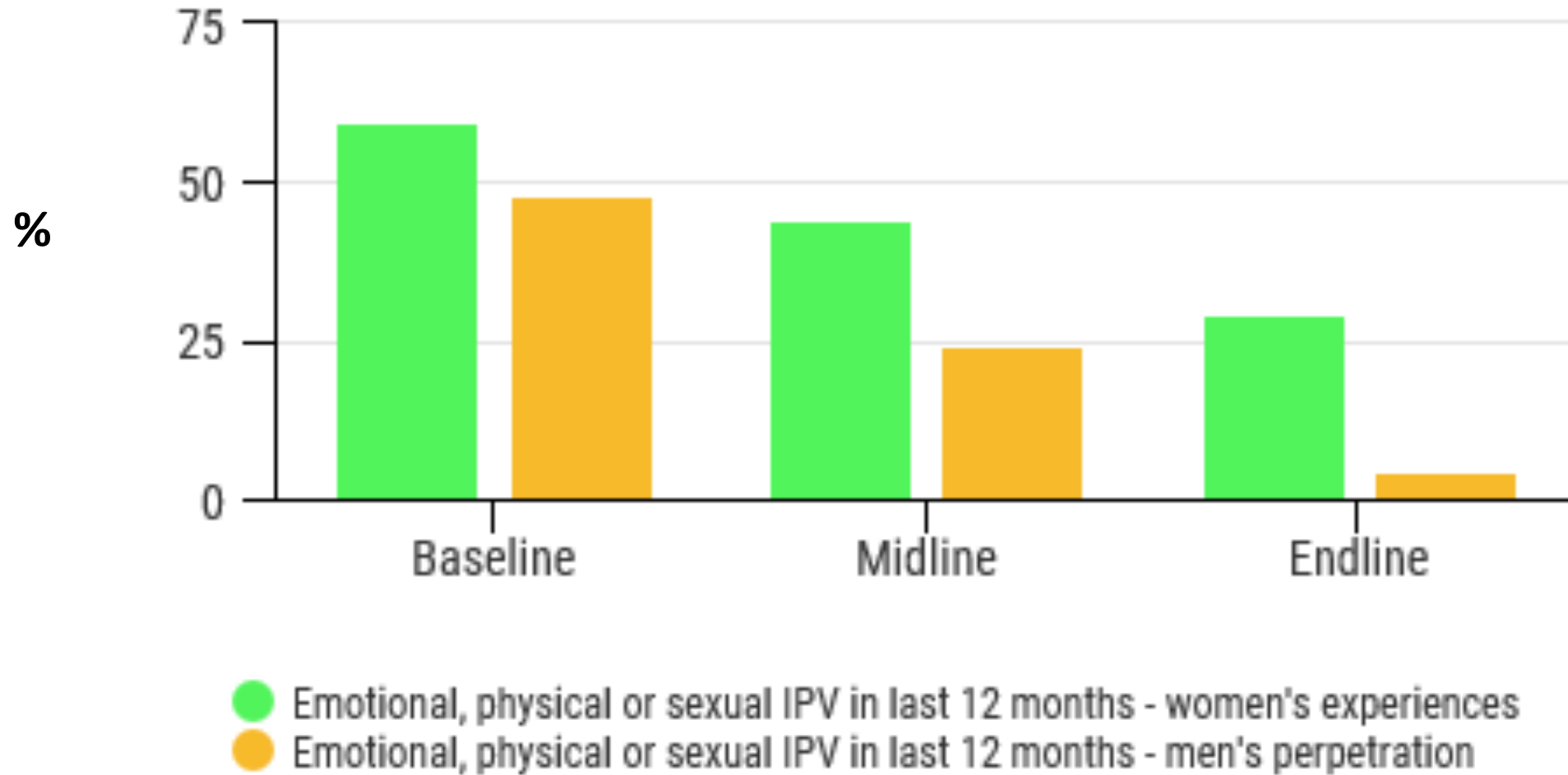


- Women's involvement in decision-making
- Women's involvement in decision-making - men's report
- Man's mother cruelty
- Quarrelling frequently - women
- Quarrelling frequently - man
- Mother-in-law cruelty



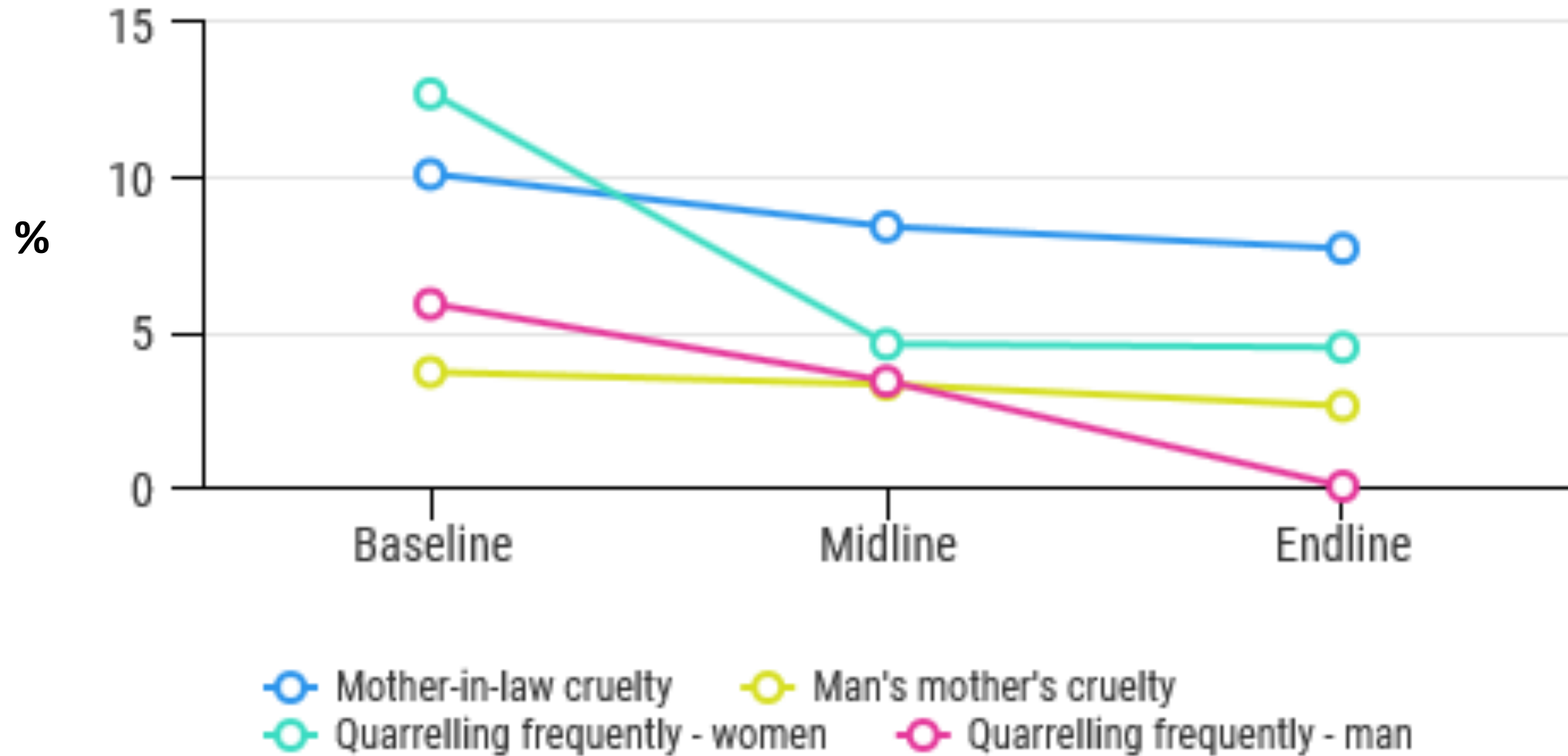
# Intimate partner violence

All changes are statistically significant



# Family relations

All changes are statistically significant



# Key take overs

- Violence against women can be only tackled if strategic collaboration among all stakeholders is in place;
- Violence can be tackled through combination of economic empowerment, education/life skills development and gender norms change
- Violence prevention interventions should focus on family as a whole
- Strong research based M&E is curial to track changes in norms and behaviour

