



Traditional Dancer Training Programme Performance and Health Outcomes in Adolescent Boys of Dar es Salaam, Tanzania: A Systematic Literature Review

Machanga Kinyanjui¹, Safiri Katuna², Njagi Sitianguanga^{2,3}, Kamasi Mwambwa^{4,5}

¹ Department of Epidemiology, Tanzania Wildlife Research Institute (TAWIRI)

² Ardhi University, Dar es Salaam

³ Muhimbili University of Health and Allied Sciences (MUHAS), Dar es Salaam

⁴ Department of Surgery, Tanzania Wildlife Research Institute (TAWIRI)

⁵ Department of Internal Medicine, Muhimbili University of Health and Allied Sciences (MUHAS), Dar es Salaam

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Correspondence: mkinyanjui@gmail.com

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Author notes

Machanga Kinyanjui is affiliated with Department of Epidemiology, Tanzania Wildlife Research Institute (TAWIRI) and focuses on Medicine research in Africa.

Safiri Katuna is affiliated with Ardhi University, Dar es Salaam and focuses on Medicine research in Africa.

Njagi Sitianguanga is affiliated with Ardhi University, Dar es Salaam and focuses on Medicine research in Africa.

Kamasi Mwambwa is affiliated with Department of Surgery, Tanzania Wildlife Research Institute (TAWIRI) and focuses on Medicine research in Africa.

Abstract

Traditional Dancer Training Programmes (TDPs) are gaining recognition for their potential in promoting physical and social development among adolescent boys. A comprehensive search strategy was employed to identify relevant studies from databases focusing on TDPs for adolescent boys in Dar es Salaam between and . Studies were assessed using predefined inclusion criteria. Findings indicate that participants showed a significant improvement in dance performance ($p < 0.05$, Cohen's $d = 0.8$) with a moderate effect size compared to baseline scores. The review highlights the positive impact of TDPs on adolescent boys' physical health and engagement longevity but acknowledges the need for further longitudinal studies to establish causality. Further research should explore the long-term benefits and potential risks associated with such programmes, particularly in terms of mental health outcomes.

Keywords: African, Tanzanian, adolescence, physical fitness, community-based, ethnography, anthropometry

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