



# **Sustainable Agroforestry Benefits Among Maasai Women in Mara Region, Tanzania: A Long-Term Analysis**

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## **Abstract**

The Maasai community in Mara Region, Tanzania, has traditionally practiced agroforestry as a means of sustainable livelihood and environmental management. The study employed qualitative research methods, including interviews with Maasai women farmers and environmental assessments over a period of ten years. Sustainable agroforestry has proven effective in enhancing ecosystem resilience and improving the socio-economic conditions of Maasai women farmers. Government policies should support sustainable agroforestry initiatives by providing training, access to markets, and financial incentives for local communities.

**Keywords:** *African Geography, Maasai Communities, Agroforestry Systems, Sustainable Development, Community-Based Management, Participatory Research, Longitudinal Studies*

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