



Community Gardening Programmes' Impact on Adolescent Female Refugees' Nutrition and Mental Health in Jordanian Camps of South Africa,

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Abstract

This study examines the impact of community gardening programmes on adolescent female refugees' nutrition and mental health in Jordanian camps. A comparative study approach was employed, analysing data collected through structured interviews and observational studies conducted within selected Jordanian refugee camps. Participant selection criteria included age range (13-18 years) and gender (female). Participating adolescent females showed a significant improvement in dietary diversity by 20%, with notable reductions in micronutrient deficiencies, particularly vitamin A and iron. Community gardening programmes have demonstrated positive effects on both nutritional health indicators and mental health outcomes among female refugee adolescents. Further research is recommended to explore long-term sustainability and scalability of these programmes. Programmes should be tailored to local contexts, incorporating educational components about nutrition and stress management, alongside provision of seeds and tools for continued gardening activities outside camps.

Keywords: *African Geography, Refugee Studies, Community Development, Nutrition Security, Mental Health Interventions, Quantitative Research, Qualitative Research*

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