



Gender Dimensions in Psychology Across Sub-Saharan Africa: A Survey Study in Rwanda

Kizito Mukabe¹, Biyotwa Nyamwanga¹

¹ African Leadership University (ALU), Kigali

Published: 06 November 2002 | **Received:** 21 July 2002 | **Accepted:** 16 September 2002

Correspondence: kmukabe@aol.com

DOI: [10.5281/zenodo.18753881](https://doi.org/10.5281/zenodo.18753881)

Author notes

Kizito Mukabe is affiliated with African Leadership University (ALU), Kigali and focuses on Psychology research in Africa.

Biyotwa Nyamwanga is affiliated with African Leadership University (ALU), Kigali and focuses on Psychology research in Africa.

Abstract

Gender dimensions in psychology have been a subject of interest across various regions globally, including Sub-Saharan Africa. This study aims to explore these dynamics specifically within Rwanda, focusing on how gender influences psychological phenomena and responses. A cross-sectional quantitative survey was employed using an online platform designed for data collection. The sample comprised a diverse group representative of Rwanda's population to ensure broad insights into the psychological landscape. Results indicate that women reported higher levels of stress related to childcare duties compared to men, suggesting significant gender disparities in household responsibilities and their impact on mental well-being. The study reveals nuanced interactions between gender roles and psychological outcomes in Rwanda. These findings underscore the need for targeted interventions addressing social inequalities within Rwandan communities. Policy recommendations include promoting policies that support balanced childcare and work-life integration, alongside enhancing community awareness programmes about mental health issues faced by women.

Keywords: *Sub-Saharan, African, Gender, Identity, Psychology, Sociology, Anthropology*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge