



Gender Dynamics in Sub-Saharan African Psychology: Implications for Policy in Tanzania

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Abstract

Gender dynamics in psychology are increasingly recognised as crucial for understanding societal structures and individual development across Sub-Saharan Africa. In Tanzania, these dynamics intersect with broader cultural, economic, and political contexts, influencing policy and practice. A mixed-methods approach was employed, integrating qualitative interviews with quantitative surveys to explore gender perceptions and experiences among psychologists and the general population. Key findings include a significant disparity in psychological treatment preferences between males and females, with women more likely to seek therapy for mental health issues such as depression and anxiety. The analysis reveals that current policy frameworks often overlook these gender-specific disparities, leading to an imbalance in service provision. This necessitates targeted interventions aimed at increasing access and inclusivity. Policy recommendations include the development of culturally sensitive training programmes for psychologists, the implementation of gender-sensitive mental health curricula in schools, and the promotion of public awareness campaigns focusing on gender equality in psychological care.

Keywords: *Sub-Saharan, Tanzania, Gender, Psychology, Development, Intersectionality, Empowerment*

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