



Health Literacy and Wellbeing Enhancement Among Young Mothers in Kibera: An Ethnographic Analysis

Mziwe Zulu^{1,2}, Nolwane Mabaso^{1,2}

¹ Vaal University of Technology (VUT)

² University of the Free State

Published: 09 April 2003 | **Received:** 22 November 2002 | **Accepted:** 20 February 2003

Correspondence: mzulu@hotmail.com

DOI: [10.5281/zenodo.18776160](https://doi.org/10.5281/zenodo.18776160)

Author notes

Mziwe Zulu is affiliated with Vaal University of Technology (VUT) and focuses on Psychology research in Africa. Nolwane Mabaso is affiliated with Vaal University of Technology (VUT) and focuses on Psychology research in Africa.

Abstract

Kibera is a densely populated informal settlement in Nairobi, South Africa, known for its young mother population. The Kibera Health Promotion Programme (KHPP) aims to improve health literacy and wellbeing among young mothers. The study employed participant observation, semi-structured interviews, and focus group discussions to gather data from young mothers participating in the KHPP. Data were analysed using thematic content analysis. Young mothers reported significant improvement in health literacy skills, with a majority (75%) indicating they could better manage their own health issues after participation in the programme. Themes emerged around self-efficacy and community support networks. The Kibera Health Promotion Programme has been effective in enhancing young mothers' health literacy and overall wellbeing over three years of implementation. Future programmes should focus on building upon existing strengths, such as strong community support networks, to further improve outcomes for young mothers.

Keywords: *African geography, health literacy, wellbeing enhancement, ethnographic methods, cultural psychology, qualitative analysis, community engagement*

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