



# Training Sessions and Methodology Design in Measuring Farmer Adoption of Sustainable Agriculture Practices Among Smallholder Farmers in Mozambique,

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## Abstract

The study examines the adoption of sustainable agriculture practices among smallholder farmers in Mozambique through training sessions and methodology design. A comparative study was conducted with two groups of smallholder farmers: one group that participated in training sessions designed to enhance their knowledge and skills regarding sustainable agriculture practices, and a control group that did not receive such training. The methodology included pre- and post-training surveys, focus group discussions, and field observations. The analysis revealed significant differences in the adoption rates of sustainable agriculture practices between the trained and untrained groups ( $p < 0.05$ ). Trained farmers showed a higher proportion (36%) of adopting recommended sustainable farming techniques compared to those who did not receive training (12%). The study confirms that structured training sessions are effective in improving smallholder farmers' adoption rates of sustainable agriculture practices. Future research should consider the scalability and cost-effectiveness of these training programmes, along with potential long-term impacts on environmental sustainability.

**Keywords:** *African Development, Geographical Mapping, Participatory Research, Quantitative Analysis, Qualitative Inquiry, Sustainability Metrics, Farmer Empowerment*

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