



Sustainable Agricultural Practices among Women Farmers in Southern Tanzania: Insights into Farm Size and Income Growth Techniques

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Abstract

Sustainable agricultural practices are crucial for enhancing productivity and resilience in farming communities, particularly among women farmers who play a vital role in food security. A mixed-methods approach was employed, combining quantitative surveys with qualitative interviews among a sample of 150 women farmers from diverse regions in Southern Tanzania. Data were analysed using descriptive statistics and thematic analysis to identify patterns and trends related to sustainable practices adoption. Farmers practicing conservation agriculture reported an average income growth of 25% compared to conventional farming methods, with significant variability across different agro-ecological zones. Women farmers in Southern Tanzania are adopting sustainable agricultural practices that contribute positively to their economic outcomes and environmental sustainability. The study highlights the need for tailored extension services focused on improving access to these techniques within local contexts. Investment in farmer training programmes, particularly targeting women, is recommended alongside policy interventions aimed at promoting the adoption of conservation agriculture across Tanzania's diverse agricultural landscapes. The empirical specification follows $Y = \beta_{0+\beta}^{-} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: African Agriculture, Gender Studies, Sustainable Development, Participatory Research, Farmer Field Schools, Intercropping Techniques, Livelihood Enhancement

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