



Zindagii Shoista Living with Dignity June 2018



Evidence-based intervention on prevention of
violence against women and girls in rural Tajikistan

Acknowledgements

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The views expressed do not necessarily reflect the UK government's official policies.

www.whatworks.co.za

Authors: Parvina Gulyamova, Subhiya Mastonshoeva and Shahribonu Shonasimova



The 'Zindagii Shoista' project baseline findings from August 2016:



The frequency of violence experience is extremely high in the age group of the 18-24 with each women reporting having experienced violence in the past 12 months



Key drivers are unequitable gender norms, social pressure, poverty, food insecurity, mental health issues, alcohol and substance abuse



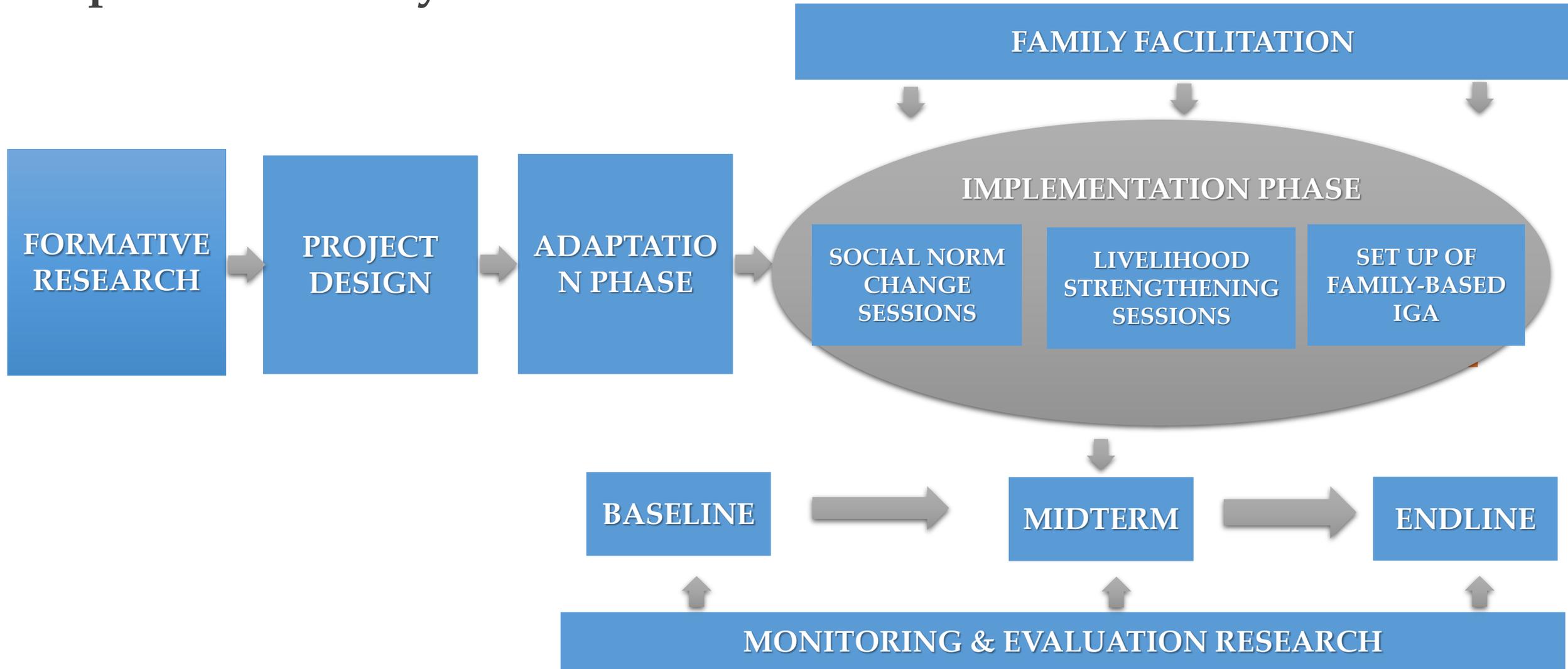
Around 60% of women experience sexual, physical and emotional violence



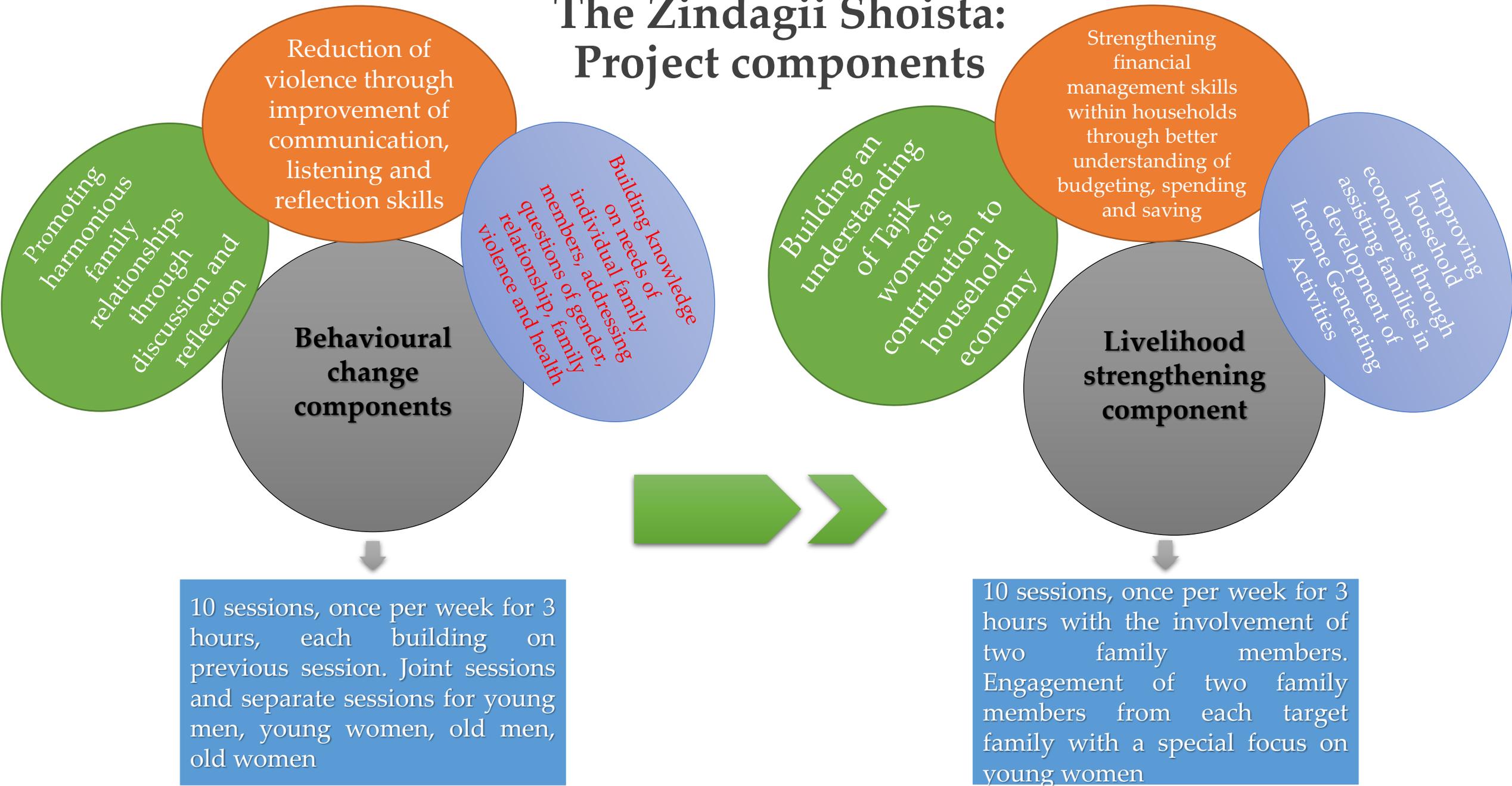
The level of depression and suicidality is high among women and men

*One third to half of all women in Tajikistan are regularly subjected to different types of violence by husband and in-laws (Amnesty International, 2009)

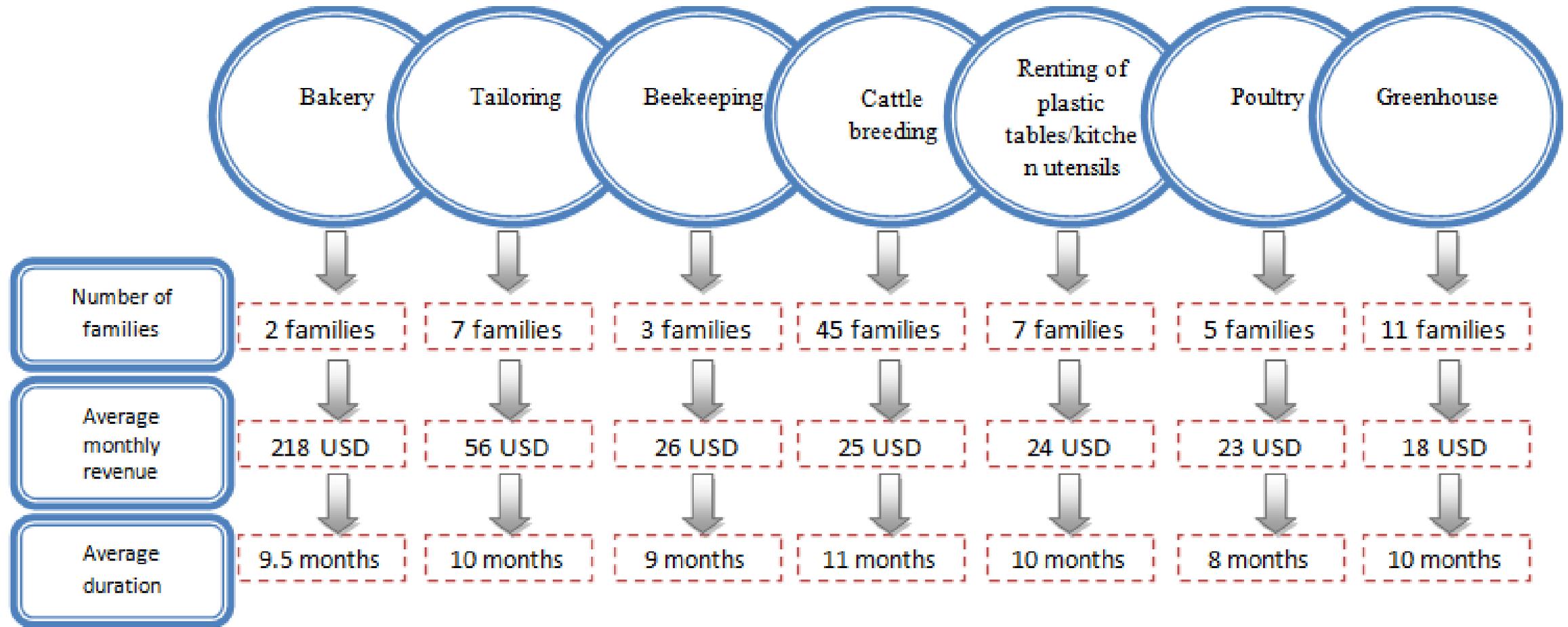
The Zindagii Shoista: Implementation cycle



The Zindagii Shoista: Project components



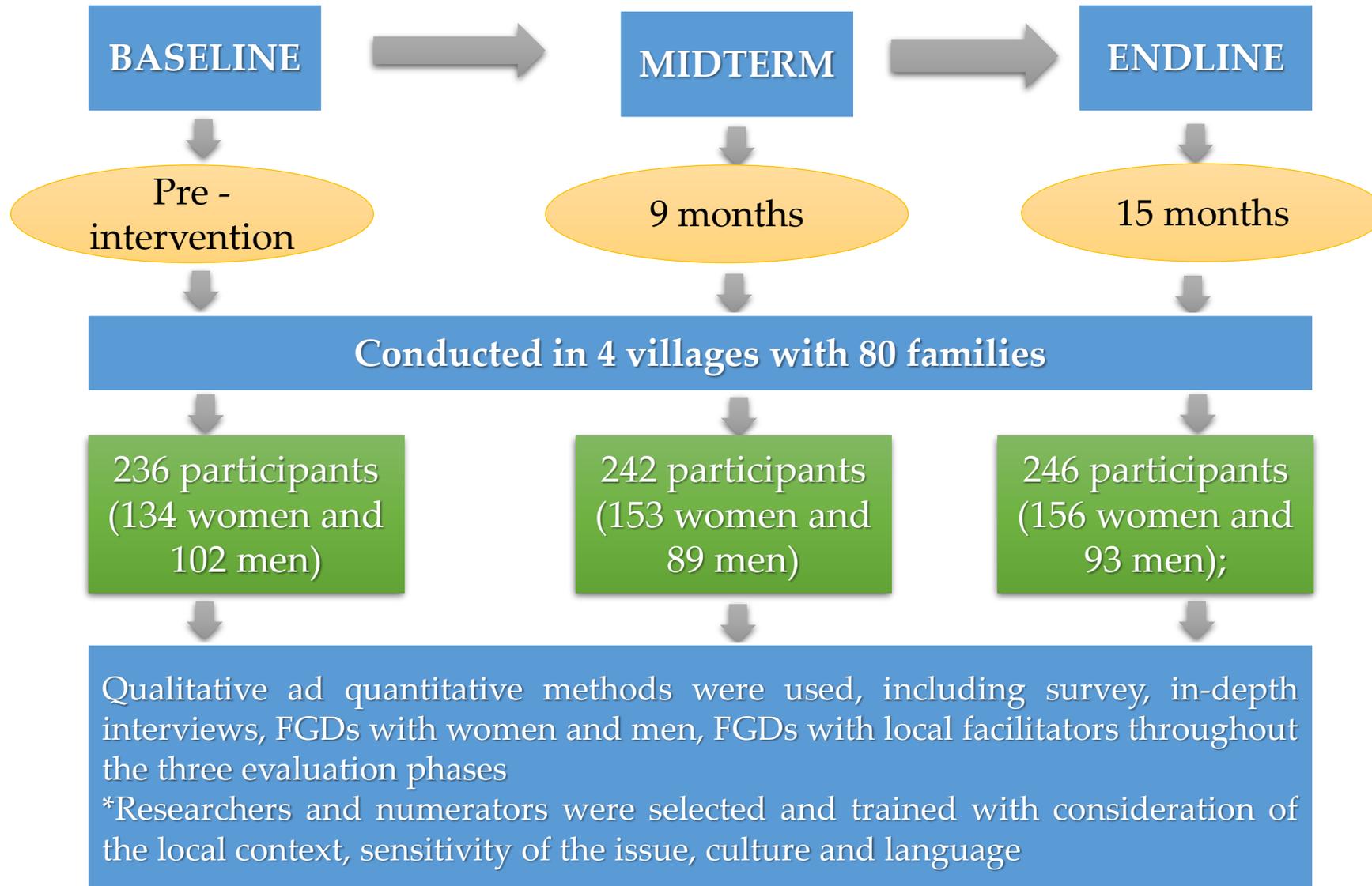
The Zindagii Shoista: Income Generating Activities

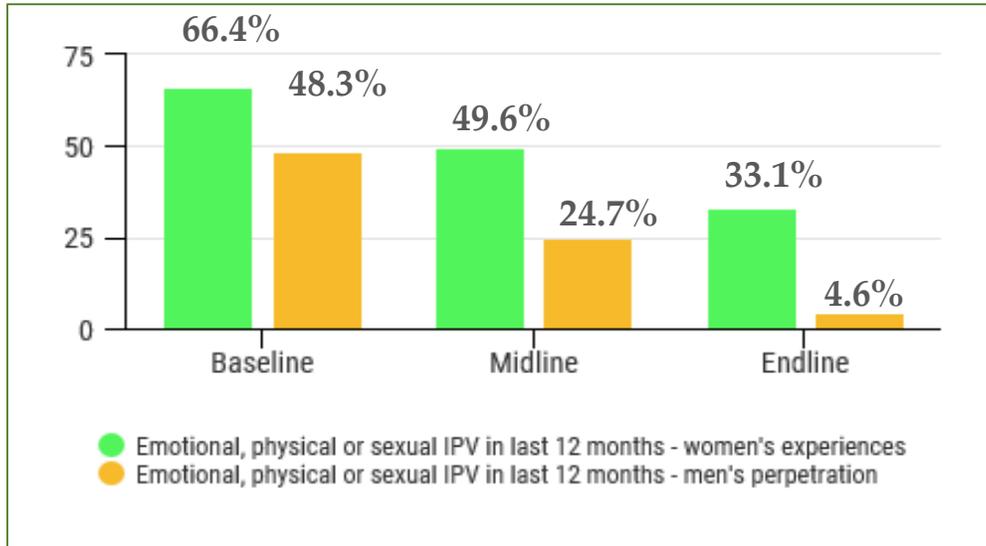


Grants were distributed through inputs (such as construction materials for greenhouse, animals such a cow and hens, equipment and tools for bakery, sewing machines, etc.), not cash;

Target families were Involved through cost-sharing approach;

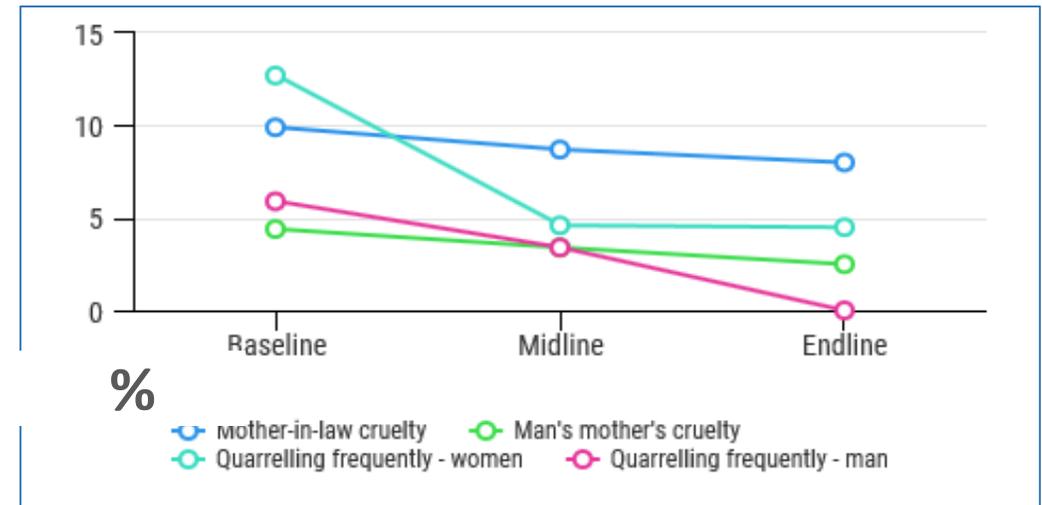
Evaluation Research

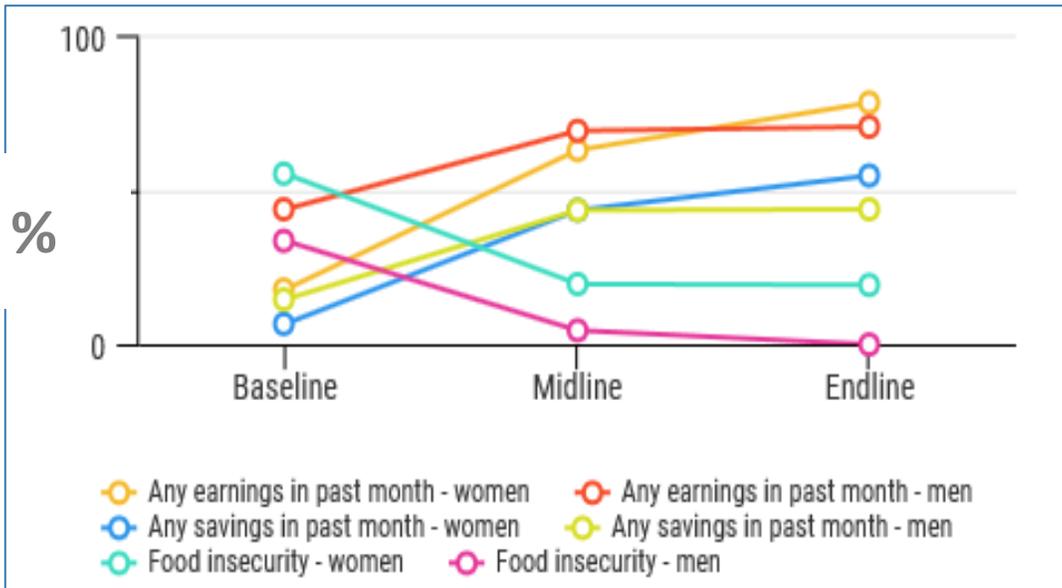




The research found statistically significant reduction of violence experience by half and perpetration nine fold

All measures of having stronger and more equitable relationships in the family improved for women, including relationship with their husband and mother-in-law

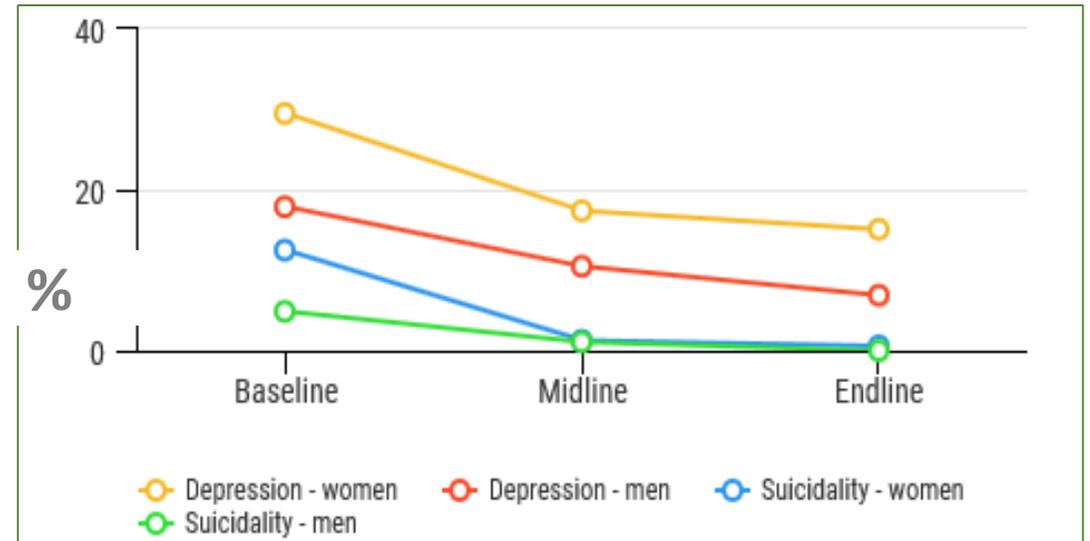




The research founded:

- The number of women reporting earnings quadrupled
- The number of women reporting savings increased 8 times

Essential improvement of mental health and reduction of suicidality among men and women



VIOLENCE AGAINST WOMEN AND GIRLS IS PREVENTABLE!

Feasibility and effectiveness of the intervention makes it optimal for scale up within similar contexts



Violence against women can be only tackled if holistic collaboration with the involvement of all stakeholders is in place



Strong research based evaluation is crucial to track changes in norms and behaviour



Testimonies of participants

“I wish this program was running back during the times when I used to live with my mother in law, maybe I and my husband would have not divorced’

Woman participant, 33 years old

“When I was asked to read or write something during the project sessions, I would be ashamed and upset. My husband started helping me. He started reading to me and now we read together. I also did not know how to sign, I did not even had a signature, maybe because I was never asked to sign something. Now, I have a signature. Me and my husband worked on different versions of signature for me and I have my own signature now”

Woman participant, 36 years old

“The sessions on violence were very interesting. Before, when my son would make a mistake, I would start shouting at him. Now I do it differently, I try to explain him my concerns and we discuss things together”.

Woman participant, 40 years old

Zindagii Shoista **- Living with Dignity**

