

Enhancing girls' resilience in the face of Covid-19 pandemic in Marange community, Zimbabwe

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Abstract

The study aimed at enhancing girls' resilience in the face of the Covid-19 pandemic. The descriptive design was used in the study. A purposive sampling technique was used. The sample size of 18 participants was determined by the saturation level which occurred when participants were repeating responses. The study population was drawn from rural girls in the Marange community in Zimbabwe. Semi-structured interviews and focus group discussion were used to collect data in the study. The study found out that girls were vulnerable to psychological distress such as guilt and self-blame, flashbacks, nightmares, insomnia, sexual dysfunction and suicidal ideation among other problems when they drop out of school. It was also found out that some cultural practices such as child marriages and genital mutilation took precedence over the girls' education in the face of the Covid-19 crisis. This has contributed to a significant number of girls dropping out of school. Some contextual cultural awareness campaigns highlighting the plight of girls in the face of COVID-19 pandemic were helpful. Contextually relevant cultural activities such as composing songs and poems were effective vehicles of educating the marginalised and remote community of Marange folk on the importance of supporting and valuing the girls' resilience in the face of the Covid-19 crisis.