



**WANAWAKE NA USHIRIKIANO WA  
KUUNGANIKA**

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## Wanawake na Ushirikiano wa Kuunganika

### Utangulizi

Ushirikiano wa kuunganika hukusudia kwa kiwango cha mapatano na imani kwa mtu binafsi aliyenayo na wengine katika jamii pamoja na jamii mzima. Watu waweza kuhisia kipande cha pamoja na thamaniwa na jamii kupitia jukumu wanazochukulia, kupitia urafiki pamoja na kupitia ushiriki katika shughuli<sup>1</sup>.

Mfumo wa jamii umevumbua tofauti katika matarajio ya wanawake na wanaume, kutokea kwa aina tofauti za ushiriki wa jamii, ufunukaji tofauti wa hatari za afya, pamoja na tenguo za matibabu. Ushirikiano wa kuunganika yastahili kuangaliwa kupitia lenzi ya ujinsiakwa sababu ujinsia hushawishi majukumu ya wanawake na wanaume wanayotia moyo kuchukua.

Ujinsia hushawishi majukumu – majukumu hushawishi ushirikiano wa kuunganika - ushirikiano wa kuunganika hushawishi afya.

### Tofauti za Ujinsia

- Kuzaa watotona kuwalea ni kithiri faragha, inayotengenezwa ni upweke na ukosefu wa utengemezi<sup>2,3</sup>
- Wanawake wanaelekea zaidi kuliko wanaume kuwa watunzaji<sup>4,5</sup>, kuwa mzazi pekee kwa nyumba isiyotengemewa<sup>6</sup>, pamoja na kuishi kwenye umasikini<sup>7,8</sup>. Chanzo cha asili ya jike kutofaidika kifedha ni kuzaa watoto<sup>4,8</sup>.
- Asilimia thamanini na tatu (83%) ya wazazi pekee katika Australia ni wanawake.<sup>9</sup>; mama wasioolewa hasa hudhihirisha hisia za upweke na ukiwa<sup>6</sup>.
- Vurugu dhidi ya wanawake huathiri ushiriki wa kijamii. Madhara ya vurugu kwa ushirikiano wa kuunganika yaweza kutokana kutoka kwa wanawake kutotaka kwenda nje peke yao au wakati wa usiku kwa sababu ya usalama kwa ujumla<sup>10</sup>, kwa wanawake kuwekewa vikwazo na patna kwa kutoka nje ya nyumba.
- Madhara ya watu kujitenga wakiwa na ugonjwa wa akili huzidi katika wanawake walio na watoto na hukabiliwa na changa moto kuu bila ya msaada wa jamii<sup>11</sup>.
- Wanawake huweza kudhuriwa zaidi kuliko wanaume na madhara ya upungufu wa msaada wa jamii<sup>12</sup>.
- Kwa sababu wanaishi maisha marefu zaidi, wanawake huelekea kuponea kifo chupuchupu zaidi ya patna wao ambapo husababisha matokeo ya upweke wa kijamii na kuelekea kwa matokeo ya unyonge wa afya.

Wanawake wanaoishi katika maeneo ya mashambani hupitia shida zisizo za kawaida kwa ushirikiano wa kuunganika. Kwa sababu maeneo ya mashambani huelekea kuwa na msongamano wa watu wachache, watu katika eneo hili huwa wanawajua watu. Hii yaweza kuelekea katika utengamano wa hisia kwa wanawake kwa sababu kuna utambulizi mchache bila ya kuwa na uhusiano wa hisia zaidi<sup>1</sup>. Kusengenyana yawezakana kutambuliwa kama jinsi ya uthibiti wa kijamii<sup>1</sup>. Kunamuungano baina ya kusengenyana katika mtaa mdogo, matarajio ya desturi za tabia na upweke wa kijamii<sup>1</sup>. Farakimu za mwaka wa elfu mbili na tano (2005) kutoka kwa SANE Australia's national help-line, ilionyesha kuwa takriban nusu ya simu elfu kumi na sita (16,000) zilitoka kwa maeneo ya mashambani, ambapo asilimia kumi na nne (14%) ya watu iliishi mahala pale<sup>1</sup>.

### **Vidokezi kwa siku za Baadaye**

Ushirikiano wa kuunganika ni uzoefu tofauti kwa wanawake na wanaume, kwa jiji na watu wa bara pamoja na vikundi vichache tofauti. Kuendeleza hati, utekelezaji pamoja na makadirio kwenye eneo la ushirikiano wa kuunganika lazima uwe chanzo cha kuelewa tofauti za ujinsia, vijijini pamoja na kuwa anuwai.

<sup>1</sup> Rice K & Tsianakas V (2005) *Gender Impact Assessment: Mental Health and Social Connectedness*. Women's Health Victoria, Melbourne.

<sup>2</sup> Wheeler E (2004) *You are the First Line of Support*. Women's Health Goulburn North East, Wangaratta.

<sup>3</sup> Alston, et.al (2006) Brutal Neglect: Australian Rural Women's Access to Health Services in *Rural and Remote Health* 6:475. <http://rrh.deakin.edu.au/articles/subviewnew.asp?ArticleID=475> Accessed May 1, 2006.

<sup>4</sup> Goward P. (2005) *Striking the Balance with Work and Family in Rural Australia*. Speech 14.10.2005 Wangaratta p. 17.

<sup>5</sup> Australian Bureau of Statistics. *Disability, Ageing and Carers: Summary of Findings 2003* Cat No 4430. <http://www.abs.gov.au/AUSSTATS/abs@.nsf/ProductsbyCatalogue/C258C88A7AA5A87ECA2568A9001393E8?OpenDocument> Accessed on 2/06/2006.

<sup>6</sup> Coalition of Non-Government Workers (2004) *Report to UN Special Rapporteur on Housing: Women and the Right to Adequate Housing in Australia*. [http://www.nswclc.org.au/Australian\\_Women\\_Housing.pdf](http://www.nswclc.org.au/Australian_Women_Housing.pdf) Accessed May 9, 2006.

<sup>7</sup> Weston R & Smyth B (2000) Financial Living Standards After Divorce, *Family Matters*; 55: 10-15.

<sup>8</sup> Summers A (2003) *The End of Equality*. Sydney: Random House p. 3.

<sup>9</sup> Australian Bureau of Statistics (2006) *Year Book Australia 2006*. <http://www.abs.gov.au/AUSSTATS/abs@.nsf/Latestproducts/E37DC80931A35423CA2570DE0006C80F?opendocument> Accessed May 1, 2006.

<sup>10</sup> Office of Women's Policy (2002) *Women's Safety Strategy: Policy Framework*. [http://www.women.vic.gov.au/web12/rwpgslib.nsf/Graphic+Files/Safety\\_Strategy\\_Policy\\_Framework/\\$file/Safety\\_Strategy\\_Policy\\_Framework.pdf](http://www.women.vic.gov.au/web12/rwpgslib.nsf/Graphic+Files/Safety_Strategy_Policy_Framework/$file/Safety_Strategy_Policy_Framework.pdf) Accessed on 2/06/2006.

<sup>11</sup> From focus group with women with a mental illness conducted by Women's Health Goulburn North East 2004.

<sup>12</sup> Kendler, K.S., Myers, J. & Prescott, C.A. (2005). Sex differences in the relationship between social support and risk for major depression: A longitudinal study of opposite sex twin pairs. *American Journal of Psychiatry*, 162(2): 250-256.