

2008

# Life planning skills education, experiences, problems and prospects of in-school programs: a case study of Kinondoni district, Dar es Salaam region

Kinyaga, Sarah

University of Dar es Salaam

---

Kinyaga, S (2008) Life planning skills education, experiences, problems and prospects of in-school programs: a case study of Kinondoni district, Dar es Salaam region. Master dissertation, University of Dar es Salaam, Dar es Salaam.

<http://41.86.178.5:8080/xmlui/handle/123456789/12815>

*Downloaded from University of Dar es Salaam Library Repository*

**Life planning skills education, experiences, problems and prospects of in-school programs: a case study of Kinondoni district, Dar es Salaam region**

**Sarah Kinyaga**

**Master of Arts (Development Studies)**

**University of Dar es Salaam, Institute of Development Studies, 2008**

The purpose of the study was to investigate Tanzania's experiences, problems and prospects of life planning skills (LPS) implementation in primary schools. Specifically, the study sought to examine the impact of Life Planning Skills program among the primary school pupils with regard to adolescent reproductive health or sexuality in general, problems faced in the implementation of the Life Planning Skills program at family and at school levels and the lessons learned from LPSS program that have so far been implemented. Data were obtained from interviews with students and teachers as well as from focus group discussions and questionnaires. The study findings revealed an increase in the knowledge and practice of adolescent sexual and reproductive health among youths by 26% after the LPS program as well as an improved teacher-student relationship. Rape cases were reduced from 5-7 cases per term to 2-3 cases per term and over 90% of non-LPS teachers showed that they needed LPS in their schools as a tool to fight HIV/AIDS. Lessons learned from implementing LPS showed that the media, both print and electronic are effective in delivering LPS program and those interpersonal channels are good tools in persuading intended audiences. The study also recommends that the government and NGOs should work together to implement LPS as one of the national strategies to fight HIV/AIDS among youths.