

Applying Maslow's Theory to Poverty in Tanzania

Tanzania has an abundance of lucrative natural resources such as gold, diamonds, and natural gas, but remains a sub-Saharan country maintaining a staggering poverty rate of at least 50% of its population. Although in recent years, from 2011 to 2017, the poverty rate in the country has declined, the number of impoverished individuals remained static because of the country's rate of growth, unemployment, and lack of accessibility to appropriate services (Lind). As a result of this economic "tug-of-war," the World Bank, an organization sourced with the largest funding and knowledge regarding governments' economic conditions, has reported that approximately 70% of Tanzania's inhabitants are living with less than \$2 USD per day ("Tanzania Mainland Poverty Assessment..."). The gravity of the situation is that half of the individuals in a given neighborhood are forced to roam the streets and survive on the smallest scraps of food or money. In Tanzania, this is the accepted reality. As a result, Dogodogo Centre, with assistance from Embrace Relief, resolved to invigorate Tanzania's sustainability by employing the most pertinent of the UN's 17 Sustainable Development Goals (SDGs) and Maslow's Hierarchy of Needs.

Subsequently, there exists a spectrum of poverty; some people are minimally capable of satisfying their basic needs of food, shelter, and clothing, and others are critically incapable of satisfying their basic needs. This is, respectively, called 'basic poverty' and 'extreme poverty' - both are attributable to the lack of access to healthcare, sanitation facilities, shelter, education, information, among other necessary resources. By 2018, the World Bank had defined extreme poverty - because of its prevalence - as an international poverty line for individuals who make less than \$1.90 per day ("Tanzania Mainland Poverty Assessment..."). The predicament begs the question: why is poverty so prominent when there has been an allocation of resources to combat the problem?

The Government of the United Republic of Tanzania determined that it would be beneficial to establish a separate department dedicated to supervising the grain reserves and other related foods due to the massive food shortage in the 1970s and 1980s. The Food Security Department, under the Food Security Act of 1991, was meant to increase food security through several avenues: Monitoring the country's food situation, collecting data yearly, exchanging information about food security with different organizations, and collecting funds from the public and money voted to it by Parliament ("Food Security Act..."). Despite the strides made for improved distribution of food and funds in order to counteract the financial diminution, 1.3 million children still lingered as orphaned and displaced due in part to the spread of the HIV/AIDS pandemic ("Maslow's Theory to the UN's Sustainability Goals"). Without parental supervision, these children continue the cycle of poverty, becoming the head of a household, until the next generation when the cycle repeats. Children are an ill fit for the challenges of survival, resorting to menial labor in order to support their families. Contributing to their unfortunate plight, only three out of every five Tanzanian children are enrolled in secondary school. Without an education, there is no potential for the youth of Tanzania to find a profitable vocation. The combination of these circumstances indicates an overall increase in the percentage of deaths related to illness, malnutrition, and lack of resources in the country ("General Information on Tanzania").



SUSTAINABLE DEVELOPMENT GOALS



Ultimately, a distribution of funds and creating an independent department through the Food Security Act of 1991 was not sufficient to deal with matters of local food shortages and health security (Lind). It became necessary for a more concrete and personal approach to the issue of sustainability. In 1992, the Tanzanian non-profit organization, Dogodogo Centre, was established with the intent of minimizing the economic hardships plaguing the youth of Tanzania by providing nourishment and refuge for every homeless child (“Advocacy”). The Centre implemented some of the United Nations’ 17 Sustainable Development Goals to repair and reconstruct Tanzania’s system of sustainability and infrastructure and ultimately empower children to achieve a more gainful future. The UN’s Goals the Dogodogo Centre expanded upon in Tanzania - poverty, hunger, good health and well-being, quality education, gender equality, clean water and sanitation, decent work and economic growth - addressed the economic and societal issues that exist when one’s physical and psychological requirements are not met (“Tanzania Mainland Poverty Assessment”). These are part of Resolution 70/1 of the United Nations General Assembly - directing every country’s attention to a list of fundamental problems that will improve sustainability if addressed (“Tanzania Mainland Poverty Assessment”).

Much of the Centre’s work focuses specifically on young women in Tanzania due to the vulnerabilities they face. Young women are far more likely than men to suffer from nutritional deficiencies, harassment, and health risks when deprived of certain resources and preventative knowledge (“10 Alarming Facts About Poverty in Tanzania”). The implication that health concerns are enormously prevalent is true if one is living with less than \$2 USD per day. However, there are deeper psychological effects that are just as detrimental as the physical.

Embrace Relief, while working with the Dogodogo Centre, believes that in order for the orphans of Tanzania to achieve their optimal potential, their physical and psychological needs must be satisfied. Members of Embrace Relief, using Maslow’s theory regarding the hierarchy of needs, discovered a potential plan to unravel the complexity behind the psychological needs. The first four levels of Maslow’s pyramid introduce “deficiency needs” while the last level symbolizes the pinnacle of intrinsic growth: self-actualization - finding importance in the essence of who you are (Burton). Since opening in 1991, the Dogodogo Centre began providing for what Maslow’s theory considered to be the lower two tiers - physiological and safety. The physiological needs are defined as the natural impulses we seek to maximize our survival. For example - hunger, thirst, sleep - all fairly simplistic desires, but must be minimally sated

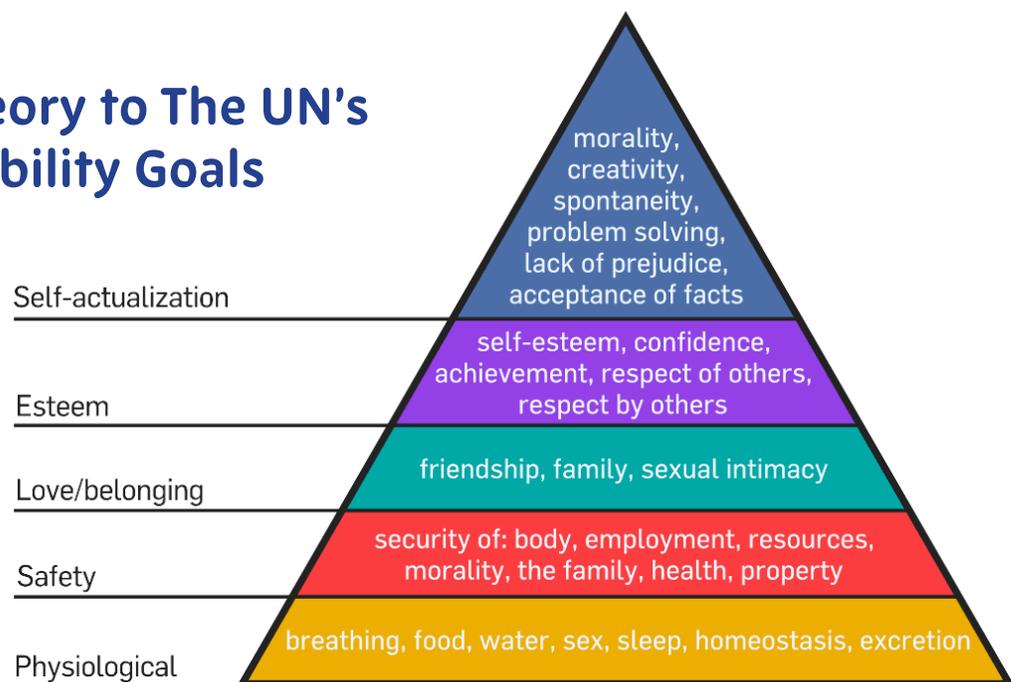


prior to any pursuit of the ascending tiers. If not settled, then those previous motivations will act as an unpleasant deterrent from accessing the next tier. An example of this theory's practical application - although certain foods in Tanzania such as potatoes and cassava are inexpensive, they lack a complete assortment of essential nutrients ("10 Alarming Facts About Poverty in Tanzania"). For impoverished women, the idea of buying sanitary pads or investing in medicine instead of cheap food, is an impossibility if they are gravely facing starvation. However, due to choosing a cheaper food option, one-third of women are deficient in iron, iodine, and vitamin A while two-fifths are anemic ("Advocacy;" "10 Alarming Facts About Poverty in Tanzania").

The Dogodogo Centre, however, supports progression in tiers - children receive food and shelter, so these basic needs are met. Therefore, the children can pursue other motivations, such as a sense of belonging in the community by developing personal relationships with staff and other children. They can learn to rely on others, without an immediate deterrent like hunger or the concern for shelter, because Embrace Relief and the Centre recognize the need for their personal development.

Finally, achieving a healthy sense of self-esteem, societal respect, recognition, and acceptance, the road to self-actualization is accomplished through vocational training. Embrace Relief's additional assistance in promoting their obligations allowed the children of the Dogodogo Centre's Bunju Multipurpose Training Centre to reach their full potential. The Training Centre is focused on providing services for young people while simultaneously offering vocational training in disciplines respectively tailored to their community. Dogodogo's plan through 2019 is to offer more modern-day training in "computer science, secretarial services, welding,

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and electric work." By the end of their vocational training, students fulfill the requirements of their esteem and self-actualization - ascending to a higher status and finding value in their personal transformation as an apprentice to local tradesmen ("Advocacy;" "Maslow's Theory to the UN's Sustainability Goals"). Ultimately, Embrace Relief and Dogodogo Centre's efforts promote five Sustainable Development Goals - no poverty, zero hunger, good health and well-being, quality education, and decent work and economic growth.

Embrace Relief is not the only humanitarian organization noticing the importance of the psychological effects of poverty and how it cripples the potential of the country by targeting its younger inhabitants. The problem isn't entirely about generating resources for impoverished people- it's chiefly about finding the right way to employ those resources. A non-profit organization like Embrace Relief utilizes research and astute application to properly direct efforts and resources. Fulfilling psychological and physiological needs are fundamentally necessary in order to impact lives for the better.

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