

**HEALTH BELIEFS OF THE URBAN PARE TRIBE
LIVING IN MOSHI, TANZANIA**

by

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DECLARATION

I declare that **HEALTH BELIEFS OF THE URBAN PARE TRIBE LIVING IN MOSHI, TANZANIA** is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

.....

SIGNATURE

(MRS ANGELA RUTH SAVAGE)

.....

DATE

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“But there are good things to be done with people, for example, medicine from various trees. If we can learn the good things and leave the bad it would be progress” (Informant B).

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ABSTRACT

This dissertation reports on the findings of a qualitative, exploratory, descriptive and contextual study into the health beliefs and practices of urban Pares, living in Moshi, Kilimanjaro Region, in Tanzania. The study utilised aspects of the transcultural nursing framework. Semi-structured interviews were used for data gathering with a sample of nine urban Pare informants. Data were analysed thematically. The major findings indicate that health beliefs arise from magico-religious, holistic and scientific paradigms. It was also found that beliefs and behaviour patterns are changing. These findings are discussed in terms of the two major themes, namely, *multiple world views* and *change and continuity*. Recommendations arising from the findings are made which may assist health workers to provide culturally congruent care.

KEY TERMS:

Health beliefs; culture; transcultural nursing; Pares; Kilimanjaro Region; Tanzania; urban

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