**PhD Viva Voce**

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| Candidate Name: | Daniel Fedrick Marandu |  |
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| Registration Number: | 2020-07-00057 |
|  | University of Dar es Salaam |
|  | **School of Education** |

**Qualifications Attained:**

Mr. Daniel Marandu is a Ph.D. candidate (by Thesis) in the Department of Educational Psychology and Curriculum Studies at the University of Dar es Salaam, School of Education. He holds a Master of Arts in Applied Social Psychology and a Bachelor of Education in Psychology from the University of Dar es Salaam. He is an Assistant Lecturer in Career Guidance and Counselling, Educational Psychology, Adolescence Psychology, Counselling Psychology and Reproductive Health Education, in the Department of Educational Psychology and Curriculum Studies at the University of Dar es Salaam. As a researcher, his areas of interest are counselling psychology, sexual and reproductive health education, life skills and health psychology. He has actively participated in several research projects which included Scaling a youth-led social support and mentorship programme to improve quality of education for marginalised girls in Tanzania 2021-2023, Assessment of Life Skills and Values in East Africa 2019-2022, Undertaking Research and Evaluation for Tanzania Teachers Continuous Professional Development (TCPD) in the 26 pilot Local Government Authorities 2022, Implementation Research on the Satellite and INSET Models for Improved Equitable Access and Quality Early Learning in Tanzania.

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| Title of Thesis: | Relationship between Sources of Self-Efficacy and Utilisation of Sexual and Reproductive Health Services among Secondary School Adolescents in Tanzania. |
| Date of Viva Voce: | Friday 21st July, 2023 |
| Venue: | Board Room-SoED |
| Time: | 10: 00a.m |
| Supervisors: | Dr. Chris Mauki and Dr. Suitbert Lyukurwa |

**Abstract:**

The study investigated the relationship between sources of self-efficacy and utilisation of sexual and reproductive health services among secondary school adolescents in Tanzania. Its four specific research objectives were to determine the relationship between adolescents’ mastery experiences and utilisation of sexual and reproductive health services; examine the relationship between adolescents’ vicarious experiences and utilisation of sexual and reproductive health services; assess the relationship between adolescents’ verbal persuasion and utilisation of sexual and reproductive health services; and, finally to evaluate the relationship between adolescents’ emotional arousal and utilisation of sexual and reproductive health services. The study was informed by the post-positivism philosophical paradigm whereby quantitative research approach and correlational research design were employed. The sample consisted of 552 secondary school adolescents from Katavi and Njombe regions. Stratified and simple random sampling techniques were used to select the sample. Data were collected through questionnaires. Statistical Package for Social Sciences version 25 was used to analyse the quantitative data. Descriptive analyses were performed across the four demographic characteristics, namely, sex, age, class level and type of school. Additionally, inferential statistics including independent t-test and one way ANOVA statistical analysis was conducted to examine the variation in the responses on the extent of condom use and HIV testing and counselling based on their demographic characteristics. Likewise, Spearman’s Correlation Coefficient was used to determine the relationship between sources of self-efficacy and utilisation of SRHS in terms of condom use and HIV testing and counselling among students in secondary schools. The results revealed a weak positive significant relationship between mastery experiences and adolescents’ condom use (r=.305, *p* value<.001), there was a weak positive significant relationship between mastery experiences and adolescents’ HIV testing and counselling (r=.312, *p* value<.001). In addition, the study also revealed a moderate positive significant relationship between vicarious experiences and adolescents’ condom use (r=.462, *p* value<.001), there was a very weak positive non-significant relationship between vicarious experiences and HIV testing and counselling (r=.048, *p* value .265). Moreover, the results revealed a weak positive and significant relationship between verbal persuasion and adolescents’ condom use (r=.266, *p* value<.001) there was a weak positive and significant relationship between verbal persuasion and adolescents’ HIV testing and counselling (r=.131, *p* value .002). Furthermore, the study also revealed a moderate negative significant relationship between emotional arousal and adolescents’ HIV testing and counselling (r=-.548, *p* value<.001) and lastly the study revealed weak negative significant relationship between emotional arousal and adolescents’ condom use (r=-.132, *p* value .002). Based on these findings, the study recommends that the national policy particularly the “Guidelines for Implementing HIV/AIDS and Life-Skills Education Programs in Schools” be reviewed to integrate self-efficacy sources. The proposed policy integration of self-efficacy sources could in turn enable self-efficacy to be an integral part of implementing life-skills education that can further empower adolescents to optimally utilise HIV testing and counselling services and condom use in Tanzania’s secondary schools much more effectively than at present. The implications and recommendation for policy, action and future research are also provided.

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| **Panel Members** | | | | |
| No | Name | Designation | Rank | Unit |
|  | Prof. Eustella Bhalalusesa | Chairperson | A/Professor | SoED-EFMLL |
|  | Dr. Eugenia Kafanabo | Representing External Examiner | S/Lecturer | SoED-EPCS |
|  | Dr. Joviter Katabaro | Internal Examiner | S/Lecturer | SoED-EPCS |
|  | Dr. Suitbert Lyakurwa | Candidate’s Supervisor | Lecturer | SoED-EPCS |
|  | Dr. Wadrine Maro | Head of the relevant department (or his/her appointee) | Lecturer | SoED-EPCS |
|  | Dr. Albert Tarmo | Co-opted Member (appointed by College/School/Institute | S/Lecturer | SoED-EPCS |
|  | Dr. Sarah Kisanga | Co-opted Member (appointed by College/School/Institute | S/Lecturer | SoED-EPCS |
|  | Dr. Nkuba Mabula | Appointee of the Principal for PhD only) | S/Lecturer | DUCE-EPCS |