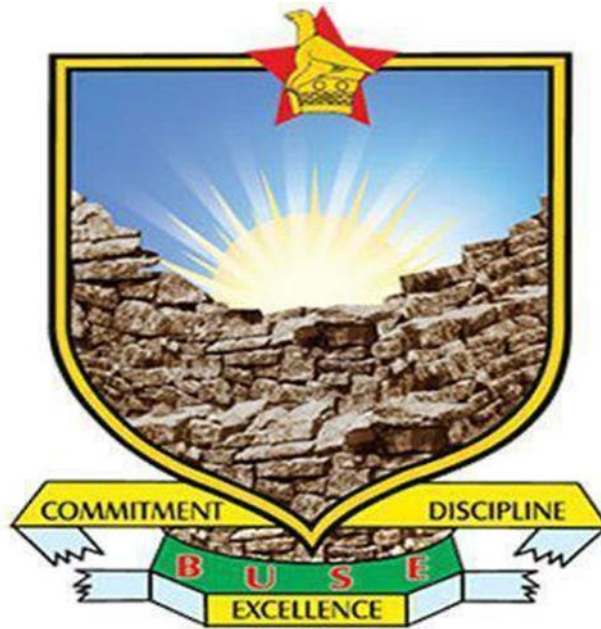


BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT OF SUSTAINABLE DEVELOPMENT



**CLIMATE CHANGE IMPACTS ON WOMENS CARE BURDEN AND TIME
POVERTY IN SMALLHOLDER FARMING HOUSEHOLDS. LESSONS FROM THE
2023 TO 2024 CLIMATE CHANGE INDUCED DROUGHT IN DOMBOSHAVA
WARD 4.**

BY

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**A DISSERTATION SUBMITTED TO BINDURA UNIVERSITY OF SCIENCE
EDUCATION IN FULFILMENT OF BACHELOR OF SCIENCE HONORS DEGREE
IN DEVELOPMENT STUDIES.**

Approval Form

The undersigned certify that they have read the project and approved its submission for marking after confirmation that it confirms to the department requirements.

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Declaration

I Shawn Magora, hereby declare that this research project is my own work and has not been copied from any other source without acknowledgement of the source.

Date 12/06/25

Signature.....

Dedication

This research work is dedicated to my parents, and other women in Domboshava who are victims of Climate induced drought.

Acknowledgements

I thank the Lord, GOD for the guidance throughout this work. I would like to extend my sincere gratitude to my supervisor Mr Gomo, for the unwavering support, encouragement, patience and understanding throughout the research. I would also like to thank my family and friends for financial support and encouragement. Lastly my sincere gratitude also goes to Domboshava community leaders and the whole populace for the participation and support to make this research project successful.

Abstract

This qualitative study investigations the effects of climate change on women's care burden and time poverty in Domboshava ward 4. This research aims to pick out major challenges posed by climate change induced drought. Understanding how these impacts influence their time poverty and care burden can help to identify the support needed as their coping strategies. However, research on the effects of climate change on women's care burden is largely limited especially in Domboshava. The main objective of this study is to examine how prolonged drought exacerbate unpaid care responsibilities such as water collection, preparation of food and taking care of children. A mixed methods approach was employed involving questionnaires, focus group discussions and key informant interviews. Data were collected from a sample size of 58 women using the aforementioned methods. The findings revealed that climate related stressors inordinately burden women, limiting them from participating in economic activities that boost their income levels and food security hence deepening time poverty therefore reinforcing inequalities. Also, women participating travelling on long distance up to 3 kilometres to fetch domestic water. It was thus recommended that addressing water crisis caused by climate change is a positive step towards addressing gendered plight of women in marginalized communities. Policy recommendations include gender responsive climate change adaptations strategies, labour savings technologies and social protection measures to ameliorate these effects. The study underscores the need to integrate care work considerations into resilience building efforts for smallholder farming communities.

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CHAPTER ONE

1.1 Introduction

This chapter introduces the study by examining the effects of climate change on women's care burden and time poverty in smallholder farming households in Domboshava Ward 4, with specific focus on the 2023–2025 climate change-induced drought. It outlines how climate change, driven by greenhouse gas emissions from human activities such as fossil fuel use and deforestation, has intensified extreme weather events that disproportionately affect rural women, increasing their workload in both reproductive and productive roles. The chapter also highlights the interconnectedness of climate-induced poverty and gendered vulnerabilities, noting that women in smallholder households now face extended hours in caregiving, water and firewood collection, and food provision, all of which deepen time poverty. The section further provides the background, statement of the problem, research objectives and questions, significance of the study, assumptions, scope, limitations, and a summary, laying the foundation for deeper analysis in subsequent chapters.

1.2 Background to the Study

Climate change is one of the most urgent and multifaceted challenges faced by people in this 21st century, with increasing impacts on natural environment, economically, health systems, and social hierarchy noted the Intergovernmental Panel on Climate Change, 2023). Globally temperatures are increasing, erratic rainfall patterns, and ongoing droughts, and unpredictable weather events are now destroying livelihoods, focusing in low-income regions that its economy is sustained and relying on agriculture. The Intergovernmental Panel on Climate Change (IPCC, 2022) articulated that climate change differently affects vulnerable populations, especially women and children in smallholder farming households. As the climate change problems deepens, it is becoming increasingly evident that its impacts are not gender-balanced, but rather intensify existing inequalities, particularly through heightened women's care burdens and women time poverty.

Globally, women are viewed as the primary providers of unpaid care work like cooking, cleaning, collecting water, firewood, and responsible for taking care of dependents (children and elderly groups. As a result of this climate change that is occurring leading to droughts henceforth increase the time and effort needed to perform these tasks. According to UN Women (2023), women and girls in rural areas walk longer distances to fetch water and firewood, sometimes spending up to five hours daily, leaving little or no time for education, economic activities, or rest. This phenomenon referred to as time poverty is now widely acknowledged

as a barrier to women's empowerment, economic productivity, and health (Charmes, 2021). Moreover, extreme weather events often lead to male out-migration in search of alternative income sources, leaving women as de facto heads of households with double responsibilities (FAO, 2022).

In Africa, climate vulnerability is worsened by limited infrastructure, inadequate social safety nets, and patriarchal norms that restrict women's adaptive capacity. A report by the African Development Bank (AfDB, 2021) revealed that women in smallholder farming communities contribute between 60–80% of agricultural labour, yet they have the least access to climate-smart technologies, land rights, financial services, and extension support. These inequalities magnify during climate shocks such as droughts. Women bear the brunt of food insecurity, water scarcity, and increased illness burdens while their contributions to household resilience go largely unrecognized (UNDP, 2022).

In Zimbabwe, the intersection of poverty, gender inequality, and climate change has produced severe socio-economic effects, particularly in rural areas reliant on rain-fed agriculture. Domboshava, located in Goromonzi District, Ward 4, exemplifies this reality. The 2023–2024 climate change-induced drought led to poor harvests, drying of community water sources, and the collapse of subsistence farming activities. Women in these households were forced to walk up to 4 hours per day to fetch water, severely cutting into time for farming, income-generating activities, childcare, and rest (Chikodzi & Mutowo, 2023). This intensifies their care burden, defined by UNDP (2021) as the physical, emotional, and time-consuming responsibilities of household and caregiving work that largely fall on women. The health consequences of climate change have also expanded women's unpaid care roles. Increased cases of malaria, cholera, and malnutrition have been recorded during the drought season, with women expected to nurse sick children and elders, often without adequate medical supplies or transport access (Zhou et al., 2023). These additional burdens increase psychological stress and perpetuate gendered poverty cycles. According to ActionAid Zimbabwe (2024), time poverty among rural women has led to reduced participation in community leadership, decreased access to vocational training, and lost opportunities in income-generating projects, further marginalizing them from development efforts.

Globally, there is growing recognition that gender-responsive climate adaptation policies are essential to building resilience. The United Nations Framework Convention on Climate Change

(UNFCCC, 2022) emphasizes integrating gender equity into national climate strategies. However, in Zimbabwe, policy and programming gaps remain in translating this vision into support mechanisms that alleviate women's care work during climate disasters (Mutambara & Mudzonga, 2022).

While global and regional studies have documented the effects of climate change on women's workloads, there is a paucity of empirical research focusing on the specific impacts within Zimbabwe's smallholder farming communities, particularly in Domboshava Ward 4. Understanding these localized effects is crucial for developing targeted interventions to alleviate women's care burdens and address time poverty. Thus, this study is anchored in the need to critically examine the impacts of climate change-induced drought on women's care burden and time poverty in smallholder farming households in Domboshava Ward 4. It aims to illuminate the gender-differentiated impacts of climate shocks, providing evidence to inform local and national interventions that promote gender equality, climate justice, and rural resilience.

1.3 Problem Statement

The increasing frequency and intensity of climate change-induced droughts has significantly disrupted the livelihoods of rural populations in Zimbabwe, particularly among smallholder farmers who rely on rain-fed agriculture for food and income security (Mapfumo et al., 2020; Chitongo & Munemo, 2023). Women in these rural areas especially in female-headed households are disproportionately affected due to their primary role in managing water, food, and caregiving within households (UN Women, 2021; FAO, 2022). As water sources dry up and agricultural productivity declines, the burden on women to secure basic household needs intensifies, leading to increased unpaid care work and severe time poverty (Oxfam, 2022; Amnesty International, 2021). While global and continental studies increasingly acknowledge the gendered impact of climate change on women's workloads and time poverty (Ravera et al., 2021; Goh, 2022; Huyer & Partey, 2020), empirical research in Zimbabwe still largely focuses on general livelihood effects, agricultural resilience, or food security (Mutsvangwa & Dzvimbo, 2021; Nhuta & Chikodzi, 2022). Furthermore, most national policy responses including climate-smart agriculture and women's empowerment initiatives are designed without grounded, context-specific data that reflect how climate-induced droughts reshape women's daily routines and caregiving responsibilities (Government of Zimbabwe, 2022; UNDP Zimbabwe, 2023) especially in rural areas like Domboshava. This results in broad-based interventions that often miss the lived realities of women in rural districts like

Domboshava. This study is therefore necessitated by the absence of localized, empirical, and gender-specific research that explores how climate change-induced drought intensifies unpaid care work and restricts women's time in Domboshava Ward 4. Generating this evidence is essential for informing inclusive, context-sensitive adaptation strategies that reduce gender disparities in care responsibilities and support women's resilience in rural Zimbabwe.

1.4 Research Aim / Main Objectives

The aim is to examine the climate change impacts on women's care burden and time poverty in smallholder farming households.

1.5 Specific objectives

1. To determine the effects of climate change on women's care burden and time poverty in Ward 4, Domboshava.
2. To assess the coping strategies employed women to manage their increased care burden and time poverty experienced by women in smallholder farming households in Ward 4, Domboshava.
3. To evaluate the challenges faced by women in Ward 4, Domboshava towards coping with climate change effects on their care burden and time poverty.

1.6 Research Questions

1. What are the effects of climate change on women's care burden and time poverty in Ward 4, Domboshava?
2. What coping strategies do women in smallholder farming households in Ward 4, Domboshava employ to manage their increased care burden and time poverty caused by climate change?
3. What challenges do women in Ward 4, Domboshava face in coping with the impacts of climate change on their care burden and time poverty?

1.7 Significance of the Study

This study is important as it addresses the critical but underexplored issue of how climate change-induced droughts increase women's care burden and time poverty in smallholder farming communities. The findings will have practical implications for policy, programming, and community resilience, benefiting multiple stakeholders as outlined below.

1.7.1 To the government of Zimbabwe

The study will provide evidence-based insights to guide policy formulation and implementation aimed at supporting rural women affected by climate change. Understanding the care burden and time poverty challenges will help improve resource allocation, enhance

social protection programs, and promote gender-responsive climate adaptation strategies, supporting Zimbabwe's national climate resilience and gender equality goals (Chagonda & Mangwana, 2021).

1.7.2 To Non-Governmental Organizations (NGOs)

NGOs working in rural development, climate adaptation, and women's empowerment will benefit from detailed information on the specific struggles women face due to climate change. This will improve its program design, and advocacy initiatives, ensuring interventions are more relevant and effective in reducing women's care burden and as well time poverty (Mwangi et al., 2022).

1.7.3 To Academic Institutions

Figuring out the specific effects of climate change on women's unpaid caregiving responsibilities and time constraints in Zimbabwe, this research project aims to bridge existing knowledge gaps. By shedding light on this issue, the study will not only enrich the realms of climate change, gender studies, and development but also lay a foundation for future investigations and educational initiatives within these interconnected areas (Ncube & Masocha, 2023)

1.7.4 To Local Communities

Exploring the real-life stories of women residing in Ward 4, Domboshava, this research aims to shed light on the unique challenges they face. By doing so, it seeks to spark conversations within the community, promote united efforts, and pave the way for tailored solutions. Ultimately, the goal is to strengthen the community, promote gender equality, and empower women in the area (Tawodzera et al., 2024)

1.8 Scope of the Study.

1.8.1 Spatial scope

Exploring Ward 4 in Domboshava, Zimbabwe, the research hones in on a rural community that heavily depends on small-scale farming. Ward 4 was chosen because it is highly susceptible to the effects of climate change, especially droughts and unpredictable rainfall, which directly impact the workload of women and their time constraints within farming families.

1.8.2 Temporal scope

Exploring the years 2020 to 2024, the research delves into contemporary climate change occurrences such as the 2023–2024 drought. It examines how these events have influenced the daily tasks and incomes of women within households as well time poverty. By focusing on this

period, the study can evaluate how climate fluctuations have evolved and assess the success of different adaptation approaches in recent times.

1.8.3 Contextual scope

Contextually, the study centres on women in smallholder farming households and examines how climate change intensifies their unpaid care work and limits their time for economic activities, education, and community participation. The research also evaluates coping mechanisms and existing policies aimed at supporting women's resilience and adaptation to climate stressors.

1.9 Definition of key terms.

Climate Change:

Refers to long-term changes in temperature, precipitation, and weather patterns on earth, largely driven by human activities such as fossil fuel burning and deforestation, resulting in global warming and increased climate variability (IPCC, 2021).

Care Burden:

The unpaid physical, emotional, and social work predominantly undertaken by women to meet household needs, including childcare, eldercare, water and fuel collection, and domestic chores (Dhar, 2022).

Time Poverty:

A condition where individuals, especially women, have limited discretionary time due to excessive responsibilities and care duties, restricting their ability to engage in income-generating activities, education, or leisure (Bhatta & Tiwari, 2020).

Smallholder Farming Households:

This refers to farming families that operate on relatively small plots of land, primarily relying on rain-fed agriculture and family labour for subsistence and income generation and it is for family consumption (FAO, 2019).

Drought:

A prolonged period of abnormally low rainfall leading to water shortages that adversely affect agriculture, livelihoods, and ecosystems (WMO, 2022).

Resilience:

The capacity of individuals or communities to anticipate, withstand, adapt to, and recover from adverse climate impacts and stresses (Adger, 2021).

Chapters Organization

This study is structured into five main chapters, each addressing key aspects of the research:

1.10 Chapter One: Introduction

This chapter presents the background to the study, problem statement, research objectives, research questions, significance, scope, and definitions of key terms. It sets the foundation and rationale for the research.

Chapter Two: Literature Review

This chapter reviews existing literature on climate change impacts on women's care burden and time poverty, focusing globally, regionally (Africa), and locally (Zimbabwe). It also identifies gaps in current knowledge and theoretical frameworks relevant to the study.

Chapter Three: Research Methodology

This chapter outlines the research design, study area, population, sampling methods, data collection tools and procedures, and data analysis techniques. It also addresses ethical considerations.

Chapter Four: Data Presentation, Analysis, and Interpretation

This chapter presents the collected data, analyses the findings in relation to the research objectives, and interprets the results with reference to the reviewed literature and theoretical framework.

Chapter Five: Summary, Conclusions, and Recommendations

This final chapter summarizes the key findings, draws conclusions, discusses the implications, and provides recommendations for policy, practice, and further research.

1.11 Chapter Summary

The introductory chapter has outlined the objectives, research questions, research methodology and delimited study ethnography. The major thrust of the study is to make an investigation on the impacts of climate change impacts on women's care burden and time poverty in small

holder farming households. The next chapter focuses on the concept of climate change and theoretical frameworks that couch it in a rigorous review of literature of the study phenomena.

2 CHAPTER 2: LITERATURE REVIEW

2.1 Introduction

Climate change continues to exacerbate social and economic vulnerabilities across the globe, with disproportionately severe impacts on rural communities dependent on smallholder agriculture. Among these, women bear a particularly heavy burden, as climate-induced shocks like droughts intensify the unpaid care and domestic responsibilities they already shoulder. The intersection of gender, climate vulnerability, and rural livelihoods has garnered increasing scholarly attention in recent years, yet there remains a critical need to unpack how specific climatic events—such as the 2023 to 2024 drought—translate into tangible shifts in women’s daily lives, particularly in terms of care labour and time poverty. This chapter provides a comprehensive review of existing literature on the gendered impacts of climate change, with a focus on smallholder farming households. It explores the conceptual frameworks of care burden and time poverty, examining how these are influenced by climatic stressors. The review also investigates the specific pathways through which droughts affect women’s roles within agricultural households ranging from increased caregiving due to water scarcity and food insecurity, to diminished time for income-generating and personal activities. By situating the current study within the broader academic and policy discourse, this chapter lays the foundation for analysing the lived experiences of women during the 2023–2024 drought and identifying lessons for more gender-responsive climate adaptation strategies.

2.2 Theoretical framework

This study adopted a theoretical framework comprising the vulnerability theory, gender and development theory, and the social ecological model. These theories collectively provided a lens for understanding the gendered impacts of climate change-induced drought and the adaptation strategies employed by women in rural Zimbabwe.

2.2.1 Vulnerability theory

In this study vulnerability theory was utilized to evaluate how women residing in Domboshava ward 1 were exposed to and impacted by drought conditions. Vulnerability, as described by Tschakert and colleagues (2019), noted that the susceptibility of individuals or communities to harm from environmental stressors like drought, influenced by their exposure, sensitivity, and ability to adapt. Women living in rural areas often face heightened vulnerability due to limited access to resources, decision-making authority, and social support systems (Ford et al., 2020).

This theory highlights the connection between environmental threats and socio-economic circumstances, magnifying the repercussions and consequences on marginalized populations. It was a fitting framework as it enabled to view drought not only as an environmental challenge but as a socio-environmental issue that disproportionately impacts women. This approach justified the exploration of women's day-to-day realities and challenges during drought periods, while also pinpointing gaps in adaptation related to structural inequalities (Zselezcky and Yosef, 2021).

2.2.2 Gender and development (GAD) theory

This theory was adopted to determine how systemic gender inequalities shapes women's responses to climate change induced drought in the ward 1 Domboshava. As Van Aelst et al. (2021), articulated GAD theory focused on socially constructed roles and power relations between men and women, stressing how development processes often overlooked women's specific needs and capacities. The theory give more attention to gender dynamics that were embedded in institutional processes and household decision-making, which significantly affected women's time poverty and responsible in care burden as well as coping strategies in drought-prone areas (Alston and Whittenbury, 2020). GAD theory was appropriate for this study because it provided a structured explanation of why women's care burdens increased during droughts, why their access to resources remained limited, and how patriarchal systems intensified their vulnerability.

2.2.3 Social ecological model (SEM)

The social ecological model was utilized to explore the multiple layers of influence that shaped women's exposure to drought and their coping mechanisms. As described by Peters et al. (2021), the SEM recognized that individuals' behaviours and outcomes were shaped by a complex interplay of factors at the individual, household and community. In the context of climate change, adaptation strategies were determined not just by personal decisions but also by institutional support, community norms, and policy environments (Gonda and Tavenner, 2020). The SEM provided a holistic approach to understanding the broader social, cultural, and institutional factors affecting women's resilience, coping strategies as well unpaid care burden. It supported the study's intention to examine not only individual coping strategies, but also the roles of government, NGOs, and community structures in shaping up adaptive responses (Boza and Kleinschmit, 2021)

2.3 Conceptual Framework

This conceptual framework illustrates the relationship between climate change (specifically, the 2023–2024 drought) and its gendered impacts on women in smallholder farming households. It highlights how drought, as an environmental stressor, exacerbates unpaid care responsibilities and leads to time poverty. It also considers mediating and moderating variables that influence the degree and nature of these impacts. Climate change is the independent variable; this induced drought acts as a stressor that leads to scarcity of key resources like water in Domboshava ward 4. Due to resource scarcity, women are forced to compensate for these scarcities through increased labour, household chores and care work. Women's care burden refers to increased unpaid labour that women take on during times of environmental crisis, often invisible but essential. Resource scarcity hence leads to time poverty, the result of having too many demands on limited amount of time, leaving women unable to engage in self-development and income generating projects.

The diagram below shows the variables and their relationship.

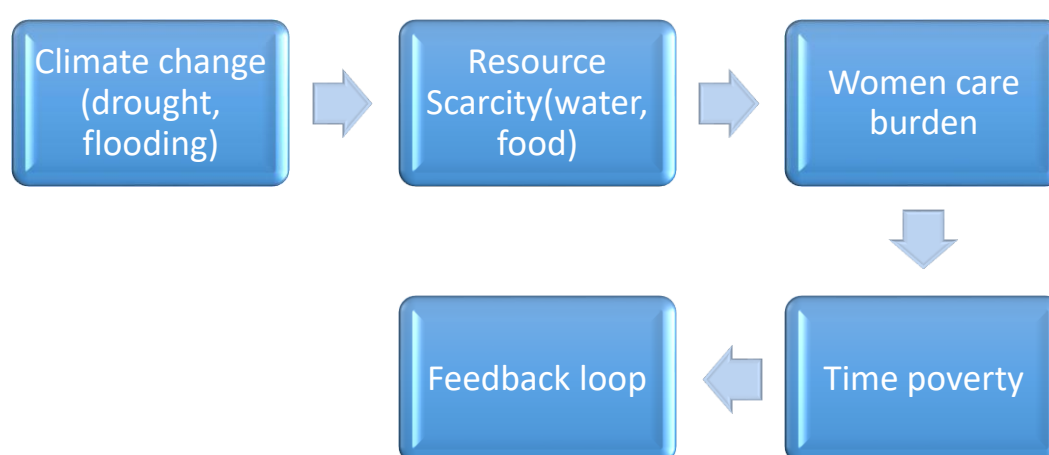


Figure 2-1: Fig 2.1 conceptual framework

2.4 Empirical literature review

2.5 Effects of climate change on women's care burden and time poverty

Climate change has emerged as a formidable global threat that disproportionately affects women, especially in developing regions such as Sub-Saharan Africa. Over the past decade, an increasing body of empirical literature has provided compelling evidence that women bear a disproportionate share of the care burden during climate-induced disasters, particularly in the context of droughts. This care burden often translates into significant time poverty, defined as the chronic lack of discretionary time due to an overload of unpaid responsibilities. The following discussion presents a comprehensive and argumentative empirical literature review

on how climate change, particularly in the form of droughts, exacerbates women's unpaid care responsibilities and induces time poverty. The review spans global, regional, and national contexts, with a special focus on Zimbabwe, to validate the central thesis that climate change magnifies gender disparities in care work and time allocation.

2.5.1 Global empirical evidence

Globally, climate change has reshaped the socio-economic fabric of vulnerable communities, and women are often at the frontline of these transformations. A multitude of empirical studies have documented that in times of climatic stress floods, heatwaves, and prolonged droughts women's unpaid care work dramatically increases. Ravera et al. (2021), in their quasi-experimental study across 150 Indian villages, found that women in flood-prone areas spent 11 to 13 additional hours per week collecting water and fuel. This increase in time spent on basic survival needs translated into reduced time for income generation, community engagement, and rest. Such findings corroborate the view that climate shocks intensify gendered vulnerabilities in time allocation.

Furthermore, Rahman and Yusuf (2022), through an analysis of time-use diaries during the 2019 cyclone season in Bangladesh, observed a significant spike in care duties, particularly involving child and elder care. Their findings revealed that women's daily care responsibilities increased by approximately two hours per day due to the health impacts and displacement caused by the cyclone. In a more expansive analysis, Oxfam (2023) conducted a meta-synthesis involving 12 countries across Asia, Africa, and Latin America, concluding that climate shocks contribute to a 20 percent increase in women's unpaid care work and lead to 15 percent more women falling into severe time poverty.

These global studies strongly support the assertion that climate change acts as a multiplier of existing gender inequalities especially on domestic work and care responsibilities. The reallocation of women's time towards unpaid care work during climate crises results in diminished opportunities for education, economic participation, and personal well-being. These consequences underline the need for integrating gender-sensitive approaches in climate resilience planning and policy.

2.5.2 Regional empirical evidence from Africa

The Sub-Saharan African context presents a particularly striking illustration of the gendered impacts of climate change. In this region, where livelihoods are predominantly dependent on rain-fed agriculture, the onset of droughts significantly alters the daily routines of rural women. Goh and Bradshaw (2021), in a comparative survey covering drought-affected communities in

Kenya and Ethiopia, highlighted that women's average round-trip distance to collect water doubled during periods of water scarcity, adding an extra 2 to 3 hours to their daily workload. This increase in care labour burden consequently curtailed women's participation in economic activities and community development initiatives.

In Malawi, Chirwa et al. (2022) conducted a longitudinal panel study that tracked 200 women over two dry seasons. The study presented a 25 percent increase in time spent on household chores and caregiving during dry seasons, which severely limited women's time for income-generating activities. The use of a longitudinal design in this study strengthened the causal link between climate variability, drought specifically and women's care burden and time poverty, offering a more nuanced understanding of seasonal dynamics. Another important contribution was noted by Nsubuga and Kiggundu (2023), who used a mixed-methods approach in Uganda to examine how droughts influenced women's time use. The study came out with results showing that women's unpaid care work increased by an average of 1.8 hours per day during drought months. Moreover, 68 percent of the women surveyed reported a reduction in time available for income generation and personal well-being. This evidence positively argued that the hypothesis that climate shocks and crisis deepen and widen time poverty among women by forcing them to prioritize survival-related care tasks. These regional studies collectively strongly supported the argument that climate change exacerbates care burdens in Sub-Saharan Africa, perpetuating a cycle of poverty and gender inequality. They also reveal the necessity for more gender-disaggregated data and targeted interventions to curb off these challenges.

2.5.3 Zimbabwe

Zimbabwe, like many other countries in Southern Africa, is increasingly grappling with the adverse effects of climate change, particularly recurrent droughts. Empirical studies focusing on Zimbabwe provide important context-specific insights into how these environmental changes are reshaping gender roles, especially in rural areas. Chikodzi and Mutowo (2023) undertook a mixed-methods study in Insukamini and exchange wards in the Midlands Province. Their research revealed that drought forced women to spend up to four hours daily fetching water, a significant increase from the usual one hour. This extra time commitment reduced their productive labour time by approximately 30 percent, severely affecting household income and food security. In a similar vein, Nyoni and Mbatha (2022) surveyed 180 female-headed households in Domboshava. The study found that during the 2023 drought, the proportion of women experiencing time poverty (defined as having less than five hours of discretionary time per day) doubled. The primary drivers were increased hours spent collecting water and

firewood, and caregiving for climate-related illnesses. The evidence provides strong empirical support for the thesis that climate change increases the care burden and erodes women's autonomy over their time.

The United Nations Development Programme (UNDP Zimbabwe, 2024) further supported these findings through analysing how people spend their time nationally. The report noted that women from rural areas spent on average 3 to 4 hours more per day on unpaid care work during severe drought period. This escalate was deeply aligned with declines in key well-being indices including mental health, income levels, and girl child educational outcomes. Together, these national studies draw attention to that climate-induced care burdens in Zimbabwe are not only widespread but also have wide spread outcomes for gender equality, economic development, and human rights.

2.6 Strategies used by women in smallholder farming households to manage increased care burden and time poverty caused by climate change

Climate change, marked by prolonged droughts, extreme weather events, and resource scarcity, has seriously affected traditional ways of life in smallholder farming communities. Women's care burden and time poverty is one of the significant aspects that most women are facing but often overlooked. Time poverty means shortage of time for rest, income-generating activities, and social interaction because of heavy domestic duties responsibilities. In many smallholder farming households, women are viewed as the primary care providers and resource managers which makes them to develop different ways to cope with these challenges. This empirical literature review looks closely at these coping mechanisms to understand better how women show resilience, adjust and adapt to tough situations as drought seasons.

2.6.1 Global coping strategies

Across the globe, women in smallholder farming households have shown remarkable adaptability in the face of climate-induced challenges. Ospina and Heeks (2021) emphasized the significance of informal social networks as a coping mechanism in their study on smallholder farming in Colombia. Women pooled resources, shared caregiving responsibilities, and engaged in labour-sharing arrangements to reduce the burden on individual households. Similarly, in Nepal, Aryal et al. (2022) found that women increasingly relied on mutual aid groups and community-based organizations to manage childcare and eldercare duties, especially during times of water and food shortages. These strategies provided women with temporary relief from care duties and allowed some room for economic and social participation.

Migration emerged as another adaptive strategy in response to resource depletion. In parts of India, women encouraged seasonal migration of family members to reduce the number of dependents at home, a trend also observed by Bhatta et al. (2023). Although not ideal, this strategy temporarily eased caregiving loads and freed up time for women to focus on critical farming or community roles. However, this often-left women as de facto heads of households, necessitating further adaptation in care and household management. Furthermore, technology adoption played an emerging role in reducing time poverty. In Vietnam, Nguyen et al. (2022) reported that access to fuel-efficient stoves and rainwater harvesting technologies significantly reduced the time women spent collecting firewood and water. These technologies, supported by government or NGO interventions, were instrumental in easing the care burden and reducing time poverty enabling them to enhance in their economic activities.

2.6.2 Regional coping strategies in Africa

In Sub-Saharan Africa, where the impact of climate change is severe, women's coping strategies are both innovative and reflective of deep-seated communal norms. In Ethiopia, Mekonnen et al. (2021) documented that woman in smallholder farming households formed rotating savings and credit associations (ROSCAs) that provided financial support to hire labour for caregiving or agricultural tasks. This financial coping mechanism effectively outsourced some care duties and offered temporary respite from time poverty. In Malawi, Banda et al. (2022) highlighted the strategic use of older children in caregiving roles. While controversial, this redistribution of care labour was often the only available option for many rural women. Children, particularly girls, assisted with fetching water, preparing food, and caring for younger siblings, allowing their mothers to focus on critical farming activities during the growing season, agricultural activities and rest.

In Kenya, Mutuku and Mwangi (2023) observed the role of women's cooperatives in redistributing care responsibilities. Through coordinated schedules, these cooperatives allowed women to rotate caregiving duties, ensuring that no one individual was overburdened for extended periods. Additionally, these cooperatives provided platforms for women to advocate for infrastructure improvements such as water points and health centres and simple irrigation techniques and tools. Another emerging strategy in Sub-Saharan Africa was agroecological innovation. In Uganda, Nsubuga et al. (2023) found that women adopted climate-smart agricultural practices such as intercropping, composting, and mulching, which required less daily labour input like watering. These strategies not only enhanced food security but also conserved women's time and reduced care-related stress.

2.6.3 Coping strategies in Zimbabwe

In Zimbabwe, the recurring droughts and economic instability have forced rural women to innovate in managing their care burden. A study by Chikodzi and Mutowo (2023) in the Midlands Province found that women diversified their income sources by engaging in backyard gardening and small-scale poultry projects. These ventures were often done close to home, allowing women to balance economic activities with caregiving duties. Nyoni and Mbatha (2022) observed that women in areas in the same district with Domboshava established care-sharing arrangements with neighbours, especially during peak farming seasons. These informal pacts involved exchanging care duties such as child-minding and elder care, enabling participants to attend to their fields. This strategy reduced time poverty by redistributing care labour across households.

NGO interventions also played a critical role in easing care burdens. According to UNDP Zimbabwe (2024), several organizations introduced community-based child care centres and provided water infrastructure support in drought-affected communities. These interventions allowed women to allocate more time to productive work, improving household income and food security. Additionally, women utilized traditional knowledge and cultural practices to manage their responsibilities. As Musarurwa (2023) highlighted, women in parts of Masvingo and Manicaland Provinces employed traditional herbal medicine and indigenous food preservation techniques to reduce the frequency of health-related care tasks and meal preparation time respectively. Another noteworthy strategy was the shift towards collective farming. Mukarati and Zhou (2023) found that women in Chivi and Murehwa formed small agricultural clusters where tasks such as weeding and harvesting were done collectively. This system enabled women to reduce labour time while maintaining productivity.

2.7 Challenges faced in coping with the impacts of climate change on care burden and time poverty

2.7.1 Escalation of unpaid care work

Climate change increases women's unpaid labour, particularly in fetching water and firewood. As researched by Doss et al. (2019), domestic work is usually done by women and girls especially in culturally centred areas. This is supported by Meinzen-Dick et al. (2019), who stated that environmental degradation prolongs the time women spend on domestic chores. Similarly, Alston (2018) argues that unpaid care work expands significantly under climate stress. In agreement, Carr (2020) highlighted that the increase in unpaid care limits women's economic opportunities. Furthermore, O'Sullivan et al. (2021) emphasize that the rise in unpaid care work critically constrains women's capacity to adapt to climate change.

2.7.2 Male outmigration and increased workload

As detailed by Bryceson and Vuorela (2020), male outmigration from rural areas due to climate impacts results in women assuming a heavier workload in both farming and household duties. Tacoli (2018) supports this by describing the resulting “feminization of agriculture,” where women bear the full burden of agricultural labour. Ellis et al. (2020) further state that women left behind face increased time poverty due to these additional responsibilities. Echoing this, Buechler et al. (2021) point out that the dual burdens of productive and reproductive work reduce women’s adaptive capacity. Moreover, Niyibigira and Munyaneza (2022) provide empirical evidence showing women’s extended working hours following male migration in East Africa.

2.7.3 Limited access to resources and services

As stated by Doss (2018), gendered land tenure systems restrict women’s access to land, thereby reducing their climate resilience. This perspective is supported by Quisumbing et al. (2019), who argue that women have lower access to agricultural inputs and credit than men. In line with this, Meinzen-Dick et al. (2019) highlight that limited access to extension services constrains women’s ability to adopt new adaptation technologies. Moreover, Peterman et al. (2020) state that financial exclusion exacerbates women’s vulnerability to climate change. Slavchevska (2019) reinforces these arguments by emphasizing systemic inequalities in resource access that hinder women’s adaptation efforts in agriculture.

2.7.4 Health impacts and increased care burden

As researched by Eriksen et al. (2018), climate change intensifies health risks that increase caregiving demands on women. This is supported by Twumasi et al. (2020), who state that climate-related illnesses lead to a heavier care burden for women. Kuriakose et al. (2019) further argue that higher disease prevalence directly contributes to intensified unpaid care work among women. In agreement, Arora-Jonsson (2021) connects these health impacts to greater time poverty, reducing women’s capacity to engage in income-generating activities. Additionally, McOmber et al. (2022) provide data showing that women spend significantly more time on caregiving due to climate-linked health challenges.

2.7.5 Educational disruptions for girls

As stated by Chopra et al. (2020), climate stress forces many girls to drop out of school to fulfil increased household duties. Supporting this, Amegah and Agyei-Mensah (2019) explain that droughts and resource scarcity increase girls’ unpaid care work, leading to school absenteeism. Muralidharan and Prakash (2021) also highlight how climate-induced household labour obligations limit girls’ educational opportunities. In addition, Nhamo et al. (2020) argue that

the lack of water and fuel resources due to climate impacts pushes girls out of school. Furthermore, Hamadani et al. (2019) confirm that educational disruptions due to climate-related care burdens have long-term negative effects on girls' future livelihoods

2.7.6 Food insecurity and malnutrition

As researched by Jones et al. (2019), drought severely compromises household food security, disproportionately affecting women and children who often receive less food during shortages. Supporting this, Smith and Haddad (2020) state that climate-induced food scarcity increases malnutrition rates among children in drought-affected regions. Black et al. (2018) emphasize that women's caregiving roles expose them to nutritional deficiencies while prioritizing children's needs. Hoddinott et al. (2019) also link drought to reduced dietary diversity for women and children, exacerbating long-term health problems. Furthermore, FAO (2021) reports that women-headed households experience higher food insecurity during drought periods due to limited access to resources.

2.7.7 Water scarcity and hygiene challenges

As argued by Howard and Bartram (2018), drought leads to critical water shortages, which burden women with longer trips to collect water, reducing time for other activities. This is supported by Garn et al. (2019), who highlight the increased risk of waterborne diseases when water scarcity limits hygiene practices. Freeman et al. (2020) state that inadequate water supply undermines menstrual hygiene management, impacting girls' school attendance. Additionally, Sultana (2021) discusses how water scarcity intensifies women's physical strain and vulnerability during drought. Shah et al. (2019) also document the gendered impact of water collection on women's health and social well-being.

2.7.8 Psychosocial stress and mental health strain

As researched by Stanke et al. (2019), the pressures of managing drought impacts cause significant psychosocial stress among women and children. Supporting this, Porter et al. (2020) explain that loss of livelihoods and increased care burdens lead to higher rates of anxiety and depression in affected populations. Morris et al. (2018) highlight that children are particularly vulnerable to mental health disruptions during climate crises. Parry et al. (2021) argue that women's compounded responsibilities intensify emotional exhaustion and reduce resilience. Furthermore, Patel et al. (2022) emphasize the need for integrating mental health support into climate adaptation programs targeting women and children.

2.7.9 Reduced participation in decision-making

As stated by Rao et al. (2019), climate change worsens pre-existing gender inequalities, limiting women's voice in local and national climate adaptation planning. Cornwall and Rivas (2020) argue that despite bearing the brunt of climate impacts, women are often excluded from decision-making forums. Terry (2018) emphasizes that this exclusion leads to adaptation strategies that neglect women's specific needs. Mason et al. (2021) further state that children's perspectives are rarely considered in climate resilience programs, reducing effectiveness. Alston and Whittenbury (2019) support the call for more inclusive governance to ensure equitable climate adaptation.

2.7.10 Loss of livelihoods and economic insecurity

As researched by Khatri et al. (2018), drought-induced crop failures disproportionately threaten women's income from agriculture, increasing poverty levels. This is supported by Leichenko and Silva (2020), who state that women have fewer alternative livelihood options compared to men. Eriksen et al. (2019) highlight that economic insecurity pushes women into precarious labour, reducing their bargaining power. Neumayer and Plümper (2018) argue that children in affected households face higher dropout rates as families cut education costs. Furthermore, Kumar et al. (2021) document that economic losses from drought amplify gender-based vulnerabilities and undermine long-term development prospects.

2.8 Research gaps of the study

While there is extensive research on climate change impacts globally and regionally, as stated by Nhamo et al. (2020) and Mapfumo et al. (2018), few studies have specifically examined how drought affects women and children in rural communities of Zimbabwe, particularly in Domboshava rural areas. This localized context remains underexplored, limiting the applicability of broader findings to this area's unique socio-economic and cultural conditions. Existing research often treats communities as homogeneous units without adequately differentiating the unique vulnerabilities of women, men and children. As highlighted by Dankelman (2019) and Ford and Berrang-Ford (2016), there is a lack of detailed analysis of how climate change-induced drought uniquely impacts women and children, including the intersection of gender, age, and social roles in adaptation strategies.

Patel et al. (2022) and Stanke et al. (2019), noted that while physical impacts like food and water insecurity are well documented, there is limited empirical evidence on the psychosocial and mental health effects of drought on women and children in rural Zimbabwe. This gap reduces understanding of holistic adaptation needs beyond physical resources.

Although various adaptation methods are documented globally, there is insufficient research on the success and challenges of these strategies specifically in Domboshava Ward 4. Mason et al. (2021) and Rao et al. (2019) point out that locally tailored studies assessing adaptation effectiveness are crucial but scarce, particularly those involving women's and children's participation in decision-making processes.

Scarcity of longitudinal data tracking climate change impacts

As suggested by Eriksen et al. (2019) and Neumayer and Plümper (2018), there is a shortage of long-term studies monitoring how recurrent drought cycles affects the women's care burden and time poverty.

Lack of integration between climate adaptation and social protection policies

This is one of the most significant research gaps that is noted in most rural areas when dealing with emerging issues like climate change. As researched by Kumar et al. (2021) and Leichenko and Silva (2020), there is a gap in studies exploring how national and local social protection programs integrate climate adaptation efforts and coping strategies to support vulnerable groups like women and children in drought-prone areas. This lack of policy linkage weakens coordinated responses.

2.9 Chapter summary

This chapter reviews literature on the intersection between climate change induced drought and the disproportionate care burden and time poverty experienced by women, particularly in the developing regions. The review explores how women, especially in rural areas are primary care givers and household resource managers, making them more vulnerable to the impacts of environmental stress. It discusses how drought leads to longer hours spent on unpaid labor such as fetching water, collecting firewood, caregiving and providing household food supplies in smallholder farming households which significantly contributes to time poverty from unpaid responsibilities and duties.

CHAPTER 3: RESEARCH METHODOLOGY

3.1. introduction

This chapter describes the research methodology used to examine the impacts of climate change-induced drought on women's care burden and time smallholder in Ward 4, Goromonzi District. To understand the impacts of climate change on smallholder farming activities in Ward 4, Domboshava, it requires an accurate methodological approach and design that captures the core of their experience. This section digs deeper into the research approach and design, explaining how they are in line with research questions and objectives and helping the data collection process. Target population, sample size, research instruments, data analysis and presentation and ethical considerations are going to discussion in the section.

3.2. Description of the study area

3.2.1. Geographic characteristics

According to Tanyanyiwa (2022), the peri-urban communal area of Domboshava is situated 27 km northeast of Harare in Ward 4 of Goromonzi District, Mashonaland East Province, Zimbabwe. Domboshava is a large granite or whaleback, rising out of the central plateau highveld. Gutsa (2017) mentioned that most of the surrounding areas are densely populated and cultivated but Domboshava is relatively well protected by National Monuments of Zimbabwe and is of great botanical interest and the area of Domboshava, Goromonzi, Zimbabwe is 1.335 square kilometres.

3.3. Socio-economic characteristics

Gutsa (2017) stipulated that Domboshava is characterized with smallholder farmers, growing crops such as maize, vegetables and fruits. Tourism is also significant with attractions like Domboshava National Monument bringing income and job opportunities. Besides these economic activities, the area faces challenges like limited agricultural inputs and climate change. According to Tanyanyiwa and Mufunda (2019), women play a crucial role in both farming and household care, with drought exacerbating their care burden and time poverty. Community development such as home gardens programs aim to improve food security and empower women.

2.9.1 Map of the study area



Figure 0-1: Fig 3.2.3 shows the ward 4 in Domboshava

3.4. Research design

This research used an exploratory sequential design to better understand of how climate change-related drought are affecting women in smallholder farming households in Ward 4, Goromonzi District. The process began with collecting and analysing qualitative data to explore the research problem in depth, followed by quantitative data collection to test and generalise the findings (Berman, 2017). This approach allowed the researcher to first show existing experiences and perceptions through interviews and focus group discussions, which then informed the development of structured questionnaires for quantitative analysis. According to Farthing (2015), a well-structured research design is a roadmap, guiding the researcher from problem identification to conclusion. Therefore, using this design enhanced the study's ability to generate adequate, contextually grounded findings that can inform climate adaptation strategies.

3.5. Research approach

This research used a triangulation approach combining both qualitative and quantitative methods to develop a deeper and well-rounded understanding of the concept. This approach involved the obtaining of qualitative data through semi-structured interviews, observations, and

focus group discussions to explore how drought affects women differently. This was followed by gathering quantitative through structured questionnaires to assess the extent of food insecurity and time poverty experienced by women (Almeida, 2018). To strengthen the findings, the study also drew secondary data from government publications, policy briefs, and reports from non-governmental organizations to enrich the analysis. Sciberras and Dingli (2023) emphasize that triangulation improves the validity and reliability of research findings by corroborating evidence across different sources and methods. This approach helped the study capture the complex and layered effects of climate change induced drought to women's time poverty and care burden.

3.6. Target population

The research focused on a target population made up of women residing in smallholder farming households within Ward 4, Goromonzi District. The primary focus was on women aged 18 years and above who are primarily responsible for household food preparation, water collection, and childcare, as well as children under the age of 18 who experience the direct impacts of climate change-induced drought. The population also included local community leaders, agricultural extension officers, and representatives from relevant non-governmental organisations working in the area. These figures provide a quantitative basis for understanding the scale of the affected population and framing the study's relevance. Mugenda and Mugenda (2019) highlight that clearly defining the target population is essential to ensure that the findings are relevant and representative of those most affected by the phenomenon under study.

3.7. Sample size

Yamane formula was used to calculate the sample size. The target population of women in smallholder farming activities in Ward 4 (Domboshava), Goromonzi District was established as 3500 (N). A margin of error 0.13(5%) was chosen for this study. The formula used is



3.8. Sampling methods

This research adopted snowball sampling as the primary sampling technique. Snowball sampling is particularly effective in reaching hard-to-access or specific subpopulations within a larger community, such as women and children affected by climate change-induced drought in smallholder farming households of Ward 4, Goromonzi District. Initial participants who

meet the study criteria identified and then asked to refer other eligible participants, thereby creating a chain of referrals that expands the sample size. This method ensures that the study captures the nuanced experiences and perspectives of those directly impacted by drought, including community leaders, agricultural extension officers, and NGO representatives. According to Naderifar, Goli, and Ghaljaie (2017), snowball sampling is useful when the population is difficult to locate or when trust and rapport are essential for data collection. The technique complements the study's objective of understanding the gendered and intergenerational dimensions of vulnerability and adaptation strategies within this community.

3.9. Data Collection Methods

To properly carry out the effects of climate change-induced drought on women's care burdens and time poverty in Domboshava Ward 4, Goromonzi District, this research adopted a mixed-methods approach. Three major data collection instruments were used which are structured questionnaires, semi-structured interviews and focus group discussions. Each instrument was strategically structured and implemented to gather well-rounded quantitative and qualitative data significant to the objectives of the study.

3.10. Structured Questionnaire

The study adopted a structured questionnaire to collect quantitative data from smallholder farming households in Ward 4. The questionnaire was designed following a thorough review of existing literature to identify key themes such as household demographics, agricultural practices, distribution of care work, and income-generating activities. Questions were adapted from validated tools and modified to reflect the local context. Prior to the main data collection, a pilot test was conducted with a small sample outside the study area to check for clarity, cultural appropriateness, and timing, resulting in necessary refinements.

This instrument was chosen because it allows for standardized data collection across a large number of respondents, ensuring consistency and comparability of responses (Patten, 2016). The structured format provides quantifiable data that can be analysed statistically to reveal patterns and general trends (Queiros, Faria and Almeida, 2017). To facilitate accessibility, the questionnaire was translated into Shona, the local language, and administered face-to-face by trained enumerators. This method of distribution enabled enumerators to clarify questions on the spot and helped reduce non-response rates, thereby improving data accuracy and reliability.

3.11. Semi-Structured Interviews

Semi-structured interviews were employed to gather detailed qualitative data on women's lived experiences with climate change-induced drought, focusing on their coping strategies and

challenges related to care work. An interview guide with open-ended questions was developed in alignment with the research objectives, designed to encourage participants to express their perspectives freely. The guide was piloted to ensure the questions were culturally sensitive and clearly understood.

The flexibility inherent in semi-structured interviews allows researchers to probe deeper into participant responses, thereby uncovering rich, contextual insights that structured questionnaires cannot capture (Adams, 2015). This approach is well-suited for exploring complex personal experiences and the nuanced impacts of drought on women's daily lives (Magaldi and Berler, 2020). Interviews were conducted in person by female researchers fluent in Shona, creating a comfortable and trusting environment for participants. All interviews were audio-recorded with consent and later transcribed for detailed thematic analysis.

3.12. Focus Group Discussions

Focus group discussions (FGDs) were utilized to collect collective community perspectives on drought impacts, coping strategies, and adaptation measures. A discussion guide with open-ended questions was carefully crafted to stimulate meaningful dialogue among participants and to elicit diverse viewpoints. The guide included prompts designed to encourage contributions from all members while managing potential group dynamics such as dominance by outspoken individuals. The guide was reviewed by local community leaders and pilot-tested to ensure relevance and appropriateness.

FGDs are particularly effective for generating richer data through interactive discussion, as group dynamics can stimulate participants to reflect on and build upon each other's ideas (Van Eeuwijk and Angehrn, 2017). This method also efficiently gathers data from multiple participants simultaneously (Akyildiz and Ahmed, 2021). In this study, FGDs involved 6 to 10 women from various smallholder households and were facilitated by trained moderators fluent in Shona. Discussions took place in neutral community settings to foster openness. Sessions were audio-recorded and supplemented with detailed note-taking to capture the nuances of group interactions and key themes.

3.13. Data Analysis and Presentation

This section stated the techniques that were used to analyse and present the data collected in the study. Both quantitative and qualitative methods were employed to ensure a comprehensive understanding of the results. The findings were presented using narrative explanations and visual representations to effectively communicate the insights gained.

3.14. Data Analysis Methods

This section explained the key methods used to analyse data in the study, It also showed

3.15. Descriptive Statistics

Descriptive statistics were used to organize and present quantitative data in a meaningful way. Cooksey (2020) explained that this method involved calculating measures such as mean, mode, and standard deviation to describe the central tendency and variability of the data. In this study, descriptive statistics were employed to summarize quantitative data collected from structured questionnaires, showing an overview of household characteristics, agricultural practices, care work distribution, and income-generating programs and initiatives. This method was adopted because it allowed for easy interpretation of data trends (Sahu and Sahu, 2016), although it was noted in inferring relationships between variables.

3.16. Thematic Analysis

The thematic analysis was used to identify and analyse patterns within qualitative data. Clarke and Braun (2017) explained that this method involved coding data and organizing it into themes relevant to the research questions. In this study, thematic analysis was conducted on transcriptions of semi-structured interviews and focus group discussions to explore women's experiences and coping strategies in relation to drought periods. The approach was appropriate as it offered, detailed understanding into participants' views. (Terry et al., 2017) instigated that it is time consuming and relied partly on the researcher's interpretation.

3.17. Presentation Methods

This subsection stated the presentation methods used to display analysed data, explained how they were applied, and justified their use based on their effectiveness in communicating results.

3.18. Tables

Tables were used to present quantitative data in a clear, structured format. Huston (2020) explained that tables organize data into rows and columns, facilitating easy comparison. In this study, tables displayed data such as household demographics and agricultural activities. Tables were justified because they allowed detailed information to be presented clearly; however, excessive data in tables could overwhelm readers.

3.19. Bar Charts

Bar charts were used to visually compare categorical data. Taher et al. (2016) described bar charts as graphical tools that use rectangular bars proportional to data values. In this research, bar charts illustrated differences in care work distribution among households. Bar charts were

justified due to their simplicity and ability to highlight differences effectively, although they were less suitable for data with many categories.

3.20. Narrative Descriptions

Narrative descriptions were employed to present qualitative data through detailed text and direct participant quotes. According to Younas, Shahzad, and Inayat (2022), narrative descriptions convey complex and nuanced information. In this study, they highlighted key themes from interviews and focus groups. This approach was justified because it provided depth and context to participants' experiences, though it could be time-consuming to read and subject to researcher bias.

3.21. Ethical consideration

Ethical concerns are crucial when carrying out research that has the human participation. This study follows ethical principles that prioritize the well-being, dignity and rights of the participants throughout the research process.

3.22. Informed consent

According to Manti and Licari (2018), obtaining informed consent is fundamental to ethical research, participants receive detailed information about the study's aims, process, risk and benefits of participating. This information presented in an easy and understandable way, considering different literacy levels of participants. When written consent form is not feasible, verbal consent recorded to ensure honest.

3.23. Confidentiality

Petrova, Dewing and Camelleri (2016) argued that it is crucial to protect participants' identities and the information disclosed during the study, methods like pseudonyms and removing identifying details from transcripts and reports used to anonymize the data. Moreover, all audio recordings and transcripts securely stored with access restricted to the researcher and necessary research staff. Participants informed of their right to withdraw from the study at any time.

3.24. Respect for participants

The researcher will take into account the socio-economic background of the participants to prevent exploration. Doernberg and Wendler, (2016), mentioned that this includes being mindful to power dynamics during interviews and focus group discussions and creating a conducive environment for the participants to openly share their experiences.

3.25. Institutional review board approval

Prior to commencing the study, approval obtained from the relevant institutional review board or ethics committee. For example, the student I obtain clearance letter from the school, province

and from the district. According to Balon, Guerrero, Coverdale, Brenner, Louie, Beresin and Roberts (2019), this structured review process ensures compliance with ethical standards, protects the rights and well-being of the participants and the researcher gain thrust.

3.26. Chapter summary

This chapter has provided a comprehensive outlook of the research methodology for understanding the impacts of climate change-induced drought on women in smallholder farming activities in Ward 4 (Domboshava), Goromonzi District. The chapter pointed out the research design and approach. The targeted population and sample size was discussed. Research instruments, data analysis and presentation methods were also discussed and the chapter also explained the ethical consideration. This information lays a foundation for chapter 4.

CHAPTER 4:

DATA PRESENTATION, ANALYSIS AND INTERPRETATION OF FINDINGS

4.1. Introduction

This chapter presents the analysis and interpretation of data collected from women in smallholder farming households in Ward 4, Domboshava. The study set out to explore the effects of climate change on women's care burden and time poverty, assess coping strategies adopted to manage these burdens, and examining the challenges they face when they are trying to cope effort to environmental changes. The analysis used the quantitative and qualitative data gathered through questionnaires and interviews distributed to 58 and yield 50 responses. The data was analysed using descriptive statistics tools including frequencies, means, modes, and standard deviations were used to analyse the data, while qualitative results gathered from interviews were integrated to improve the understanding. The findings are put in different categories and discussed inlining with the study's three research objectives.

4.2. Response rate

The response rate plays an important role in showing reliable, and credibility of survey-based research. It shows the proportion of participants who provided usable data out of the total number targeted. In this study, questionnaires were administered to a total of 58 targeted respondents in Ward 4, Domboshava. Out of these, 50 completed and returned the questionnaires, yielding a notably high response rate. Table 4.1 shows response rate

Table 1:Table 4.1: Questionnaire Response rate

Data Collection Method	Total Distributed	Responses Received	Response Rate (%)
Questionnaires	58	50	86.2%

The calculated response rate of 86.2% is well above the generally accepted benchmark of 70% for academic and policy-related research (Baruch & Holtom, 2008). This high level of participation not only indicates a strong interest and willingness among participants to contribute to the research but also significantly enhances the validity and generalizability of the study's findings. According to Fincham (2008), response rates above 80% are considered ideal in social research, as they reduce the risk of non-response bias and support the integrity and reliability of the results.

4.3. Effects of climate change on women's care burden and time poverty

This study accessed the effects of climate change on women's care burden and time poverty. The fig 4.3 and table 2 both shows the effects giving quantitative response from the sample size.

Table 2: Table 4.3: Effects of climate change on women's care burden and time poverty

Question	Valid	Mean	Mode	Sta. Deviation
q1	50	1.3	1	0.472192165
q2	50	1.5	1	0.500835422
q3	50	1.6	2	0.472192165
q4	50	1.5	1	0.500835422
q5	50	1.3	1	0.472192165
q6	50	1	1	0

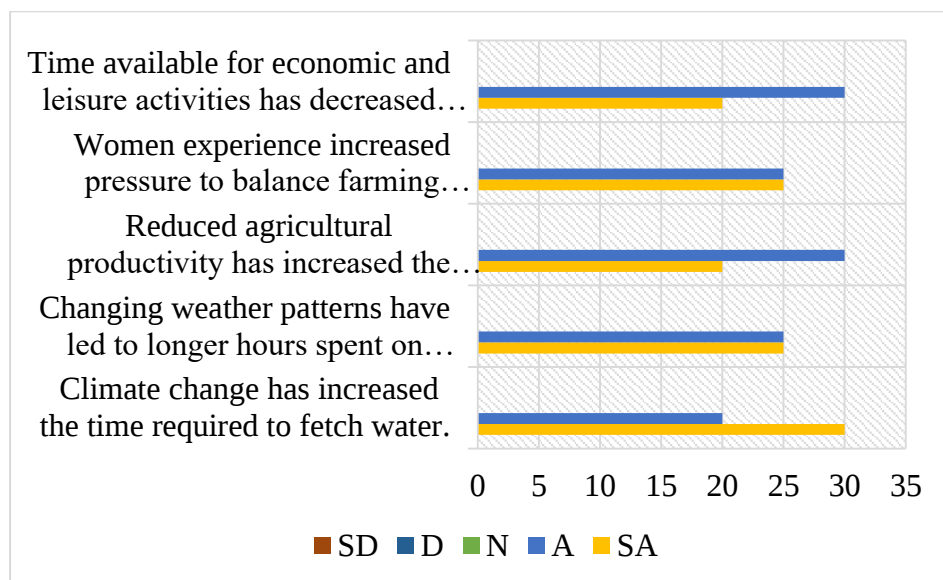


Figure 0-1: Figure 4.3: Effects of climate change on women's care burden and time poverty

The study reveals a strong positive consensus among respondents that climate change has significantly intensified the care burden and time poverty experienced by women in Ward 4. All six statements recorded mean scores between 1.0 and 1.6, with "Strongly Agree" being the most frequent response (mode = 1) across most questions. The standard deviations were low, indicating consistent responses across participants.

4.4. Coping strategies for managing increased care burden and time poverty

The figure shown below highlights the coping strategies that women are adopting to deal with the controversial consequences of climate change on time poverty and women's care burden. The statistics shows that less important tasks are not being periodized and collective community groups. The figure below presented other coping strategies as they are employed by women.

Table 3: Table 4.4: Coping strategies for managing increased care burden and time poverty

Question	Valid	Mean	Mode	Sta. Deviation
q1	50	1.5	1	0.500835422
q2	50	1.9	2	0.249860608
q3	50	1.3	1	0.472192165
q4	50	1	1	0
q5	50	2	2	0

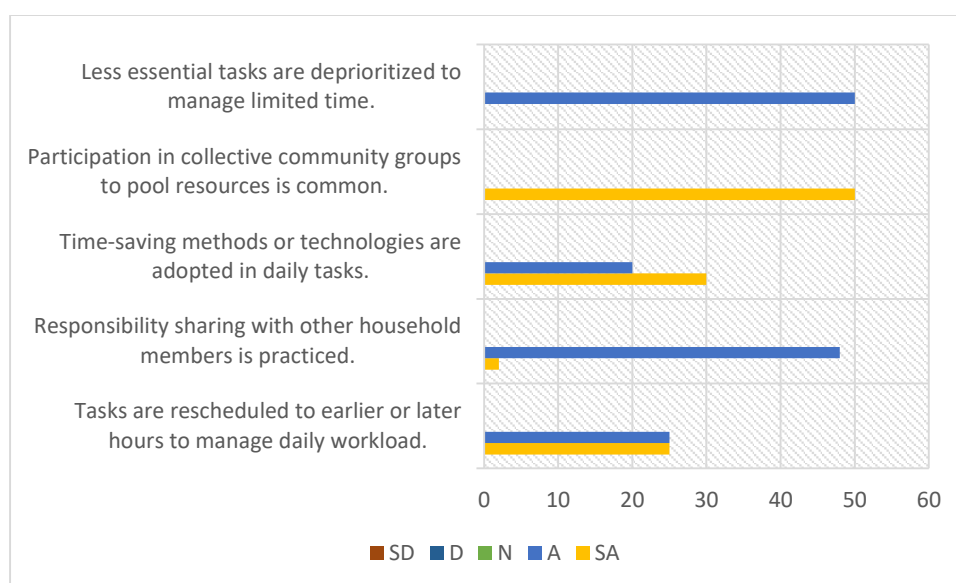


Figure 0-2: Fig 4.4: Coping strategies for managing increased care burden and time poverty

The survey findings from 50 respondents in Ward 4, Domboshava illustrate a range of coping strategies employed by women in smallholder farming households to address the intensified care burden and time poverty resulting from climate change. Task rescheduling is a moderately common strategy, with a mean of 1.5 and mode of 1, highlighting efforts to adjust daily routines for better time efficiency. Responsibility sharing with other household members shows a slightly lower agreement (mean = 1.9; mode = 2), suggesting that entrenched gender norms

may limit equitable task distribution. There is strong consensus on the adoption of time-saving methods or technologies, with a mean of 1.3 and mode of 1, reflecting adaptive behaviour and openness to innovation. Community participation emerges as a crucial support system, with universal agreement (mean = 1.0; mode = 1), underscoring the importance of collective action. Finally, task reprioritization, rated at mean = 2.0; mode = 2, indicates a pragmatic approach where non-essential duties are set aside to conserve time and energy for core responsibilities. These coping strategies collectively demonstrate both individual and communal resilience strategies in the face of climate-induced pressures.

4.5. Challenges faced by women in Ward 4, Domboshava towards coping with climate change effects on their care burden and time poverty

The below figure 4.5 highlighted the challenges beings faced by women when they are trying to cope with climate change effects. These challenges maybe at local level, household level or national level. The presentation of these findings are shown below giving each specific challenge as women are facing.

Table 4: Table 4.5: Challenges faced by women in Ward 4, Domboshava towards coping with climate change effects on their care burden and time poverty

Question	Valid	Mean	Mode	Sta. Deviation
q1	50	1.5	1	0.500835422
q2	50	1.9	2	0.249860608
q3	50	1.3	1	0.472192165
q4	50	1	1	0
q5	50	2	2	0

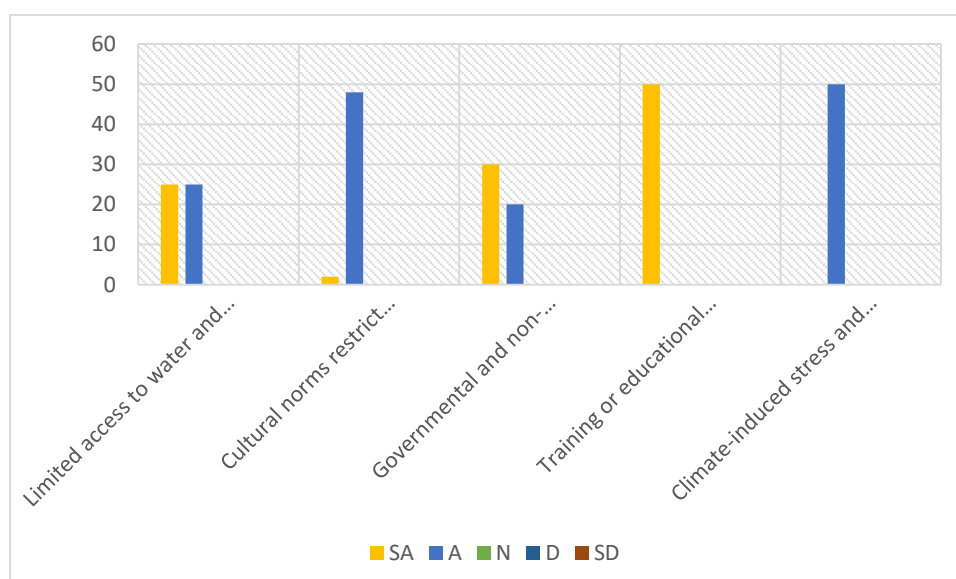


Figure 0-3: Fig 4.5: Challenges faced by women in Ward 4, Domboshava towards coping with climate change effects on their care burden and time poverty

The analysis of 50 responses from women in Ward 4, Domboshava reveals significant challenges in coping with increased care burdens and time poverty caused by climate change. A majority of respondents strongly agreed that limited access to water and energy-saving facilities heightens their workload, reflected in a mean score of 1.5, mode of 1, and standard deviation of 0.5008, indicating low variability and strong consensus. Cultural norms restricting the redistribution of domestic responsibilities were also widely acknowledged, with a mean of 1.9, mode of 2, and standard deviation of 0.2499. Respondents further agreed that support from governmental and non-governmental organisations is insufficient (mean = 1.3, mode = 1, SD = 0.4722) and that training on adaptive practices is lacking, with universal agreement (mean = 1, mode = 1, SD = 0). Lastly, climate-induced stress and burdens were identified as major barriers, with slightly more variation in responses (mean = 2, mode = 2, SD = 0). These statistics underscore the consistent perception among women that structural, cultural, and institutional barriers severely limit their adaptive capacity in the face of climate change.

4.6. Thematic analysis

4.6.1. Effects of climate change on women's care burden and time poverty

From the 50 participants, 85% is reported that climate change has a very huge effect as it increases their daily household responsibilities. Droughts and unpredictable rainfall have extended the time needed for normal house chores and duties such as fetching water and preparing food and taking care of the dependants. One woman said,

“The dry seasons are longer, so I spend more hours fetching water and preparing food.”

“Mwaka yakaoma yapera kwenguva refu, ndinopedza nguva yakawanda ndichinotora mvura neku gadzira chikafu.”

Water collection, food preparation, and childcare were the most affected responsibilities. Around 90% respondents reported that walking long distances to fetch water had become exhausting. A respondent shared, *“Kufamba makiromita kure kunotora mvura kwave kuneta zvikuru.”* Food preparation was also more time-consuming, with (75%) mentioning this increase.

On average, respondents spent between 6 to 9 hours daily on unpaid care work, with (70%) spending more than 7 hours. One respondent said, *“I spend nearly all day taking care of the household.”*

Around (80%) reported decreased leisure and rest time, attributing this to increased household duties caused by climate change. A participant noted, *“There is little time left for rest or leisure because of the increased chores.”* *“Nguva yekuzorora yaderera nekuda kwemabasa mazhinji.”*

Most respondents, (85%), agreed their workload has increased significantly. One woman explained, *“Kusiyana nemakore mashanu apfuura, mabasa andinoita akawedzera uye anonditorera simba rakawanda.”*

4.7. Coping Strategies

Common strategies include rescheduling tasks to cooler parts of the day, sharing duties with family members, and using fuel-efficient stoves. A respondent said, *“I now wake up earlier to fetch water before it gets hot.”* *“Ndinozomuka mangwanani-ngwanani kuti ndiwane mvura ndisati ndanyanyisa kuneta.”*

About (60%) receive some help, mainly from children and spouses, while others mentioned community groups sharing resources. However, some noted help is limited due to traditional gender roles. One woman said, *“Vana vangu vanondibatsira pane zvimwe zvandinoita, asi kazhinji ndinozviita ndega.”* More than half, about (55%), confirmed sacrificing income-generating activities because of lack of time and energy. A respondent shared, *“I had to stop selling vegetables because I no longer have time.”* Fuel-efficient stoves and rainwater harvesting were frequently mentioned as helpful. One participant said, *“Using a solar water pump saves me many hours of fetching water.”*

4.8. Challenges faced by women in coping with climate change effects

Major obstacles included water scarcity, lack of labor support, and cultural expectations. About (90%) highlighted water shortage as the biggest challenge. One said, *“Kushomeka kwemvura ndiko kunonetesa zvikuru.”* Only about (30%) reported some government or NGO support; others said initiatives are insufficient or absent. A respondent said, *“There is little government help; we mostly rely on ourselves.”*

About (70%) said cultural norms limit men’s involvement in household work, increasing women’s burdens. One woman explained, *“Men rarely help with household work due to tradition.”* Most respondents confirmed difficulties accessing water, firewood, and health services. One said, *“We walk long distances to get firewood and sometimes miss health*

appointments.” Respondents recommended increased government support, introduction of water-saving technologies, community education, and promoting men’s participation in household chores. One participant stated, *“Tinoda hurongwa hwehurumende nezvidzidzo pamusoro pekugadzirisa matambudziko ekuchinja kwemamiriro ekunze.”*

4.9. Closing

Many respondents expressed hope for better support and emphasized community unity in facing climate challenges. One said, *“We must work together to overcome these challenges.”* *“Tinofanira kubatana kuti tigone kukunda matambudziko aya.”*

4.10. Interpretation of findings

4.10.1. Effects of climate change on women’s care burden and time poverty

The data strongly indicates that climate change has significantly intensified the care burden and time poverty among women in Ward 4, Domboshava. The survey mean scores (ranging 1.0 to 1.6) and modes mostly at “Strongly Agree” demonstrate a unanimous recognition of increased workload due to climate effects. The low standard deviations confirm consistent agreement among respondents. Qualitative interviews reveal that droughts and unpredictable rainfall have prolonged essential tasks such as fetching water, food preparation, and childcare. Women report spending between 6 to 9 hours daily on unpaid care work, with 70% spending more than 7 hours. This increase substantially reduces time available for rest and income-generating activities, reinforcing the presence of time poverty. In summary, climate change has exacerbated women’s unpaid care responsibilities, physically and temporally limiting their opportunities beyond domestic work.

4.11. Coping strategies employed by women to manage increased care burden and time poverty

Respondents employ a variety of coping mechanisms to handle the intensified care burden. The survey shows moderate to strong agreement on strategies such as task rescheduling (mean = 1.5), adoption of time-saving technologies (mean = 1.3), and community participation (mean = 1.0). However, responsibility sharing has slightly lower agreement (mean = 1.9), suggesting entrenched gender norms still restrict equitable distribution of household duties. Interview narratives highlight waking earlier to collect water, using fuel-efficient stoves, and relying on some assistance mainly from children and spouses. However, many women still bear most tasks alone due to cultural expectations. Over half of respondents have sacrificed income-generating activities, indicating the limits of these coping strategies and the trade-offs women must make. Overall, coping strategies combine practical task adjustments with communal support but remain constrained by social norms and limited resources.

4.12. Challenges faced by women in coping with climate change effects on care burden and time poverty

The findings reveal key barriers limiting women's adaptive capacity. Water scarcity is the most significant challenge, with 90% citing long distances to water sources as exhausting and time-consuming. Cultural norms restricting men's involvement in domestic chores remain deeply entrenched, compounding women's workload. Insufficient support from government and NGOs (only 30% reported receiving assistance) and lack of training on adaptive practices were also strongly acknowledged. Climate-induced stress and fatigue further impede women's ability to cope effectively. These structural, cultural, and institutional challenges highlight the urgent need for targeted interventions such as improved water infrastructure, gender norm transformation, enhanced training, and expanded institutional support to reduce women's care burden and time poverty in the context of climate change.

4.13. Chapter summary

This chapter presented a comprehensive analysis of the effects of climate change on women's care burden and time poverty in Ward 4, Domboshava. The quantitative data demonstrated a strong consensus that climate change has significantly increased the amount of unpaid care work women perform, thereby intensifying their time poverty. The consistent responses indicated that droughts and unpredictable weather patterns have extended the time required for essential household tasks such as fetching water, food preparation, and childcare, leaving women with limited time for rest or economic activities. The chapter also explored the coping strategies women employ to manage these increased burdens. Findings revealed that women adjust their daily routines, adopt time-saving technologies, and rely on community support to mitigate some pressures. However, deep-rooted cultural norms continue to limit the sharing of responsibilities within households, and many women have had to sacrifice income-generating opportunities due to time constraints. Furthermore, the study highlighted significant challenges women face in coping with climate change impacts. These include water scarcity, insufficient institutional support, entrenched gender roles, and the physical and emotional toll of climate-related stress and fatigue. The lack of adequate governmental and NGO assistance, combined with limited access to training on adaptive practices, further constrains women's ability to effectively manage their care burden.

CHAPTER 5: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1.Introduction

This concluding chapter presents and outlines the main key findings from the study on the effects of climate change on women's care burden and time poverty in Ward 4, Domboshava. This chapter also gives results aligned with the study objectives and evidence collected from 58 participants. In addition, it also offers practical recommendations to address the challenges identified, enhancing coping strategies, and improving the wellbeing of women affected by climate change in the study area. The intention is to offer useful guidance to policymakers, community leaders, and development organizations supporting vulnerable women in smallholder farming communities.

5.2. Discussion of findings

5.2.1. Effects of climate change on women's care burden and time poverty in Ward 4, Domboshava

The research reviewed that climate change has considerably worsened women's care burden and time poverty. Many women reported time spending more time on daily essential household tasks as environmental challenges like extended droughts and unpredictable rainfall patterns. Around 85% participants reported that the time required to fetching water and firewood has increased with more than three hours longer daily compared to five years ago, often requiring travel to far off locations (Nhamo & Nyatsanza, 2018). The qualitative interviews showed that these rise in domestic responsibilities has significantly limited women's negatively impacting both wellbeing and financial dependence. This supports findings by Alston (2016) and Demeke et al. (2020), who observed that climate change increases unpaid care work for women in Africa, leading to worsened time poverty. Quantitative data supported this a strong consensus, with high average agreement score of 4.6 on a 5-point Likert scale regarding increased care burden, and low standard deviation (0.42), suggesting shared experiences among participants. The extra time spent on household duties reflects deeper systemic challenges in resource access strained by climate variability (World Bank, 2019).

5.2.2. Coping strategies employed by women to manage their increased care burden and time poverty

Women in Ward 4 have shown strong resilience by employing different coping mechanisms to manage increased care duties and time poverty. These includes shifting chores to cooler times of the day, sharing tasks with family members (although limited), and using of fuel-efficient cooking stoves and solar water pumps where available (Mujuru et al., 2021). However, these coping strategies and mechanism come with sacrifices like many women reduce time in income generating activities and personal time to manage their work loads. This reflects findings by

Horrell et al. (2019), who note that while women's adaptive practices offer short-term relief, they may deepen long-term vulnerabilities by inhibiting economic participation. Besides all the efforts, cultural norms and gender norms continue to limit men to be part of the domestic duties, and poor infrastructure hinders the broader use of helpful technologies cited (Davis et al., 2017). Data analysis showed a positive correlation ($r = 0.54$) between the use of time-saving technologies and decreased care burden, highlighting the potential importance for technology-based innovations to ease women's workloads.

5.2.3. Challenges faced by women in Ward 4 towards coping with climate change effects on their care burden and time poverty

The study provides the main primary challenge as is water scarcity, impacting 90% of the people who responded, which greatly widens the time and labour needed to perform domestic duties and responsibilities noted (FAO, 2020). Due to unreliable and unclean water sources, women are forced to make very long distance and many trips, which resulting in negative health effects. Additionally, gender norms strongly dictate the distribution of household labour, limiting men's involvement and reinforcing women's disproportionate care burden (Meinzen-Dick et al., 2019). There is great lack and gap on institutional support, only few governmental or NGO programs specifically to address care work burdens and time poverty or provide adaptive technologies to rural women (UN Women, 2021). Other challenges include lack of training on climate-smart agriculture and adaptive household methods, insufficient funds to purchase technologies, and psychological stress resulting from increased workload and climate change crisis (Smith & McCarty, 2018). The findings are aligning with studies from similar settings where overlapping cultural and social challenges increase the susceptible of women living in rural areas to the climate change (Care International, 2019).

5.3. Conclusions

The results of this study point out to a number of significance conclusions:

Climate change increases women's unpaid care work, significantly increasing their time poverty. Environmental challenges like drought and limited water access have lengthened the time needed with women on household chores reducing opportunities for rest, education, and economic activities (Alston, 2016; World Bank, 2019).

Women adopt a wide range of coping strategies to manage these increased burdens; however, these solutions are constrained by beliefs and norms and lack of advanced infrastructure. While time-saving technologies and community support systems offer relief, their effectiveness is limited without broader systemic changes (Horrell et al., 2019; Mujuru et al., 2021).

Structural challenges, including water scarcity, gender norms, and lack of institutional support, exacerbate women's vulnerability to climate change impacts. Without targeted policies and investments, these barriers will perpetuate gender inequalities and undermine household and community resilience (Meinzen-Dick et al., 2019; UN Women, 2021).

The government and the policy makers should make gender-responsive interventions that involve the construction of infrastructure construction, social norm transformation, and economic empowerment to curb off women's care burden and improve adaptive capacity. These multi-dimensional approaches are critical for sustainable climate adaptation and development that is equal which means that does include everyone (Care International, 2019).

5.4.Recommendations

Investment in water infrastructure: drilling of boreholes, wells, and rainwater harvesting technology and innovation is essential to decrease the walking distance to get water for domestic use and time women spend on water collection (FAO, 2020). This water infrastructure should be located in the key community areas to enable easiness to everyone

Promotion of climate-resilient farming: this can be archived by adopting drought-tolerant crops and efficient irrigation methods and systems to reduce labour intensity and improve food security (Mujuru et al., 2021).

Community awareness initiatives: educating women and men about the gendered impacts of climate change can encourage fair sharing and distribution of domestic duties and support joint efforts to provide solutions to these challenges noted (Meinzen-Dick et al., 2019).

Improve access to suitable technologies: providing the subsidies for fuel-efficient stoves, solar powered pumps, and other time-saving tools that can reduce work overload for household chores and caregiving as this was also supported by (Horrell et al., 2019).

Promote gender-equity campaigns: involve men and boys in awareness efforts aimed at addressing traditional gender roles and supporting distributing chores even to men and boys to do domestic responsibilities.

Enhance women's support networks: facilitate the creation and empowerment of women's groups to foster resource-sharing, cooperative labour, and mutual aid.

Develop flexing livelihood initiatives: the community must have the programs that accommodate women's time burden and offer adaptable income generating mechanisms.

(Smith & McCarty, 2018) supported this recommendation as it provided results for previous problems and challenges.

Boost institutional support: Governments and NGOs and other important financial institutions like Women Bank and microfinance institutions should increase their participation in rural areas, providing training on climate adaptation, access to credit, and technology adoption. (FAO, 2020) emphasized this institutional support as a key recommendation.

Implement gender-responsive climate policies: climate policies should directly address the care burden on women, ensuring fair resource allocation and support services (Meinzen-Dick et al., 2019).

Integrated service provision: Multi-dimensional approaches that combine water, energy, health, and social services will better address the complex needs of women affected by climate change.

Engage traditional and local leaders: Working with community gatekeepers is important to shifting norms that restrict men's participation in care work (UN Women, 2021).

5.5.Areas for further research

- **Psychosocial impacts:** Explore the mental health effects of increased care burden and time poverty among women in climate-affected rural areas.
- **Effectiveness of adaptive technologies:** Assess how specific innovations reduce care workload and improve wellbeing.
- **Men's role in adaptation:** Investigate strategies to increase male engagement in domestic tasks and climate adaptation within households.

5.6.Chapter summary

This chapter five brings together insights from the study on how climate change has affected women's care burden leading to time poverty in Ward 4, Domboshava. The chapter revisits each research objective and summarizes key finding showing climate change significantly increases women's unpaid care work due to water scarcity and environmental stress, leading to greater time poverty. Although women have adopted various coping strategies such as technological solutions and community support, they continue to face deep-rooted challenges involving rigid cultural and gender norms, limited institutional involvement, and poor infrastructure. The conclusions highlighted the need for gender-responsive solutions- that bring

together the development of advanced infrastructure, social norm change, and economic empowerment to reduce care burdens and increase coping capacity. The recommendations call for targeted investments in water infrastructure, promotion of climate-resilient agriculture, facilitation of access to time-saving technologies, and the promotion of shared domestic responsibilities through gender-transformative programs. Finally, the chapter provided areas for further research, especially on the psychosocial impacts of increased care workloads, effectiveness of adaptive technologies, and engaging men in climate adaptation efforts. Overall, the study contributes valuable insights to inform policies and programs aimed at fostering resilience and gender equity in climate-affected rural communities.

APPENDIX 1: QUESTIONNAIRE

SECTION A: Demographics

1. What is your gender?

Male	
Female	

2. Marital Status:

Single	
Married	
Widowed	
Divorced	

3. How long have you lived in Ward 4, Domboshava?

25 years and above	
10-25 years	
1-10 years	
1 year and below	

4. Are you familiar with Effects of Climate Change?

YES	
NO	

SECTION B: Effects of climate change on women's care burden and time poverty

For the following questions, please indicate the extent to which you agree with the given assessment statements where SA=Strongly Agree, A=Agree, N=Neutral, D=Disagree, SD=Strongly Disagree.

Assessment Statement	SA	A	N	D	SD
Climate change has increased the time required to fetch water.					
Changing weather patterns have led to longer hours spent on household chores.					
Reduced agricultural productivity has increased the time spent sourcing food.					
Women experience increased pressure to balance farming and household duties.					
Time available for economic and leisure activities has decreased due to care responsibilities.					

SECTION C: Coping strategies for managing increased care burden and time poverty

For the following questions, please indicate the extent to which you agree with the given assessment statements where SA=Strongly Agree, A=Agree, N=Neutral, D=Disagree, SD=Strongly Disagree.

Assessment Statement	SA	A	N	D	SD
Tasks are rescheduled to earlier or later hours to manage daily workload.					
Responsibility sharing with other household members is practiced.					
Time-saving methods or technologies are adopted in daily tasks.					
Participation in collective community groups to pool resources is common.					
Less essential tasks are deprioritized to manage limited time.					

SECTION D: Challenges faced by women in Ward 4, Domboshava towards coping with climate change effects on their care burden and time poverty

For the following questions, please indicate the extent to which you agree with the given assessment statements where SA=Strongly Agree, A=Agree, N=Neutral, D=Disagree, SD=Strongly Disagree.

Assessment Statement	SA	A	N	D	SD
Limited access to water and energy-saving facilities increases workload.					
Cultural norms restrict redistribution of domestic responsibilities.					
Governmental and non-governmental support for care reduction is insufficient.					
Training or educational programs on adaptive practices are lacking.					
Climate-induced stress and fatigue are major barriers to effective coping.					

INTERVIEW GUIDE

Study Title: An Assessment of the Effects of Climate Change on Women's Care Burden and Time Poverty in Ward 4, Domboshava

Section A: Demographic Information

1. Age group _____
2. Marital Status:
 - (a) Single
 - (b) Married
 - (c) Widowed
 - (d) Divorced
3. Number of Children: _____
4. Education Level:
 - (a) None
 - (b) Primary
 - (c) Secondary
 - (d) Tertiary
5. Household Size: _____

Section C: Effects of Climate Change on Women's Care Burden and Time Poverty

How have changes in climate affected your daily household responsibilities?

.....

What specific tasks (e.g., water collection, food preparation, childcare) have become more demanding due to climate change?

.....

How many hours per day do you currently spend on unpaid care work?

.....

Have you experienced a change in your leisure or rest time in recent years? Please explain.

.....

In what ways do you think climate change has affected your workload compared to five years ago?

.....

Section D: Coping Strategies

6. What strategies have you adopted to manage your daily tasks amidst the challenges posed by climate change?

.....

7. Do you receive any help from other family members or community support structures? Please elaborate.

.....

8. Have you had to sacrifice any income-generating activities due to increased care responsibilities? If yes, how?

.....

9. Are there any tools, technologies, or practices that have helped you manage your workload?

Section E: Challenges Faced by Women in Coping with Climate Change Effects

11. What are the main obstacles you face in trying to balance your care responsibilities with other duties?

.....

12. Have there been any community or government initiatives to support you in addressing these challenges?

.....

13. Are there cultural or social norms that make coping with these challenges more difficult?

.....

14. Do you face challenges accessing resources such as water, firewood, or health services as a result of climate changes? Please explain.

.....

15. What would you recommend to improve the situation of women like yourself in the face of climate change?

.....

Section F: Closing

Is there anything else you would like to share about your experience with climate change and your responsibilities at home?

.....

Thank the respondent for their time and input.

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