

African Cultural Practices and Health Implications for Nigeria Rural Development

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Abstract

African societies and cultural practices over these years had commanded global attention as it concern health conditions of the people. The paper looks at some of these practices (positive and negative) and showcases how these cultural heritages in attitudes and behaviors affect the overall progress of the people and society from the Nigerian perspective. The paper which qualitatively x-rays the African societal practices reveals that some of these practices are negatively affecting the lives of women and children and that cultural change and continuities in various angles will go a long way through enculturation to ensure that some of these negative practices are destroyed and new positive ones are enhanced. The paper concludes illnesses/diseases like malaria, typhoid, HIV/AIDS, cultural practices carried on by Africans makes the whole efforts a child's play.

Key Words: Culture, African Societies, Health, Implications and Rural Development.

Introduction

African continent is one of the largest continents of the world and it's a multi-ethnic society with its peculiar nature and diverse practices (Ojua and Omomo, 2012). Also one sees that Nigeria as a country is made up of people from different ethnic groups and cultural practices with the dominant groups being Igbos, Yorubas and Hausas. It has more than 250 ethnic groups with different cultural practices. Some of these cultural practices, which have endured centuries of practice work for the people. It is not uncommon to think of something crude and bad whenever one talks about cultural practices as it concerns health. Not all cultural/traditional practices are bad however, some have stood the test of time and have positive values, others are uncertain and negatively harmful. It is essential to have an idea about cultural practices of some communities because the practices a community adopts fulfill certain purposes for the culture bearers (Idrehen, 2007).

The cultural practices of people not only affect their health but also affect all aspects of life including social relationships, contribution to societal functioning and disease condition. Man living in an interactive society is affected by what happens in his environment and how he reacts to it. All people, no matter the race, have their beliefs and practices concerning health and disease. Each society or community has its peculiar way of doing things and these practices go a long way in influencing the people's perception, attitudes and behavior in the management of diseases and health related problems that befall them (WHO).

African Cultural Practices And Health Implications For

Elias Kifon Bongmba



African Cultural Practices And Health Implications For:

Routledge Handbook of African Social Work Education Susan Levy, Uzoma Odera Okoye, Pius T. Tanga, Richard Ingram, 2024-06-06 This timely Routledge Handbook creates a much needed space to explore what makes social work uniquely African as well as shaping informing and influencing a new culturally relevant era of social work The specific focus on social work education offers approaches to transition away from the hegemony of Western literature knowledge and practice models underpinning African social work education The authors identify what is relevant and meaningful to inform influence and reconceptualise culturally relevant social work curriculum Covering Botswana Cameroon Ethiopia Ghana Guinea Kenya Malawi Nigeria South Africa Tanzania Uganda Zambia and Zimbabwe the Handbook comprises both empirical and conceptual chapters multiple approaches case studies and key debates on social work education It is structured in four parts Approaches to Indigenising Decolonising and Developing Culturally Relevant Social Work Education Social Work Education Evolution across Contexts Embedding Field Practicum into Social Work Education Knowledge Exchange between the Global South and Global North The range of indigenous local knowledge that the Handbook presents is crucial to social work evolving and facilitating for reciprocal learning and knowledge exchange between the Global South and Global North Whilst the context of the Handbook is Africa the topics covered are relevant to a global audience engaged in social justice work across social work social welfare social development and sustainability

The Routledge Handbook of African Theology Elias Kifon Bongmba, 2020-05-25 Theology has a rich tradition across the African continent and has taken myriad directions since Christianity first arrived on its shores This handbook charts both historical developments and contemporary issues in the formation and application of theologies across the member countries of the African Union Written by a panel of expert international contributors chapters firstly cover the various methodologies needed to carry out such a survey Various theological movements and themes are then discussed as well as biblical and doctrinal issues pertinent to African theology Subjects addressed include Orality and theology Indigenous religions and theology Patristics Pentecostalism Liberation theology Black theology Social justice Sexuality and theology Environmental theology Christology Eschatology The Hebrew Bible and the New Testament The Routledge Handbook of African Theology is an authoritative and comprehensive survey of the theological landscape of Africa As such it will be a hugely useful volume to any scholar interested in African religious dynamics as well as academics of Theology or Biblical Studies in an African context

Working with indigenous knowledge Fhumulani M. Mulaudzi, Rachel T. Lebese, 2022 The aim of the book is to assist both local and international scholars in articulating the scholarly discourse on indigenous health attitudes practices and experiences The indigenous lens that was used to generate and disseminate indigenous knowledge in this book will strengthen indigenous scholarship thus making it accessible to a wider audience In addition the information shared in this book will add value for scholars and assist them with the indigenous knowledge needed to address sustainable development goals This book is timeous and topical as

the discourse on the decolonisation of the curriculum is widely debated in the higher education space The discourse on the scholarship of indigenous knowledge as the tacit local knowledge that stems from cultural practices within communities has not been well articulated in the current health science education milieu Indigenous knowledge has remained overlooked and undermined for a very long time and the information remains untapped in local communities The scholars who conducted the research on which this book is based unearthed a wealth of knowledge which was tacit in nature and translated it into implicit knowledge that can be documented and shared with other scholars globally This knowledge will assist health care scholars in benefiting from knowledge practices and cultural beliefs that will assist them in health care planning teaching evidence based practice and further research *African American Bioethics* Lawrence J. Prograis Jr., Edmund D.

Pellegrino, 2007-05-03 Do people of differing ethnicities cultures and races view medicine and bioethics differently And if they do should they Are doctors and researchers taking environmental perspectives into account when dealing with patients If so is it done effectively and properly In *African American Bioethics* Lawrence J Prograis Jr and Edmund D Pellegrino bring together medical practitioners researchers and theorists to assess one fundamental question Is there a distinctive African American bioethics The book s contributors resoundingly answer yes yet their responses vary They discuss the continuing African American experience with bioethics in the context of religion and tradition work health and U S society at large finding enough commonality to craft a deep and compelling case for locating a black bioethical framework within the broader practice yet recognizing profound nuances within that framework As a more recent addition to the study of bioethics cultural considerations have been playing catch up for nearly two decades *African American Bioethics* does much to advance the field by exploring how medicine and ethics accommodate differing cultural and racial norms suggesting profound implications for growing minority groups in the United States **Millennium Development Goals (MDGs) in Retrospect** Nathan

Andrews, Nene Ernest Khalema, N'Dri T. Assié-Lumumba, 2015-06-10 This volume examines the impact of the Millennium Development Goals MDGs on Africa s development post 2015 It assesses the current state of the MDGs in Africa by outlining the successes gaps and failures of the state goals including lessons learned A unique feature of the book is the exposition on post MDG s agenda for Africa s development Chapters on poverty south south partnership aid gender empowerment health as well as governance and development explore what feasible alternative lie ahead for Africa beyond the expiry date of the MDGs **Ethnic Skin and Hair and Other Cultural Considerations** Becky S. Li, Howard I. Maibach, 2021-03-03 This

book is written to help educate dermatologists and general physicians of the challenges involved in treating those with darker skin tones in culturally appropriate ways Distinctly broken up into three sections for ease of use the reader enters the text through a series of chapters meant to introduce the physician to the anatomical structure and makeup of patient with skin of color as well as the evolution basic concepts for understanding and treatment The second and longest section looks at diseases and cosmetic concerns covering some of the most common issues for patients with skin of color The last section

offers cultural considerations to treatment and care Socially conscious and comprehensive *Ethnic Skin and Hair* is written by some of the leading names in dermatological treatment of skin of color and functions as a concise and thorough tool for dermatologists at every stage in their career

Embracing Well-Being in Diverse African Contexts: Research Perspectives Lusilda Schutte, Tharina Guse, Marié P. Wissing, 2022-05-19 This is the first volume providing a research platform to showcase research in the field of positive psychology and well being science in African contexts Next to enhancing context sensitive theory and practice on the African continent it also contributes to the global discourse in positive psychology and facilitates the development of a science that reflects and is relevant to complexity and diversity in a globalising society This volume brings together work from African scholars featuring research on theoretical perspectives on well being in Africa measurement of well being in Africa manifestations and dynamics of well being in Africa and well being promotion in Africa It stimulates further research in positive psychology and well being science in the African context and globally and emphasises the interconnectedness and situatedness of human functioning and well being contributing to a more balanced perspective on well being in an international perspective The volume benefits researchers students and practitioners in Africa and other international contexts who study or apply the science of positive psychology and well being in diverse contexts Chapter 1 is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com

Rural Development Planning in Africa Melekidzedek Khayesi, 2017-11-12 This book applies a range of theories that focus on current concerns in rural Africa The contributors lay out the conceptualization analysis methods assumptions perceptions and ideas considered in each individual case Specifically this project inspires research in the field of rural development in Africa through multi faceted endeavors that promote the ability of planning to uplift people s well being and quality of life

Public Health in Developing Countries Edlyne Eze Anugwom, Niyi Awofeso, 2020-09-09 Public health entails the use of models technologies experience and evidence derived through consumer participation translational research and population sciences to protect and improve the health of the population Enhancing public health is of significant importance to the development of a nation particularly for developing countries where the health care system is underdeveloped fragile or vulnerable This book examines progress and challenges with regards to public health in developing countries in two parts Part 1 General and Crosscutting Issues in Public Health and Case Studies and Part 2 Country Specific Issues in Public Health For example assuring equity for marginalized indigenous groups and other key populations entails the application of transdisciplinary interventions including legislation advocacy financing empowerment and de stigmatization The diverse structural political economic technological geographical and social landscape of developing countries translates to unique public health challenges infrastructure and implementation trajectories in addressing issues such as vector borne diseases and intimate partner violence This volume will be of interest to researchers health ministry policy makers public health professionals and non governmental organizations whose work entails

collaborations with public health systems of developing nations and regions

The African Food System and Its Interaction with Human Health and Nutrition Per Pinstrup-Andersen, United Nations University, 2010

Hunger malnutrition poor health and deficient food systems are widespread in Sub Saharan Africa While much is known about African food systems and about African health and nutrition our understanding of the interaction between food systems and health and nutrition is deficient Moreover the potential health gains from changes in the food system are frequently overlooked in policy design and implementation The authors of *The African Food System and its Interactions with Human Health and Nutrition* examine how public policy and research aimed at the food system and its interaction with human health and nutrition can improve the well being of Africans and help achieve the United Nations Millennium Development Goals MDGs Several of the MDGs focus on health related challenges hunger alleviation maternal infant and child mortality the control of HIV AIDS tuberculosis and malaria and the provision of safe water and improved sanitation These challenges are intensified by problems of low agricultural and food system productivity gender inequity lack of basic infrastructure and environmental degradation all of which have direct and indirect detrimental effects on health nutrition and the food system Reflecting the complexity and multidisciplinary nature of these problems and their solutions this book features contributions by world renowned experts in economics agriculture health nutrition food science and demography Contributors Harold Alderman World Bank Christopher B Barrett Cornell University Kathryn J Boor Cornell University Laura K Cramer Cornell University Stuart Gillespie International Food Policy Research Institute Anna Herforth Cornell University Dorothy Nakimbugwe Makerere University Rebecca Nelson Cornell University Onesmo K ole MoiYoi Kenyatta University and Kenya Agricultural Research Institute Per Pinstrup Andersen Cornell University and the University of Copenhagen Marie T Ruel International Food Policy Research Institute David E Sahn Cornell University Barbara Boyle Torrey Population Reference Bureau E Fuller Torrey Stanley Medical Research Institute Joachim von Braun University of Bonn Speciosa Wandira Concave International Derrill D Watson Cornell University

Social Work, Social Welfare, and Social Development in Nigeria Mel Gray, Solomon Amadasun, 2023-05-23

This groundbreaking book provides a comprehensive account of social work social welfare and social development in Nigeria from a postcolonial perspective It examines the historical development of social work and social welfare and the colonial legacies affecting contemporary social welfare provision development planning social work practice and social work education Against this historical backdrop it seeks to understand the position of social work within Nigeria s minimalist structure of welfare provision and the reasons why social work struggles for legitimacy and recognition today It covers contexts of social work practice including child welfare juvenile justice disabilities mental health and ageing as well as areas of development related problems and humanitarian assistance as new areas of practice for social workers including internally displaced and trafficked people and their impact on women and children It seeks to understand Nigeria s ethnoreligious diversity and indigenous cultural heritage to inform culturally appropriate social work practice This book

offers a global audience insight into Nigeria's developmental issues and problems and a local audience social science and human service researchers educators practitioners students and policymakers a glimpse of what's possible when people work together toward a common goal It will be of interest to all scholars and students of social work development studies and social policy African Traditional Religions Revisited : Dynamics in Indigenous Religions in 21st Century Africa Ndekha,

Louis W., Munyenymbe, Rhodian, Bachmann, Judith, Kügler, Joachim, **Meanings of Pain** Simon van Rysewyk, 2022-05-17

This book the third and final volume in the Meaning of Pain series describes what pain means to people with pain in vulnerable groups and how meaning changes pain and them over time Immediate pain warns of harm or injury to the person with pain If pain persists over time more complex meanings can become interwoven with this primitive meaning of threat These cognitive meanings include thoughts and anxiety about the adverse consequences of pain Such meanings can nourish existential sufferings which are more about the person than the pain such as loss loneliness or despair Although chronic pain can affect anyone there are some groups of people for whom particular clinical support and understanding is urgently needed This applies to vulnerable or special groups of people and to the question of what pain means to them These groups include children women older adults veterans addicts people with mental health problems homeless people or people in rural or indigenous communities Several chapters in the book focus on the lived experience of pain in vulnerable adults including black older adults in the US rural Nigerians US veterans and adults with acquired brain injury The question of what pain experience could mean in the defenceless fetus neonate pre term baby and child is examined in depth across three contributions This book series aspires to create a vocabulary on the meanings of pain and a clinical framework with which to use it It is hoped that the series stimulates self reflection about the role of meaning in optimal pain management Meanings of Pain is intended for people with pain family members or caregivers of people with pain clinicians researchers advocates and policy makers Volume I was published in 2016 Volume II in 2019

Handbook of Research on the Impact of Culture in Conflict Prevention and Peacebuilding Essien, Essien, 2020-03-20

The contemporary conflict scenarios are beyond the reach of standardized approaches to conflict resolution Given the curious datum that culture is implicated in nearly every conflict in the world culture can also be an important aspect of efforts to transform destructive conflicts into more constructive social processes Yet what culture is and how culture matters in conflict scenarios is contested and regrettably unexplored The Handbook of Research on the Impact of Culture in Conflict Prevention and Peacebuilding is a critical publication that examines cultural differences in conflict resolution based on various aspects of culture such as morals traditions and laws Highlighting a wide range of topics such as criminal justice politics and technological development this book is essential for educators social scientists sociologists political leaders government officials academicians conflict resolution practitioners world peace organizations researchers and students Exploring the Interaction between

Health-promoting and Health Risk Behaviors in Health, volume II Huixuan Zhou, Feng Jiang, Yi-lang Tang, 2025-09-15 Health

related behaviors play positive or negative roles in people's health. For instance, health risk behaviors such as sedentary behaviors (e.g., binge watching TV and playing computer games), the use of alcohol, tobacco, or other substances, and lack of sleep have been found to negatively affect the physical and mental health of people. On the other hand, some studies show that health promoting behaviors such as physical activity and healthy dietary habits can mitigate or reverse the negative effects of health risk behaviors on health outcomes. In the meantime, some studies indicate that the harmful effects of some health risk behaviors may not be mitigated by health promoting behaviors. For instance, some studies show that sedentary behaviors and physical activity are independently associated with some physical and mental health outcomes. Interventions to increase physical activity with and without decreasing sedentary time lead to different health outcomes. Clearly, more research is needed to show the interaction between health promoting behaviors and health risk behaviors in health, which could shed light on the management of health-related behaviors.

African Perspectives on Some Contemporary Bioethics Problems Godfrey B. Tangwa, 2019-06-06. This collection of essays addresses an important cross section of issues in contemporary bioethics. It represents an essential contribution to global bioethics anchored and grounded on a continent most remarkable for its biological, cultural, and linguistic diversity. It is a fitting beginning to addressing the observable absence of African voices in the rather lively global discourses of bioethics. The issues treated here include a discussion of the fundamental principles of bioethics, the place of African thought in medical research ethics, traditional medicine and assisted conception, the moral status of embryonic stem cells research with vulnerable human beings, and sexual and reproductive health in Africa. It explores a paradigm of how the universal and the particular may be blended, how global bioethics can remain firmly anchored and committed locally, regionally, continentally.

Race, Culture and Disability: Rehabilitation Science and Practice Fabricio E. Balcazar, Yolanda Suarez-Balcazar, Tina Taylor-Ritzler, Christopher B. Keys, 2009-06-25. **Race, Culture and Disability: Rehabilitation Science and Practice** is a guide to understanding the research and practical issues related to race, culture, and disability in rehabilitation services. Due to an increase in ethnically diverse individuals with disabilities, this text is an extremely timely and relevant contribution for researchers, practitioners, and students. **Race, Culture and Disability** brings together the work of leading researchers to explore issues of race, culture, and disability in rehabilitation science and practice. This unique book provides researchers and evidence-based practitioners with scientific resources to answer practical and knowledge-based questions and resolve natural tensions. Topics such as how to make disability determinations with people from diverse cultural backgrounds and non-English language populations and how to address issues of cultural competence and cultural mistrust in service provision are clearly presented. The book is enriched by the perspectives of the scientists who conduct research, the people of color with disabilities who live in this intersection, the practitioners who work with diverse populations, and the students and recent graduates who have learned and want to learn more about this research area. Foreword by Ken Ottenbacher, PhD. Instructor Resources, Discussion Questions, Test Bank.

Features Key topics including disability identity psychological testing community infrastructure employment issues and more Includes 15 primary chapters that focus on conceptualizing and understanding the nature of disparities in rehabilitation access use and outcomes and present models for reducing these disparities Three additional chapters offer integrative commentaries on the primary chapters from the perspectives of researchers practitioners and students Examples and case studies though out as well as an annotated bibliography and a glossary of key concepts serve to enhance student learning Instructor Resources Discussion Questions Test Bank Culture in Occupational Therapy Physical Therapy Rehabilitation Counseling Rehabilitation Psychology Disability Studies Programs 2010 418 pages **African Traditional Medicine**

DAVID OYEBOLA MD,2020-02-10 This book is written to provide information on various aspects of Yoruba and indeed African traditional medicine The writer s research on Yoruba traditional medicine provides the bulk of the materials in the book The book consists of eleven chapters Chapters 1 and 2 provide the background to the book Chapters 3 to 10 encapsulate the different aspects of Yoruba traditional medicine such as classification of healers methods of training of healers methods of diagnosis and investigation of diseases treatment of diseases Yoruba pharmacopoeia midwifery bone setting and other forms of traditional surgery Chapter 11 describes the meeting point of hospitals and healers this meeting point in the opinion of the author should be how best to serve the interests of the patients The best form of relationship that should exist between hospitals and healers is also discussed The two systems of medicine exist side by side in Nigeria and most African countries yet remain functionally unrelated in any intentional sense It is argued that no medical system is perfect and no single care system has all the answers to all human health and related problems Each of the two systems has its strong and weak points The often talked about integration of the two systems has potential pitfalls and may be undesirable The book concludes that the best form of relationship may well be one of genuine cooperation and mutual respect between the two systems since this will lead in the ultimate to advancement of medical knowledge and overall improvement of patient care All levels of government in Nigeria have decisive roles to play in achieving this mutually beneficial cooperation of the two systems **Black American's Strengths-Based Cultural Practices** Robert T.

Carter,Alex Pieterse,Jessica Forsyth,2025-03-31 Black Americans Strengths Based Cultural Practices Tools for Clinicians to Promote Psychological Well Being uses historical social scientific and psychological research to detail how mental health professionals can use the cultural practices of Black Americans and communities to promote positive psychosocial health Building on experiences of racial oppression and cultural values Dr s Carter Pieterse and Forsyth offer an evidence based framework for recognizing and enhancing strengths based cultural practices of Black American clients and families in mental health interventions This volume will broaden the base of work on the mental health treatment of Black Americans and provide an approach to understanding the unique cultural influences of Black people as they relate to psychological health The book is suitable for a wide range of professionals including social workers mental health practitioners nurses teachers

and sociologists at various levels of education and training

Bioethics in Africa: Theories and Praxis Yaw A.

Frimpong-Mansoh, Caesar A. Atuire, 2019-04-23 Bioethics urges us to question and debate fundamental moral issues that arise in health related sciences However as a result of Western dominance and globalization bioethical thinking and practice has inevitably been shaped and defined by Western theories With recent discussions centering on the relationship between culture and bioethics it is important to consider how and to what extent can bioethics reflect and accommodate non Western values and beliefs Debatably many scholars working in the field of African bioethics seek to construct a bioethical practice that is grounded in indigenous African values Yet how relevant are ancient African cultural norms to the lives and realities of the 21st century Sub Saharan Africans This edited volume explores bioethics in Africa from pluralistic and inter cultural perspectives The selected papers offer diverse theoretical and practical perspectives on the bioethical challenges that are common and specific to the lives of Sub Sahara Africans The contributors define bioethics broadly beyond ethical issues relating to biomedical and biotechnological science to include applied ethics that concern all aspects of life Multidisciplinary in approach the contributions to this book consider bioethics in relation to philosophy social work psychiatry African studies religious studies psychology and medicine The broad scope of this volume means it will be of interest to those studying and working in bioethics as well as the fields mentioned above

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