



Analysis of 'Kupagawa' 35. Haile Selaissie And it's causes

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Introduction:

Kupagawa is a Swahili word which means an unconscious abruption of a person. A person has excessive fear, shouts, run away and in some cases faints. There is an increasing cases of kupagawa in both Zanzibar and mainland secondary schools. The problem mostly affects female students. Most people including teachers and parents of the students associate this problem with traditions and believe that it's a power of devils or ghosts, and that the problem is not scientific in nature to explain and solving it. Recently there have been frequent events of kupagawa in schools. In the first week of May this year 2013, a number of female students of Darajani secondary school (Zanzibar) shouted and run around in the school fearing something. In the third week of the same month, a number of Manzese secondary school (Dar es Salaam) affected by the same problem. The characters of this problem to affect mostly females and to occur in secondary schools provide a strong assumption that sex and age of a person are the possible factors.

OBJECTIVES

The objectives of this research were to find the possible causes of kupagawa in female students in secondary schools and suggest solutions.

PROBLEM STATEMENT

Unlike males, females have no natural mechanisms of reducing accumulation of sexual desires. Getting married or doing illegal intercourse is the main method of reducing these senses. In Tanzania doing intercourse out of marriage is strictly unacceptable. Body tolerance or resistance from these sense differ among people, those less resisted of these sense are severely affected by the consequences. When the body fails to remove or reduce these desires, develop strong conflicts between the body's needs against the moral values of the society.

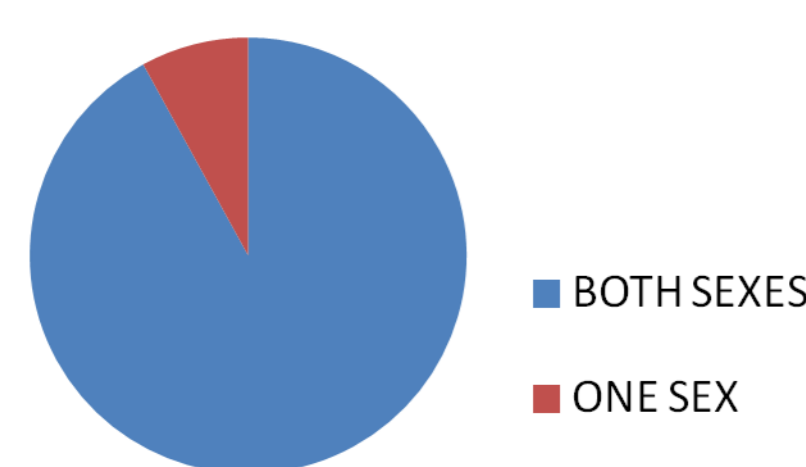
METHODS

Questionnaires and interviews were used to collect the data. 120 questionnaires were given to female students randomly and 12 teachers and 08 parents were interviewed randomly. These are the quick methods of getting data and also easy to analyze the data. Photographs from internet were collected

Results:

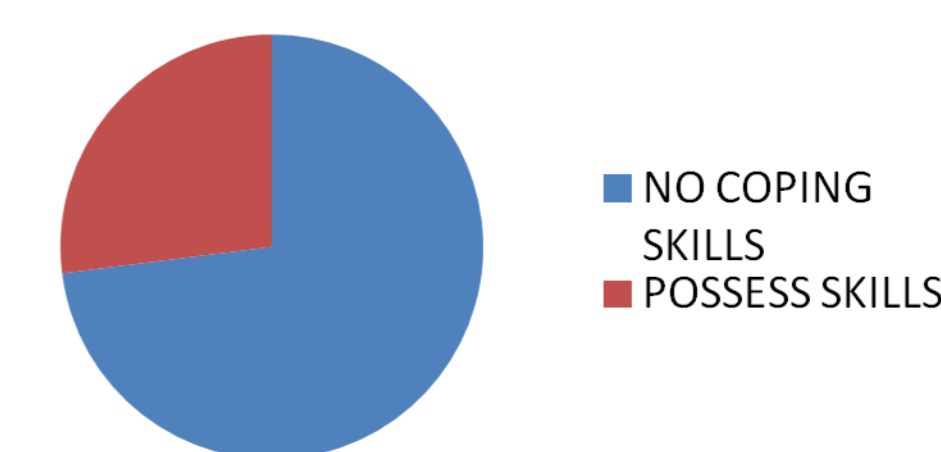
89 filled questionnaires were collected out of 120 distributed. Results showed that the chance of devil to cause kupagawa in female students is below 10% (07 questionnaires) as 92% of the collected responses (82 questionnaires), commented that devils affect both males and females. This means that, if kupagawa in students is caused by devil, then the problem would affect both, female and male students.

ATTACK OF DEVIL TO SEXES



The knowledge of coping with stresses due to sexual desires is needed as most of the respondent students opted on respecting the social moral and values and did not know other ways of reducing the senses and their effects. Only 27% attempted other ways of coping with sexual desires. Most parents believed that kupagawa of female students are caused by "USWAHILI" meant traditions.

COPING SKILLS TO SEXUAL DESIRES



Conclusions:

The events of kupagawa are nowadays increasing in secondary schools and are more common to female students. This research showed that this problem can be explained and solved by using scientific ways and that it's not a traditional and devil causes as most people think. The problem is caused by severe stresses that develop in a person due to constant conflicts between the body's needs against the social moral and ethics. Female students who are less resistant to these stresses and have no skills to cope with them suffer from many effects and in severe cases results in to unconscious conditions of kupagawa.

RECOMMEDATIONS

This research recommends the followings;
Students suffering from the problem should be allowed to be married.
Schools should establish and improve counseling services to students.
Sports activities should be encouraged to female students.
Students to prefer eating more organic foods and avoid consuming synthetic foods.
Students should avoid watching and/or reading pornographic text and films or photos.
Students should avoid staying with opposite sex in private places.
Students should engage on other activities that make body smart e.g walking.
Students should dress respected clothes and not be allowed to use cosmetics.

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Wizara ya Elimu na Mafunzo ya Amali (n.d) Mwongozo wa kufundishia stadi za maisha na afya ya uzazi kwa vijana.

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