

Assessing the Effectiveness of Resilience Strategies Adopted by Female-Headed Households During Drought-Induced Challenges in Zimbabwe

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Abstract

This study examines resilience strategies adopted by female-headed households (FHHs) in rural Zimbabwe during drought-induced challenges using the Vulnerability and Resilience Framework (VRF). An interpretive phenomenology design with semi-structured interviews and key informant interviews explored the lived experiences of 20 FHHs and community leaders in the Goromonzi District. Findings reveal that FHHs employ strategies like livelihood diversification, agricultural adaptation, and social networks, but systemic barriers, resource limitations, and gender inequities constrain these. The study concludes that gender-sensitive interventions addressing structural vulnerabilities are essential to enhance resilience, emphasizing agricultural support, economic empowerment, and strengthened social networks for sustainable recovery.