

Emotions, Strategies, and Health: Examining the Impact of an Educational Program on Tanzanian Preschool Children



Investigating the Effects of "Akili and Me"
on Socio-Emotional and Health Outcomes

[Read the full study here](#)

Reference citation: Borzekowski et al. (2020)



Objective

To evaluate the effects of the educational program "Akili and Me" on socio-emotional and health outcomes in Tanzanian preschool children.



Participants

Number: 411 preschool children from low-income families
Location: 10 public schools in Arusha, Tanzania
Mean Age: 5.32 years



Methodology

Type:
Mixed Linear Models (MLM) Regression Analysis

Procedure:
One-on-one survey method to collect baseline and post-intervention

Duration:
12 weeks

Intervention:
Exposure to "Akili and Me" socio-emotional and health content in afterschool sessions.



Assessment

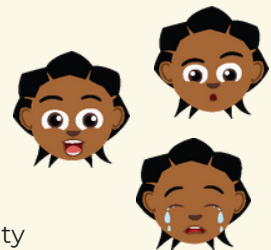
Tool: One-on-one surveys

Measured Outcomes:

Social-Emotional Development
Health Outcomes

Control Variables:

Gender
Age
Baseline Scores
General Media Receptivity



Results - Improvements in Measured Areas:

Duration: 12 Weeks



Conclusion

- Educational media**, specifically animated programs like *Akili and Me* can effectively teach vulnerable preschool children important socio-emotional and health content.
- This study contributes to the literature on educational media by demonstrating its potential impact on young children's development.



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