Propositions

The development of a culturally tailored and contextually sensitive behavior change intervention for heterosexual Xhosa-speaking women in the Eastern Cape province, South Africa

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1. Social disorganization may have a significant negative impact on how adolescent and young adults transit into adulthood (this thesis).

2. Resilience is important for helping individuals surmount daily rural situational and environmental challenges (this thesis).

3. Community-level discussions may help create a shared understanding of behavior problems that lead to adverse health outcomes (this thesis).

5. For optimal application of the self-determination theory (SDT) a clear mapping of theoretical constructs is essential (this thesis).

5. The main and urgent public health challenge is not only eradicating poverty but finding cross-cutting ways of promoting prosperity and wellbeing for everyone”- Paul Kagame-Current President of Rwanda

6. Gender-focused health strategies are still relevant, particularly the promotion of health for women because they are the reservoirs of continued societal health.

7. Applied Social Psychology is yet to define its role as a relevant discipline for the enhancement of health for marginalized individuals and as an effective tool for influencing policy change in South Africa.

8. Societies that are free from gender-based crimes or violence are an imperative; hash-tag “MeToo” and “TimeIsUp” demonstrate how urgent these matters are.

9. “Unlearn, learn, master yourself never remain stagnant because that is death”- Ijeoma Umehinyo -author

10. At times you only appreciate a “foreign” culture when you go back to the routine of your own.