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Socio-Economic Abuse of the Victims of Human Trafficking in Arusha Tanzania

A case of women and girl victims

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ABSTRACT

Human trafficking has been pervasive around the world with millions of people being trapped in this cycle. The victims of human trafficking encounter many grievances including physical, psychological, sexual, cultural, and even economic abuse. Economic abuse to victims of trafficking is used as a control measure by the perpetrators of human trafficking. In Tanzania, the problem has been persistent with great consequences. It is with this concern that this study embarked on a research journey to examine economic abuse inflicted on the victims of human trafficking. The study applied both probability and nonprobability sampling to select the respondents. A total of 400 respondents were selected for the study. The study revealed that most respondents (72.5%) complained of having big debts built from false accusations from their employers and 74% reported having irregular salary payments respectively. Also, a good number reported working long exhaustive hours with little or no pay (67%). Only a few respondents (14.1%) reported that they are denied have bank account and if they have, they are not allowed to access it. Also, the study found that 13% of the respondents that their employers had control of their mobile money accounts. They reported that the bosses usually check to see the balance of the accounts.

Keywords
Human Trafficking
Socio-Economic Abuse
Tanzania
Victims

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Introduction

Approximately 49.6 Million people around the globe are living in modern-day slavery, of which 27.6 million are in forced labor and 22 million are in forced marriage [1]. This number does not include those trapped in sexual exploitation, organ transfer, and other forms of exploitation the victims of human trafficking undergo. Victims of human trafficking encounter several atrocities including physical, psychological, sexual, cultural, and even economic abuse [2].

Economic Abuse and financial abuse of the victims of human trafficking have been at times used synonymously. While economic abuse has been described as a form of abuse that incorporates a range of behaviors that allow a perpetrator to control someone else's economic resources or freedoms, financial abuse has been identified as a form of abuse that involves a perpetrator using or misusing money which limits and controls their partner's current and future actions and their freedom of choice. It can include using credit cards without permission, putting contractual obligations in their partner's name, and gambling with family assets. It can leave them without access to their bank accounts, with no access to any independent income, and with debts that have been built up by abusive partners set against their names. Even when a survivor has left the home, financial control can still be exerted by the abuser about child maintenance" [3][4]. From the explanations, it becomes clear that economic abuse is wider when compared to financial abuse. Economic abuse goes further as restricting access to essential resources such as food, clothing, or transport, and denying the means to improve a person's economic status (for example, through employment, education, or training.

Women and girls contribute to 70% of the victims of human trafficking [5] so it becomes inevitable that the majority of victims of economic abuse are women and girls. According to Ref. [6], economic violence toward women occurs when a male abuser maintains control of the family finances, deciding without regard to women how the money is to be spent or saved, thereby reducing women's complete dependence on money to meet their personal needs. It may involve putting women on strict allowances or forcing them to beg for money.

Women and girls are more vulnerable to trafficking than men and boys due to several factors. Gender inequality worldwide has immensely contributed to the vulnerability of female victims as compared to their male counterparts. From a gender perspective, it is clear that stereotypes that present men as powerful and in control and women as passive play a major role in women trafficking. Human trafficking has also been described as a form of violence that is embedded in gender inequalities and sex discrimination. This has been reported in many studies but the recent report from the European parliament emphasizes that the whole trafficking cycle is gendered from the root causes that make women more vulnerable. The report also emphasizes that even the policy approaches and measures aimed at combating

human trafficking are gendered and they tend to favour men than women. Moreover, the report explains that even though the experiences of the men being trafficked, especially as victims of labor exploitation, are attracting growing interest among various stakeholders, trafficking in women remains high on the agenda as a complex and still increasing phenomenon, despite global efforts to tackle it [7].

The patriarchal system existing in many African cultures has also been blamed as a catalyst for the vulnerability of adult and young women to trafficking. A study by Ref. [8] strongly emphasizes that the root cause of trafficking in women which also implicates the girls is the patriarchal structures that keep women in a subordinate position and often lead to unequal opportunities between women and men. From a different perspective, Ref. [9] argues that women and child trafficking in Sub-Saharan Africa is a demand-driven phenomenon due to the existence of an international market for children in the labor and sex trade. Further, the report mentions the growing network of intermediaries, the absence of a clear legal framework, the scarcity of trained police to investigate cases of trafficking, and the ignorance and complicity of parents as reasons for trafficking for young ones.

Complementing the above, many reasons have been identified to be pulling and pushing factors for trafficking in young women and girls being perceived to be suitable for work in labor-intensive production and the growing informal sector which is characterized by low wages, casual employment, hazardous work conditions and the absence of collective bargaining mechanisms; also the growth of the prostitution and industry in urban areas, the ease in controlling and manipulating vulnerable young women and girls; lack of access to legal redress or remedies for victims of traffickers; and devaluation of women and children's human rights, as pull factors while unequal access to education that limits women's opportunities to increase their earnings in more skilled occupations; lack of legitimate and fulfilling employment opportunities particularly in rural communities; less access to information on migration or job opportunities, recruitment channels, and a greater lack of awareness of the risks of migration compared to men; disruption of support systems due to natural and human created catastrophes; and traditional community attitudes and practices, which tolerate violence against women are said to be the pushing factors to trafficking [10].

Apart from the above, it is also mentioned that lack of education for girls as compared to boys, inadequate or non-existent legislation related to trafficking, as well as the lack of law enforcement have contributed to the persistence of human trafficking of girls. Some girls or their parents are tricked by promises of education or employment, while others are kidnapped to be bought and sold like commodities.

Since women and girls are the main victims of human trafficking, it becomes inevitable that they are the main victims of economic abuse. It is with this concern the current study intends to explore different forms of economic abuse the victims encounter. The study intended to answer the following question: What different forms of economic abuse do the victims of human trafficking encounter?

Theoretical Framework and Conceptual Review

Economic abuse of victims of human trafficking is a multifaceted issue that can be examined through various theoretical frameworks. Understanding the complexities of economic abuse within the context of human trafficking requires an exploration of different theoretical perspectives that shed light on the power dynamics, exploitation, and socioeconomic vulnerabilities at play. Some of the key theories that can be applied to the economic abuse of victims of human trafficking include the Feminist and Conflict theories.

A. Feminist Theory

Feminist perspectives are crucial in understanding economic abuse within human trafficking. This theory emphasizes the unequal power relations between genders, highlighting how women and marginalized groups are often disproportionately affected by economic exploitation and abuse. Within this framework, the economic abuse of victims of human trafficking can be seen as a manifestation of broader gender-based inequalities and discrimination. According to feminists, the lack of power, rights, and opportunities existing in many communities is the main cause of women and girl trafficking. Ref. [11] emphasizes that due to stereotyping and the patriarchal systems existing in African communities, a woman is customarily denied different opportunities that could otherwise empower her in different ways and, instead, she is sold out to traffickers at a young age. However different feminist scholars have viewed the issue of women trafficking from different perspectives. Despite their different opinions, the majority agree that woman trafficking is a form of violence against women. The neo-abolitionists on one hand condemn all forms of voluntary and involuntary prostitution resulting from the exploitation of trafficked victims. On the other hand, Marxist thinkers argue that the exploitation of women is rooted in social organizations and structures which are inherently patriarchal. Ref. [12] stresses that violence against women is a strategic and systematic form of men's domination and social control of women. Hence women trafficking as a form of exploitation for the personal gain of the traffickers might occur because of the institutionalized male privilege system. Other forms of violence occur primarily because of institutionalized male chauvinism and the privilege system, as men believe that it is their right to inflict women with violence.

Further, the feminists correlate poverty among women and human trafficking. They opine that the feminization of poverty is "closely aligned with the feminization of migration and

human trafficking". Ref. [13] contributes to the gender narrative of human trafficking victims. According to feminists, women are poorer when compared to men since they experience obstacles in daily living such as gender-based division of labor and wages, unemployment, low levels of education, and least-paid jobs. Also, women generally bear the caretaker burden in families and this is normally not compensated. As a result of all this, women often become more vulnerable to human trafficking compared to their male counterparts [14].

Feminist theory provides a crucial lens for understanding the economic violence experienced by women victims of human trafficking. This theoretical framework emphasizes the gendered power dynamics and structural inequalities that contribute to the exploitation and economic abuse of women within trafficking networks.

B. Conflict Theory

According to Ref [15], conflict theory explains the relationship between two social groups, the group of the haves and the group of the have not; in this case a group with power and that which is powerless economically. The conflict perspective explains various aspects of our social and economic world by looking at which groups have power and benefit from a particular social arrangement. The domination of one group of people over another group is the focus of the conflict sociological perspective. It would explore human trafficking through a lens that looks at groups that possess power and influence and use it to oppress and exploit vulnerable people economically. Conflict theory highlights the role of power struggles and social conflicts in shaping economic relationships and exploitation. Within the context of human trafficking, this theory can be used to analyze how disparities in power and resources contribute to the victimization and economic exploitation of vulnerable individuals. It underscores the importance of addressing underlying power differentials and advocating for social and economic justice.

Gender conflicts mentioned in the conflict theory can be a source of social problems. The conflicts appear in the form of prejudice and discrimination by men against women resulting in a situation where the position of women becomes lower compared to their male counterparts. The situation results in the lack of jobs, low wages, and high cost of living caused by uncalled-for situations which accelerates awkward situations such as an opportunity for human traffickers. Moreover, the lack of food, clothing, and housing and the impossibility of the government fulfilling these needs create the desire in their citizens to emigrate and look for better opportunities, and it is there that they become prey for heartless human beings who lure them with false promises. Trafficked people usually are seduced with untruthful promises of employment, better pay, and security.

Further Conflict theory highlights Power Imbalances and Exploitation. It emphasizes the unequal distribution of power and resources within society. In the context of human trafficking, this theory highlights how powerful individuals or groups, such as traffickers and those who benefit from the exploitation of victims, maintain their dominance through the economic abuse of vulnerable individuals. This perspective underscores the role of power imbalances in perpetuating the cycle of economic exploitation and subjugation. Also, the theory brings to light Economic Inequities and Class Conflict as it pays attention to the class-based conflicts and economic inequities that contribute to the vulnerability of individuals to human trafficking. It underscores how socioeconomic disparities and the lack of economic opportunities can push individuals into exploitative situations, making them more susceptible to trafficking. This perspective helps in understanding how economic marginalization and deprivation create conditions that facilitate the abuse and exploitation of victims. Apart from the above, the conflict theory emphasizes the potential for social change and resistance against oppressive systems. Within the context of human trafficking, this perspective highlights the importance of empowering victims to resist economic abuse and advocate for their rights. It encourages collective action and social movements aimed at challenging the structural factors that perpetuate economic exploitation and promoting greater economic justice and equity.

By applying conflict theory to the study of economic abuse within human trafficking, scholars, policymakers, and advocates can gain a deeper understanding of the underlying power dynamics and structural factors that contribute to the exploitation of victims. This understanding can inform the development of interventions and policies aimed at addressing the root causes of economic abuse and promoting greater economic equity and social justice for victims of human trafficking.

C. Human trafficking

Human trafficking has been defined by the United Nations Protocol to Prevent, Suppress, and Punish Trafficking in Persons, especially Women and Children [16], as the recruitment, transportation, transfer, harboring, or receipt of persons, using threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for exploitation. Exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual exploitation, forced labor or services, slavery or practices similar to slavery, servitude, or the removal of organs [17].

D. Economic abuse

Economic abuse involves acts such as the denial of funds, refusal to contribute financially, denial of food and basic needs, and controlling access to health care, employment, etc. It is

further described as an act that happens when an abuser takes control of or limits access to shared or individual assets or limits the current or future earning potential of the victim as a strategy of power and control. It may take the form of Employment-related abuse: when the abuser prevents a victim from earning money. Examples include: Preventing the victim from attending a job, demanding that the victim quit his or her job, preventing the victim from looking for jobs or attending job interviews, and harassing the victim at work. Also, it might be related to coerced debt: when an abuser forces non-consensual, credit-related transactions. Examples include: Applying for credit cards, obtaining loans, or opening accounts in a victim's name without their knowledge or consent, forcing the victim to obtain loans, forcing the victim to sign financial documents, using threats or physical force to convince victims to make credit-related transactions [18]. As indicators of economic abuse in the current study the respondents were inquired if any of the following acts were inflicted on them; denial or irregular salary payment; long exhaustive working hours; denial of finding other jobs or other sources of income; refusal to let them claim benefits and refusing to let them access a bank account; control their mobile accounts.

E. Victims of human trafficking

According to Ref. [19] a victim is defined as a person who has suffered physical, or emotional harm, property damage, or economic loss as a result of a crime inflicted upon him or her. Complementing this definition, victims are described as people who have been harmed, injured, or killed as a result of a crime, accident, or other event or action. Human trafficking as other crimes recruits several human beings who end up being exploited. The recruited person becomes weak and vulnerable and as a result, they become victims of the trafficking cycle. The recruitment of the victim often occurs in one of two ways: (a) traffickers contact the potential victim or his or her family – in many cases, traffickers know the victim or the victim's family and are likely to take advantage of a condition of general vulnerability, e.g. illiteracy, poverty, lack of information; (b) a potential victim or his or her family contact traffickers – the potential victim is usually in a precarious position, seeking "help" to escape a situation of oppression, desperation or persecution, and to reach a desired destination. This can lead to a possible link between smuggling and trafficking [20]. A victim of human trafficking (VoT) as In any person who has moved from his or her family, community, or country to another location at the instance or influence or with the assistance of another person and is subsequently exploited. To qualify as a VoT, an adult person must have gone through at least ONE element from each of the three categories in Table 1, that is, there must be at least one action within the category "activity", one action in the category "means," and one action in the "purpose" category.

Table 1. Elements necessary for identifying an adult victim of human trafficking

Activity of persons	Means	Purpose Exploitation including	Result
• Recruitment • Transport • Transfer • Harbouring • Receipt	Threat or use of force; Coercion; Abduction; Fraud; Deception; Abuse of power or vulnerability; Giving payments or benefits	Sexual exploitation; Forced labor; Slavery or similar practices; Removal of organs; Other types of exploitation	Adult Human Trafficking

F. Traffickers

Traffickers are people from different age groups male or female who enable or partake in the trade and exploitation of individual human beings [21]. Traffickers occupy a central place between supply and demand. On the one hand, they try to increase the supply of trafficked persons through recruitment, often using false information, fraudulent identification, and abuse of power. On the other hand, they try to boost the demand by providing easy access to a steady supply of trafficked persons. Traffickers may be organized into criminal groups or be linked together in a chain of middlemen. In a minority of cases, international criminal gangs snatch or recruit the children themselves. For example, a group of Tanzanian girls in Sweden described to medical personnel how an African woman came to their parents' house and offered the girls "education opportunities" abroad. The girls were taken to Sweden by the woman, kept in her house, and shown sex videos, and then forced to work on the streets as prostitutes [20].

Methodology

The study used a mixed-method approach. This means the study employed a combination of both qualitative and quantitative data collection and analysis. The importance of using mixed methods in this study was to enable the researcher to answer questions with both open and closed-ended questionnaires, interviews, and focus group discussions.

It further applied a descriptive survey design. Ref. [22] explains that a descriptive survey design is utilized to obtain information regarding the current situation about a phenomenon to describe what exists, concerning variables or conditions in a situation. This design the relationships and practices that exist, beliefs and processes that are ongoing, effects that are felt, and trends that are developed. The study adopted the design to provide an analysis and explanation of views and comments about the economic abuse of trafficking victims. This design was considered appropriate since it enabled the researcher to collect data with less manipulation of variables. Generally, this phenomenon was selected for this study because a descriptive survey design is a valuable research method for obtaining a comprehensive understanding of the characteristics and attributes of a specific group (In this case victims of

human trafficking) or phenomenon, serving as a foundational step for more in-depth research and analysis.

The study was conducted in the Arusha Region. The region was selected on the assumption that it is among the main sending and receiving areas from which men, women, and children are supposedly trafficked to various cities in the country, and Arusha in particular for labor and sex trade. Arusha region is a global tourist destination and is the center of the Northern Tanzania safari circuit. The national parks and reserves in this region include the Ngorongoro Conservation Area, Arusha National Park, the Loliondo Game Controlled Area, and part of Lake Manyara National Park. Remains of 600-year-old stone structures are found in Engaruka, just off the dirt road between *MtowaMbu* and Lake Natron. With a Human Development Index of 0.721, Arusha is among the most developed region in Tanzania. The study was conducted in all seven district councils of Arusha namely; Monduli, Meru, Arusha City, Karatu, Ngorongoro, Arusha rural, and Longido district councils.

The study applied both probability and nonprobability sampling to select the respondents. In probability sampling, the purposive sampling method was used to select the study area and the districts since the study was intended to be conducted in the Arusha region hence all the district councils were involved. The wards where the study was to be conducted were also selected using a purposive sampling method. A total of 15 wards, 2 from each district were selected for this study except for Arusha City where three wards were involved. Factors considered while selecting the wards were the proximity to the district headquarters and the number of young women and girls as compared to other wards. All the selected wards had a large number of young women and girls and were close to the district headquarters. Apart from that, convenience sampling as a form of nonprobability sampling was applied to select staff from the community development office, ward office, police, immigration, and social welfare office; and other stakeholders from non-governmental organizations including those from faith-based organizations and non-governmental organizations.

In the probability sampling technique, a simple random sampling technique was applied to obtain respondents who in a way have been affected by trafficking. Apart from the respondents, this method was used to select respondents from the community who were willing to participate in the study. The respondents from the community participated in focus group discussions.

In determining the sample size of the study, three criteria were considered which included the level of precision, level of confidence, and degree of variability. In minimizing the sampling error and biases the study used a 5% level of precision and a 95% level of confidence. The study population considered was young women and girls from the age of 15 to 24 years

and other stakeholders from different organizations, the Government, and the community. The population of women according to NBS (2013) is 189,678. Therefore the formula for calculating the sample size was adapted from Ref. [23], from this formula a sample of 400 was selected for the study.

Despite the small sample size for qualitative data, this approach was able to provide rich data even with a small sample which complemented the quantitative data collected for the study. The study had 4 focus group discussions, 14 face-to-face interviews, and 19 key informant interviews making a total of 37 respondents.

A. The parallel data collection design

In conducting a parallel design the researcher concurrently conducts the quantitative and qualitative elements in the same phase of the research process, weighs the methods equally, analyzes two components independently, and interprets the results together. With the purpose of corroboration and validation, the researcher aimed to triangulate the methods by directly comparing the quantitative statistical results and qualitative findings. In the research process, two datasets were obtained, analyzed separately, and compared. That means that both qualitative and quantitative data were collected at the same time. The purpose of collecting qualitative and quantitative data at the same time was to enrich and triangulate the information collected [24].

B. Primary data collection method

As earlier mentioned, both qualitative and quantitative methods were deployed for this study. Qualitative methods encompassed face-to-face interviews, key informant interviews; focus group discussions, and observations while for quantitative information the data collection tool utilized was the questionnaire.

1. Questionnaire

A questionnaire was used to collect quantitative data. The questionnaire was administered to women and girls who were currently victims or potential victims of human trafficking. The questionnaire extracted demographic information, socio-economic conditions; forms of economic violence, and challenges of human trafficking. The questionnaire included different types of questions including closed questions and a few dichotomous and ordinal questions. A total of 400 respondents were involved in this tool. To obtain accurate quantitative information, a questionnaire was formulated to solicit views and opinions from victims and potential victims from all district councils in the Arusha Region. Both structured and semi-structured questions were used. The questionnaire was translated from English to Kiswahili language since most of the respondents understood Kiswahili better than English. A questionnaire helped speed up the exercise of data collection. Moreover, it facilitated the collection of quantitative data

and to some extent allowed the respondent to freely answer the questions without being influenced by the interviewer.

2. Key informant interview

Key informant interviews were also used as a primary data collection method since one of the main objectives of this research was to figure out the perspective of Governmental and Non-Governmental Organizations on the subject matter. Thus key personnel from Non-Governmental Organizations such as FARAJA Center and DSW were interviewed. FARAJA Center works to rescue, rehabilitate, and reintegrate victims of human trafficking while DSW is an organization that works with the youth towards development through improving health and fighting poverty in the Arusha Region specifically in the *Mto wa Mbu* ward in Monduli District. Complementing interviews from NGO the study also interviewed different Governmental officials including personnel from the Arusha Immigration Office, Police Gender Desk; Ward and District community development office from Monduli, Longido, Ngorongoro, Arusha Municipal, Karatu, and Arumeru respectively. In complementing the data collected from the above respondents, the study also consulted with faith-based organizations as part of the respondents using the key informants" guide. A total of 19 respondents were involved in the study using this tool. The interviewed questions included forms of economic abuse experienced by the victims and potential victims of human trafficking, challenges encountered, and what they did as stakeholders in the matter.

3. Focus Group Discussions

A focus group discussion (FGD) is a qualitative tool to obtain in-depth information on concepts, perceptions, and ideas from a selected group. The main idea is that the group members discuss the topic in question among themselves with guidance from the facilitator. For the case of this study, focus group discussions were conducted with respondents who were currently victims of human trafficking, former victims, or those in danger of being victims. The victims and potential victims were identified with the help of the community development officers. The main criterion for selecting the participants for focus group discussion was i) they were registered in a group at the ward office and ii) they were formerly victims of human trafficking or potential victims of human trafficking. This was done with the help of the ward community development officer. The discussions were also applied to community members from different districts. The selection of respondents to be involved with FGDs was based on their life experience, work experience, and knowledge they have in the area of human trafficking. Further, it depended on the availability and willingness of targeted persons to participate in the discussion. A total of 4

focus group discussions were conducted. Through the focus group discussions, individuals and different community groups were able to speak for themselves and to discuss openly different forms of economic abuse and challenges they encounter as victims or families of victims of trafficking.

4. Observation

Another qualitative method employed in this study was observation. Observation entailed the systematic noting and recording of events and behaviors in the social setting chosen for study. The observational record is frequently referred to as field notes detailed, nonjudgmental, concrete descriptions of what has been observed. The naturalistic observation method was selected over other types of observation because the situation could not be manipulated or controlled by the researcher and the situation in the field was not initiated by the researcher and therefore very minimal bias. As a way of observation during this study, the researcher visited places where the respondents were working. The places visited included the bars, eateries, and even the places where they lived. The relationship and events between the respondents and their employers were easily observed, noted, and recorded after visiting the workplaces. At least one observation from the seven district councils was recorded for this study.

C. Secondary data collection method

The secondary data used in this research was obtained from various literature and reviewed statistics in Tanzania and internationally. Documentary analysis was used to complement primary data collected through primary methods through questionnaires and interviews. The rationale behind reviewing and making analyses of different documents such as (laws, policies, and strategies) was important to set the background information to the problem under investigation and to identify empirical, methodological, and theoretical research gaps. Secondary research methods involved data available from the internet, data from government and non-government agencies, data from education institutes such as University repositories, and data from e-libraries. The following documents were very useful for this study; published works on human trafficking and in particular children and women trafficking within and outside the country; reports and documents available from NGOs and other institutions; newspaper articles; national legislations, policies, and regulations on human trafficking in general and child trafficking in particular. A guide with questions was prepared to collect additional information answering all the study questions.

D. Data Analysis techniques

The filled-in questionnaires were edited for consistency and subjected to proper recording. The information was then punched into the computer using Statistical Package for Social Sciences (SPSS). Qualitative information was transcribed. As such a complete script was

produced for each focus group discussion or interviews conducted. For quantitative data both descriptive and inferential analyses were done using SPSS (Version 20) computer program. Descriptive statistical analysis employed frequencies, percentages, mean, and measures of variations. For qualitative data, content analysis was used involving thematic exploration (based on words, concepts, literary devices, and nonverbal cues) and exploration of the interconnections among themes.

E. Research Ethics

According to Ref. [25][26], ethical issues are the concerns and dilemmas that arise over the proper way to execute research, more specifically not to create harmful conditions for the subjects of inquiry, humans, in the research process. The study however is very much aware of the big responsibility to be sensitive and respectful of research participants and their basic human rights and fully endorse the Ethical Code of the Open University of Tanzania. In particular, the study ensured the following throughout the research; (i) explicate the aim and objectives of the study as well as the procedures were followed upfront to everybody taking part in the research; (ii) made it clear to the respondents that participating in the study was voluntary, and that should they for some reason want to withdraw from it they have the right to voluntary do so at any time; and (iii) that their privacy was respected at all time and that everything they shared will be treated as confidential.

Results and discussion

A. Demographic characteristics of respondents

Demographic characteristics considered in this study were age, level of education, place of originality, occupation of the parent, and family size of the respondents. The age of respondents involved in this study ranged from 10 to 24 years. However, three age categories were established in the analysis as shown in Table 2. The majority of respondents (71.2%) were in the age category of 20 - 24 years. This was followed by the age category 15 - 19 years which accounted for 28.2% and 10 - 14 years, which accounted only for 0.5%.

Table 2. Percentage distribution of respondents by age group (n=400)

Age group (years)	Frequency	Percent
10 – 14	2	0.5
15 - 19	113	28.3
20 - 24	285	71.2
Total	400	100.0

Table 3 shows that 43.8% of the respondents revealed that, they have been married before and 56.2% reported never being married before. Much as the respondents reported being married before a good number of them revealed that, the marriage did not exist.

Table 3. Percentage distribution of respondents by marital status (n=400)

Marital status	Frequency	Percent
Have been married before	175	43.8
Have never been married	225	56.2
Total	400	100.0

Table 4 reveals that a good number of respondents (74%) had primary education, while those who had secondary education accounted for 12.5% which was equivalent to respondents who had never gone to a school which accounted for 12%. Very few respondents (1.5%) had tertiary education. The standard deviation as regards to number of years in schooling was 0.55. That indicates that the level of education among young women and girls was almost the same as the majority had attained primary education. It is important to understand the educational level of the individuals in the community as it might influence their well-being as well as their decision to be trafficked.

Table 4. Percentage distribution of respondents by education level (n=400)

Education level	Frequency	Percent
Primary	296	74.0
Secondary	50	12.5
Adult education	48	12.0
Tertiary	6	1.5
Total	400	100.0

Economic abuse involves acts such as the denial of funds, refusal to contribute financially, denial of food and basic needs, and controlling access to health care, employment, etc. It is further described as an act that happens when an abuser takes control of or limits access to shared or individual assets or limits the current or future earning potential of the victim as a strategy of power and control. It may take the form of Employment-related abuse: when the abuser prevents a victim from earning money. Examples include: Preventing the victim from attending a job, demanding that the victim quit his or her job, preventing the victim from looking for jobs or attending job interviews, and harassing the victim at work. Also, it might be related to coerced debt: when an abuser forces non-consensual, credit-related transactions. Examples include: Applying for credit cards, obtaining loans, or opening accounts in a victim's name without their knowledge or consent, forcing the victim to obtain loans, forcing the victim to sign financial documents, using threats or physical force to convince victims to make credit-related transactions [18]. As indicators of economic abuse in the current study the respondents were inquired if any of the following acts were inflicted on them; denial or irregular salary payment; long exhaustive working hours; denial of finding other jobs or

other sources of income; refusal to let them claim benefits and refusing to let them access a bank account; control their mobile accounts.

The victims of human trafficking endure different forms of economic abuse from their traffickers and even their employers. The forms of economic abuse range from denial of salary, and working exhaustively to the employers controlling their mobile accounts. Table 5 illustrates different forms of abuse encountered by victims of human trafficking in Arusha.

Table 5. Different forms of Economic abuse (n=400)

Form of Economic abuse	Frequency		Percent	
	Yes	No	Yes	No
Denial or Irregular salary	316	84	74	26
Debts	290	110	72.5	27.5
Long exhaustive working hour	286	114	67	33
Denial of other jobs/ other sources of income	157	243	36.9	63.1
Refusal to let them claim benefits	120	280	28.2	71.8
Refusing to let them access a bank account	60	340	14.1	85.9
Control their mobile accounts	59	341	13.8	86.2

From table 5, it is clearly shown that the majority of the respondents (72.5%) complained of having big debts built from false accusations from their employers and 74% reported having irregular salary payments respectively. Also, a good number reported working long exhaustive hours with little or no pay (67%). Only a few respondents (14.1%) reported that they are denied have bank account and if they have, they are not allowed to access it. The irregular salary was further disclosed in a face-to-face interview as the following case exemplifies;

"I was recruited through a relative who lives in Dar es Salaam; she came with me to Arusha and left me here. When I was being recruited to come and work in Arusha, I was promised a good salary of 60,000/= Tanzanian shillings per month, better living conditions (a rented room with bed and cooking facilities) and once a year I was promised to go home for holidays. After reaching here I am receiving 20,000/= Tanzanian Shillings as my salary with no other benefits. I share a room with other three girls. Nothing goes as I was promised".

In a similar case, thirteen percent of the respondents revealed that their employers control or check their mobile money accounts such as MPESA, TigoPesa, and Airtel Money accounts on a frequent base. The following case from a face-to-face interview in Meru elaborates on this scenario;

"My boss checks all my messages on my phone. She even checks my MPESA balance. There was a time when money was stolen in her shop, and she immediately checked my MPESA account and found Tshs. 15,000/= in my account. She accused me of stealing her money and took me to the station, I was beaten mercilessly. Fortunately, while I was still under custody, the money was found. From that day I have been very careful, not to keep money in my mobile account".

Seventy-four percent (74%) of the respondents complained of irregular or denial of their salaries. Since denial and irregular salary payment were complained with a good number of respondents the current study probed more on the modalities and amount the respondents receive. Table 6 shows the amount paid and the intervals of salary payments.

Table 6. Salary amount and payment intervals

Item	Frequency	Percentage
	Yes	Yes
Amount of Salary (Tshs)		
Less than 50,000/=	273	68.2
Between 50,000/= and 100,000/=	119	29.8
More Than 100,000/=	8	2
Total	400	100
Interval of salary payment		
Every end of the month	248	62
After Every two months	36	8.8
After Every six months	7	1.8
Not consistent	109	27.2
Total	400	100

From Table 6, it is reported that the majority of the respondents (68.2%) received salaries of less than Tshs. 50,000/=. Only 31.8% of the respondents received salaries above Tsh. 50,000/=. Also, the table illustrates that many victims (62%) received salaries at the end of the month except for 38%. However, the respondents reported that, sometimes the salaries received are not the agreed amount and in some instances, the remaining amount is never paid. The amount reported to be paid by many employees in this study is very low compared to those stipulated in the Employment and Relationship Labour Act of 2004. The amounts for domestic workers as stipulated in the act are TZS 65,000/= and TZS 80,000/= for those working in commercial setup. Much as this law is known to employers only a few of them obey it. This was also found out in a study done in Tanzania by ILO (2016) which reported that Above fifty percent (ranging from 58% to 73%) of domestic workers employed by those with income levels between TZS 100,000 to 999,000 declared they have either not been paid at all, in monetary terms, or their payments are irregular, contrary to what is stipulated in the national labor laws.

From the findings presented above it is clear that economic abuse has been used by traffickers and pimps to control systems for the victims of human trafficking. With limited economic and financial means of living the victims continue with enslavement despite the harsh conditions they face. In the current study, the respondents revealed that they had faced economic challenges from mainly their bosses and clients. Similar findings have been reported

by Ref. [27] who report that lack of economic control is a key in preventing victims of trafficking from escaping. The study further reveals that in a study conducted in the United States of America of victims of sex trafficking; seventy-nine percent experienced some form of economic exploitative behavior while 79% of the victims reported being caught in enslavement due to inadequate financial dependence.

Economic abuse has been discussed in different reports as a coercive control mechanism for victims of human trafficking [20][27]. All these reports argue that traffickers have used economic abuse as another form of abuse to control their victims. As a way of controlling the traffickers keep their victims in a cycle of financial dependence. They make sure they limit all sources of income the victims have and even take the money the victims earn. Other forms of control include threats to kick them out of the home, providing drugs to encourage addiction (or withholding drugs from them), and claiming a victim is indebted to the trafficker after providing them with food, clothing, or gifts [28].

Conclusion

It is beyond doubt that the victims of human trafficking undergo a lot of maltreatment including economic abuse. Victims exploited for labor, sex, organ transfer, begging, and other forms of trafficking are all abused economically. Economic abuse varies from the nature of exploitation the victim is undergoing, it ranges from denial or irregular payment of salary, denial of having other jobs, control of the victim's mobile account, debts, working long exhaustive hours, refusal to let them claim benefits and refusing to let them access a bank account. As a way of controlling them, the perpetrators abuse the victims economically. With this situation, it is necessary to fight to end the trafficking cycle so that the survivors of trafficking live a free happy life.

Conflict of Interest

The authors declare that there is no conflict of interest.

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