

Sample Literature Review

1. Introduction

Female genital mutilation (FGM) remains a deeply rooted traditional practice in many societies. It has attracted global attention due to its significant health and human rights implications. Although there has been progress in reducing prevalence, recent studies show persistence in Africa, the Middle East, and Asia, making it a global health concern (WHO, 2022).

2. Global Prevalence of FGM

The World Health Organization estimates that over 200 million women and girls have undergone FGM (WHO, 2022). UNICEF (2023) notes that prevalence remains high in regions where traditional norms are deeply entrenched. Migration has also carried the practice into Western nations, creating public health challenges (Smith et al., 2022).

3. Prevalence in Sub-Saharan Africa

Sub-Saharan Africa carries the highest burden of FGM, with variations across countries and communities. In Nigeria, prevalence ranges widely depending on region (JPADFUNAI, 2023). Low literacy and strong cultural attachments fuel continued practice (Ibom Medical Journal, 2023).

4. Determinants of FGM

Cultural Norms: Widely seen as a rite of passage or marriage requirement (BMC Health Services Research, 2024).

Educational Level: Higher education correlates with lower acceptance and practice (JPADFUNAI, 2023).

Residence: Urban communities show lower prevalence compared to rural (FBJ SpringerOpen, 2023).

Family/Peer Pressure: Mothers and grandmothers often reinforce the practice (Ibom Medical Journal, 2023).

5. Health Consequences

Immediate complications include bleeding, pain, and infection. Long-term effects include obstructed labor, infertility, and psychological trauma (WHO, 2022; Smith et al., 2022).

6. Interventions

Approaches include legislation, advocacy, and community-based education. Engagement with traditional leaders and women empowerment initiatives are most effective (BMC Health Services Research, 2024).

7. Summary

FGM persists due to cultural and social factors despite its known risks. Education and empowerment remain the strongest predictors of change.

References

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