

## **Socio-Economic Factors Influencing Household Food Insecurity in Punjab, Pakistan**

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### **Abstract**

This study was undertaken to examine the factors contributing to household food insecurity in Punjab, Pakistan. Food insecurity refers to the lack of consistent access to sufficient and nutritious food necessary for an active and healthy life. In Pakistan, rapid population growth, coupled with inadequate agricultural development, has intensified the food crisis, leaving many people vulnerable to malnutrition. The imbalance between population expansion and food production has placed significant pressure on resources and the national economy, increasing demands for food, land, electricity, health services, education, and security. Rising costs of basic necessities and limited quality resources have further reduced the purchasing power of households. Guided by the Malthusian theory, the study explored the underlying causes and dynamics of population growth and food insecurity in Pakistan and proposed recommendations to address the escalating food crisis. Conducted in three randomly selected districts of Punjab, the research involved a sample of 300 respondents. Quantitative data were collected using structured interview schedules and analyzed through the Statistical Package for Social Sciences (SPSS). The findings indicate that food insecurity remains a significant and persistent challenge, not only globally but also within Pakistani society.

**Keywords:** Household food insecurity, Population growth, Agricultural development, Malnutrition, Malthusian theory

## 1. Introduction

Food is important in the life of people. Sufficient calories and food in shape quality and quantity for masses is an important factor for the sustainable physical development of people. Less use of food push people towards hunger and starvation that is a major cause of death. So balanced and sufficient food is necessary for the nourishment (Thornton, 2001; Sila, and Pellokila, 2007).

Food and Nutrition Security at the Individual and Household Level At the globe Food Summit in 1996, food and nutrition security was distinct because the state of affairs ‘when all individuals, the least bit times, have corporeal and financial access to enough, safe and nutrient food that encounters their organic process wants and food preferences for an active and work life’ (FAO 1998). This definition of food and nutrition security reflects 2 key dimensions: (1) the food and nutrition standing and (2) the security of this food and nutrition standing. Food accessibility, food access and food utilization verify the state of affairs, observed because the food and nutrition standing of a private or a household. Stability refers to 2 further vital dimensions, notably vulnerability and resilience towards the state of affairs. In line with Sarris and Karfakis (2008), vulnerability is outlined as ‘the chance of experiencing future loss of welfare, typically weighted by the magnitude of expected welfare loss; whereas resilience refers to the power to get over such a welfare loss. It should be stressed that the relation between food and nutrition standing and also the stability of the food and nutrition standing is non-linear which each classes and their dimensions area unit extremely interlinked.

Urban populations in continent area unit growing chop-chop, and difference is increasing. The most important urban food issues of the Seventies and Eighties, food shortage and value shocks, have apparently been mostly resolved a minimum of within the short to medium term. thanks to this, urban food security having long been outlined because the issue of feeding the cities has born off the political agenda of urban planners and concrete managers; so, specifically urban food security issues in continent receive very little attention from national food or nutrition policy planners(Maxwell, 1998).

As in several developing countries, food security assessments have historically targeted on rural areas, wherever the bulk of the entire population similarly because the poorest and most food insecure segments of the population lives. All the same, international the worldwide the world} increase of cereal and pulses worth and therefore the global money crisis has place

challenges on and will increase food insecurity in urban areas of the country. This any driven by state, underemployment, lack of sanitation, rising price of living, reduced interdependency among urban households, social unit composition, low quality possession, low level of education, high dependency on the informal sector, HIV/AIDS (estimated at seven,7 yuletide prevalence in urban areas) and augmented population pressure because of natural growth and rural-urban migration (WFP, 2009).

Population growth features a substantial impact on varied sectors like atmosphere, Economy and Foods insecurity (Thirlwal, 1994). A food-secure world is one wherever all folks have access to safe, alimentary and cheap food that gives the inspiration for active and healthy lives. Food security affects over human health and welfare – it conjointly contributes to economic and political stability. Food security may be a advanced drawback given interconnections and interdependencies during a world food system that\'s basically obsessed on soil, precipitation and water availableness, climate and a number of services the world provides and, at constant time, influenced considerably by trade, urbanization, dynamical demographics, and energy, water and land use policy (Ahlburg 1996; Easterlin, 1967; Kelley and Helmut Heinrich Waldemar Schmidt, 1996; Kuznets, 1967; Simon, 1992; Thirlwall, 1972)

### **Food and Nutrition Status**

We tend to distinguish three major dimensions of the food and nutrition status: food availableness, food access, and food utilization. Food availableness will be delineate because the extent to that food is within sight of households (for example in native retailers and markets), each in terms of comfortable amount and quality (FAO 2006). it's usually tough to differentiate food availableness from food access. Food availableness at the micro-level is powerfully relating to the general availableness of food, that is decided by domestic food production, industrial food imports and food aid (FAO 2006).

Household-level food access is taken into account to be achieved once a home has the chance to get food of comfortable amount and quality to make sure a secure and wholesome diet (FAO 2006). To appreciate this, not solely domestic and native food availableness should be realized; households should even have access to the required resources to accumulate food. Necessary drivers of food access area unit home resources, food costs, food preferences and socio-political factors reminiscent of discrimination and gender difference.

Food utilization refers to AN individual's dietary intake and his/her ability to soak up nutrients contained within the food that devoured. Hence, food utilization relates not solely to the number of food that's devoured, however conjointly to the standard of the diet. Specifically, the food consumed by a personal should be of comfortable amount and quality to satisfy not just subsistence wants, however conjointly energy wants for daily activities, notably financial gain generation (UN World Food Program 2007).

### **Stability of the Food and Nutrition standing**

We currently communicate the second major dimension of food and nutrition security, that relates to the steadiness of the food and nutrition standing and focuses on what happens to livelihoods once households area unit hit by temporary negative shocks. We tend to 1st check out the immediate result of those negative shocks (vulnerability). Then we tend to discuss the consequences on the long run, i.e. whether or not households area unit ready to recover simply or whether or not they area unit pushed into a position from that recovery is effortful or perhaps not possible (resilience).

A study of determinants of urban household food insecurity is vital because it provides with information that will enable effective measures to be undertaken so as to improve food security status and bring the success of food security development programs. It will also enable development practitioners and policy makers to have better knowledge as to where and how to intervene in urban areas to bring food security or minimize the severity of food insecurity. Area specific identification of determinants of the food insecurity will ease the implementation of different development projects in the Pakistan.

### **Problem Statement**

Although the statement Pakistan<sup>14</sup> has abundant natural resources, most of the socio-economic indicators are extremely low. Pakistan malnutrition is aggravated by the country's already poor economy. Both chronic and transient food insecurity and widespread problems in both rural and urban areas of the country are severe. However, the studies conducted so far, a lot more emphasis in the rural area. But such partial assessment to verify the situation on the ground and do not hide the real problem of food insecurity. Furthermore, such studies in urban settings do not look for the root causes of food insecurity. Food insecurity and social position to the extent of the problem space and the real world is different, depending on circumstances. Results on urban development to address this issue for planners to place the

light in the area of food insecurity in the province is undertaking research so that, Pakistan is important.

### **Objectives of the Study**

- ✓ To probe the different factors responsible for food insecurity
- ✓ To check the effects of food insecurity on household
- ✓ Suggest some drastic measures to resolve the food insecurity

Thomas Malthus argued that because of the natural human urge to reproduce human population increases geometrically (1, 2, 4, 16, 32, 64, 128, 256, etc.). However, food supply, at most, can only increase arithmetically (1, 2, 3, 4, 5, 6, 7, 8, etc.). Therefore, since food is an essential component to human life, population growth in any area or on the planet, if unchecked, would lead to starvation. However, Malthus also argued that there are preventative checks and positive checks on population that slow its growth and keep the population from rising exponentially for too long, but still, poverty is inescapable and will continue (Malthus, 1978).

## **2. Research Methodology**

Methodology is the different ways that use to reach at the destination. Multistage sampling technique was applied to draw the sample. At first stage two districts i.e. Faisalabad and Lahore was selected randomly out of thirty six districts of Punjab. At second stage two towns namely Jinnah Town from Faisalabad and Ravi Town from Lahore were selected randomly from the selected cities. At third stage the two union councils (one from each town) was selected. A sample of 300 respondents was selected from the two selected towns of Faisalabad and Lahore by using Convenient Sampling Technique. Moreover, data will was collected with the help of well structured interview schedule and the collected data was analyzed with the help of SPSS and presented in the form of Bi-Variate Analysis.

## **3. Results and Discussion**

Research Hypothesis: Lower the age of the respondents, intense will be higher that lack of advance technology in food production responsible for the shortage of food

Table 1: Association between age of the respondents and their opinion about lack of advance technology in food production responsible for the shortage of food

Age of the Respondents	Lack of advance technology in food production responsible for the shortage of food			Total	
	To great extent	To Some Extent	Not at all		
<b>19-28</b>	Count	100	2	6	108
	% of Total	33.3%	0.7%	2.0%	36.0%
<b>29-38</b>	Count	8	85	6	99
	% of Total	2.7%	28.3%	2.0%	33.0%
<b>39 or above</b>	Count	3	22	68	93
	% of Total	1.0%	7.3%	22.7%	31.0%
<b>Total</b>	Count	111	109	80	300
	% of Total	37.0%	36.3%	26.7%	100.0%

Test	Value	D.F.	P –Value (Significance)
Pearson Chi-Square	356.61	4	0.000**
Gamma	0.912	--	0.000**

\*\* = Highly Significant

Table 1 depicts the independence between the age of the respondents and opinion of respondents that lack of advance technology in food production responsible for the shortage of food society. The value of chi-square and Gamma shows the highly significant association between the two variables. Therefore, lower the age of the respondents, intense will be higher that lack of advance technology in food production responsible for the shortage of food hypothesis accepted that there is an association between explanatory and response variables.

**Research Hypothesis: Food insecurity is a function of various multidimensional determinants existing in the society**

**Table 2: Association between Food Insecurity and determinants responsible for the existing of food insecurity**

Determinants of Food Insecurity		Food Insecurity		Total
		Yes	No	
<b>Population Explosion</b>	Count	59	7	66
	% of Total	19.7%	2.3%	22.0%
<b>Low Investment in Agriculture</b>	Count	85	2	87
	% of Total	28.3%	0.7%	29.0%
<b>Inflation</b>	Count	1	93	94
	% of Total	0.3%	31.0%	31.3%
<b>Climatic Change</b>	Count	11	42	53
	% of Total	3.7%	14.0%	17.7%
<b>Total</b>	Count	156	144	300
	% of Total	52.0%	48.0%	100.0%

Test	Value	D.F.	P –Value (Significance)
Pearson Chi-Square	228.213	3	0.000**
Gamma	0.838	--	0.000**

\*\* = Highly Significant

Table 2 points out the independence between the food insecurity and various factors that leads towards food insecurity. The value of chi-square and Gamma shows the highly significant association between the two variables. Therefore, hypothesis that, Food insecurity is a function of various multidimensional determinants existing in the society is accepted. There is a strong relationship between explanatory and explained variable.

### 3. Conclusion

By moving beyond immediate management of hunger and food insecurity, this paper has shown that the consequences of food insecurity at the household level have repercussions attach social level. Important social implications have been identified for each of the

physical, psychological and socio familial manifestations of food insecurity. They suggest that key aspects of human development depend on food security. They also generally indicate the need for further reflection on what are socially acceptable practices for a household to ensure its food security. On the basis of these findings, some preliminary guidelines are proposed to help assess the social acceptability of such practices; however, these need to be further refined and tested. Results underline the relevance of working toward achieving food security for all and of realizing the right to food.

Upgrade the overall quality of population program documentation, and youth empowerment programs in particular. Governments should pay close attention to make police control climate changes in socio cultural economic and environmental factors which effect the sustainable development. There is a need to address the positive impacts of population growth. The government should formulate birth control policy in order to control the population growth. Government and civil society should encourage the farmers trainings and arrange workshops for farmers to attain proper usage of modern agricultural methods. There should be more investment in agricultural sectors to increase the production of crop

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