

## Research Paper

## Analysis of the Effect of Livelihood Risks on Food Insecurity in Rural Households in Divandarreh County

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## ABSTRACT

The main purpose of this study was to analyze the effect of livelihood risks on food insecurity in rural households. This research is a quantitative in terms of its purpose and descriptive in terms of data collection. The analyses are of correlation type. The statistical population of this study consisted of all the small-scale farming heads of households in *Divandarreh* County of Kurdistan province. Using Krejcie and Morgan sampling table and the stratified proportional sampling method, 375 persons were selected as the study sample. The data collection tool of the study was a questionnaire whose validity was confirmed by a panel of experts, and its reliability was established by calculating Chronbach's Alpha Coefficient ( $\alpha > 0.7$ ). The results showed that the studied farmers had high levels of food insecurity and were highly exposed to livelihood risks. Also, the correlation analyses showed positive and significant relationships between livelihood risk variables and food insecurity. The variables included agronomy (0.639), agricultural trade (0.739), price (0.524), employment (0.474), health (0.541), policy making (0.425), and demographic features (0.387). In addition, as the logistic regression sequences indicated, of the livelihoods risks, agricultural production risk (0.074) had the greatest impact on the food insecurity of households.

### Key words:

Risk of production, Food security, Sustainable livelihood, Rural poverty, Small-scale farming

## Extended Abstract

### 1. Introduction

One of the most critical problems facing Iran today is that of securing already produced food. Food security is deemed to exist when all people at all times have the food needed for an active and healthy life. Food security is a complex phenomenon at-

tributable to a range of factors that vary in importance across geographic and social boundaries. The concept is multi-dimensional, providing valuable insights into the nature and extent of the food situation in a population.

As identified, there are three parameters that underpin food security, including food availability, food accessibility, and food utilization. Food availability means ensuring that sufficient food is available through own production. Food accessibility means poverty reduction. It is not

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enough to simply make food available. This is because even low-income households should be able to afford it. Food utilization means ensuring a good nutritional outcome, which can be termed nutrition security. Having sufficient food will not ensure a good nutritional outcome if poor health results in frequent sickness. FAO committee on world food security sees it as a situation where all people at all times have both physical and economic access to the basic food they need. These definitional frameworks imply that there exist four major elements to constitute food security. They include food availability, adequacy, accessibility, and sustainability of access. The challenge of supplying nutritionally adequate and safe food to metropolitan dwellers is substantial. Accomplishing this task under conditions of growth and congestion demands that policy makers seize opportunities for integrating resource management, planning efforts, understanding of potential linkages between rural and urban areas, and anticipation of the changing needs of the citizens in rural and urban settings. The need to address the issues associated with urban agriculture is a pressing one as urban populations in both developed and developing countries continue to increase.

Several other factors related to food insecurity should be controlled when considering the relationship between risk livelihoods and household food insecurity. Recent food price risk hikes have contributed to greater public awareness of hunger-related problems. It has resulted in new international commitments to invest in developing countries' agriculture. Obviously, agricultural development is crucial for reducing hunger and poverty in rural areas, but non-agricultural growth can be important as well. Agricultural growth can be important specifically for Iran and other countries with a fast population growth and increasingly limited agricultural resources. In such places, the potential role of the rural off-farm sector deserves particular consideration. Small-scale farming households usually maintain a portfolio of income sources, with off-farm income being a major component. However, a clear policy to promote the off-farm sector is often lacking. In the available literature, considerable attention has been paid to the poverty implications of off-farm income in developing countries. Nutrition impacts might be positive because off-farm income contributes to higher household income and, therefore, a better access to food. The impacts might also be negative, at least when controlling for the total household income. It is because working off the farm can potentially reduce household food availability due to the competition for family labor between farm and off-farm work.

So far, the important factors that pose livelihood risks have not been given due attention. So, this research was conducted to analyze the effects of livelihood risks on food insecurity in rural households.

## 2. Methodology

The statistical population of this study consisted of all the small-scale farming heads of households in *Divandarreh* County of Kurdistan province. Using Krejcie and Morgan sampling table and the stratified proportional sampling method, 375 persons were selected as the sample. The data collection tool was a questionnaire whose validity was confirmed by a panel of experts and its reliability was established by calculating Chronbach's Alpha Coefficient ( $\alpha > 0.7$ ).

## 3. Results

As the results showed, the farmers had high levels of food insecurity and were highly exposed to livelihood risks. Also, according to the correlation analysis, there were positive and significant relationships between livelihood risk variables (i.e. agronomy, agricultural trade, price, employment, policies, and demographic features) and food insecurity. A Chi-square sketch test determined the levels of individual risks. According to the results of this test along with the results of logistic regression sequences, among livelihood risks, agricultural production risk had the greatest impact on the food insecurity of the households.

## 4. Discussion

The results showed that livelihood risks have a significant effect on food insecurity, and the risk of agricultural production has the greatest impact on the food insecurity of households.

## 5. Conclusion

With regard to the significant negative effects of livelihood risks, as identified in this research, on the food security of families, the results of this study can be important for the stabilization of rural communities.

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### Conflict of Interest

The authors declared no conflicts of interest.

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