INFLUENCE OF RELIEF FOOD SUPPLIES ON SOCIO ECONOMIC DEVELOPMENT OF THE RECIPIENT COMMUNITIES: A CASE OF NGUNI DIVISION OF MWINGI EAST DISTRICT, KENYA

KAKUNDI

A RESEARCH PROJECT REPORT SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE AWARD OF MASTER OF ARTS DEGREE IN PROJECT PLANNING AND MANAGEMENT OF THE UNIVERSITY OF NAIROBI

2012
DECLARATION

This Research Project Report is my original work and to the best of knowledge it has not been presented for the award of degree in any other university.

Signature                        Date  °  °  °  °  °  2 - 0 / 2 .

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L50/65401/2011

This Research Project Report has been submitted for examination with my approval as a university supervisor.

Signature  A S ^ O / C O  ° ° ° ° ° ° Date

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UNIVERSITY OF NAIROBI
DEDICATION

This study is dedicated to my parents Mom Muthule Syengo Kyavoa and late Father David Kyavoa Kieti who despite being illiterate made sure that I attain the necessary basic education.

They encouraged me to study hard and have the benefits associated with education. Mom, thanks for helping me believe I can do absolutely anything that my heart desires.
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First and most important I want to gratefully acknowledge my resident lecturer Dr. Kyalo.

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Additionally, thanks to all my family and relatives (Grace Kiluti, Boniface, Beth, Damaris and Mutia) for their supportive inquiries of my progress throughout the writing of this project.
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<tr>
<td>ASAL</td>
<td>Arid and Semi Arid Lands</td>
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<td>CHD</td>
<td>Center for Humanitarian Dialogue</td>
</tr>
<tr>
<td>GMEC</td>
<td>Garissa Extra Mural Centre</td>
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<tr>
<td>HPG</td>
<td>Humanitarian Policy Group</td>
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<tr>
<td>IDP</td>
<td>Internally Displaced person</td>
</tr>
<tr>
<td>NGO</td>
<td>Non Governmental Organization</td>
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<tr>
<td>ODI</td>
<td>Overseas development institute</td>
</tr>
<tr>
<td>RCCM</td>
<td>Red Cross Crescent Movement</td>
</tr>
<tr>
<td>UK</td>
<td>United Kingdom</td>
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<tr>
<td>UNEP</td>
<td>United Nations Environmental Program</td>
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<td>UNHCR</td>
<td>United Nations High Commissioner for Refugee</td>
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<tr>
<td>UNICEF</td>
<td>United Nations International Children's Fund</td>
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<td>USA</td>
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ABSTRACT

The purpose of this study was to investigate the effects of relief food dependency on the socio-economic development of the local communities in Nguni division Mwingi East District in Eastern Province. The study focused on identifying the main factors contributing to relief food supplies dependency among the local communities and the socio-economic effects of relief food dependency on the local communities and to understand which alternative economic activities they practiced.

The sample size consisted of aid agencies representatives, district officer, chiefs and household heads. The respondents were sampled from Nguni division. Simple random sampling methods were applied to pick the required sample size for the study. Data was collected by use of two instruments. These included interview schedules for relief aid agencies and district officer and questionnaires for chiefs and local house hold heads. Data collected was analyzed by use of descriptive, inferential statistics with the help of Statistical Package for Social Sciences (SPSS).

The study revealed that there was a gender imbalance in the leadership roles since majority of chiefs and household heads were male. Drought and political instability contributed greatly in relief food supplies dependency. This call for research to pinpoint what the stakeholders can do to enhance self reliance and self dependency. Since Subsistence farming is the most preferred alternative economic activity practiced by the local community more efforts should be addressed into improving farmers to adopt modern methods of farming. The researcher further recommends that the government should put in place measures to curb lowering of grain prices due to increased amounts of relief food since relief food is sold at lower prices by recipients hence lowering the demand for farmers' grains due to increased supply.
CHAPTER ONE

INTRODUCTION

1.1 Background of the study-

Food aid has different meaning for various people. Many who are unfamiliar with the complexities of food aid programs view it as homogeneous in its form and purpose. The popular perception of food aid primarily serves as temporary humanitarian assistance freely given to provide relief to victims of natural disasters such as (famines) and manmade conflicts such as (civil war). In reality food aid is more than just humanitarian assistance and the accompanying allocation and distribution issues are much more complex. Modern food aid is normally classified into three broad categories: program, project, and emergency (humanitarian) food aid.

Program Food Aid, is a form of "in-kind aid" whereby food is grown in the donor country for distribution or sale abroad. This is typically a government to government transfer. Rather than being free food as such, recipient countries typically purchase the food with money borrowed at lower than market interest rates. Relief or Emergency Food Aid is typically for emergency situations, such in cases of war, natural disasters, etc, where food is distributed for free. Project Food Aid is food aid delivered as part of a specific project related to promoting agricultural or economic development, nutrition and food security, such as food for work and school feeding programs.

The formerly district of Mwingi is one of the poorest in Kenya. The land is sparsely populated, especially in the north part of the district. The climate is very dry and droughts are frequent. Agriculture is the main economic activity, but it is severely constrained by poor and erodible
soils and by the effects of droughts. The former Mwingi District is a homogeneous district inhabited mainly by Kambas.

This sparse former district has now been subdivided into six administrative districts namely Mwingi Central, Mwingi West, Mwingi East, Tseikuru, Kyuso and Mumoni districts. This study was concerned with a division in Mwingi East district which has three administrative divisions, Nguni division, Nuu division and Mui division. The population for the three divisions as at 2009 National census was as follows. Nguni division 13,818 male, 15,495 female a total of 29,313 people with a total of 5,514 households. Nuu division with 12,948 male 14,696 female a total of 27,644 and with a total of 5,170 households and Mui division with 9372 male and 10256 females a total of 19628 and 4041 households.

Mwingi district is a semi-arid territory subject to very dry weather and is suffering from desertification and drought. Water is a scarce commodity in this region, especially during the dry season. Mwingi is one of the areas in Kenya with the lowest coverage of public water supply. However, the supply is highly irregular and for the majority of the households with access to public supply, water is not available throughout the year. Supply from underground water is limited and there are only a few boreholes in the district.

The lack of sufficient water sources in the district means that the populations have to spend considerable time to supply the water for their daily needs. The shortage of water has a considerable impact on the livelihood and food security of the population. Most economic activity in the area (agriculture and pastoralism) depends on water and household incomes are compromised during the most severe droughts, due to loss of livestock and poor harvests. Food security is also at risk during these periods. At the moment, 83 per cent of the district population
is dependent on Food relief. Due to the problematic situation during the driest periods, there is considerable migration of humans from rural areas to towns in search of casual labour or food relief. Many cattle herders also migrate to neighbouring districts. Migration is also a source of conflict. There have been numerous clashes between farmers and pastoralists over the use of water and pasture land.

Given the problems arising during periods of drought, this region is subject to assistance from several aid agencies. Mwingi is one of the districts included in the Arid Lands Management Programme, founded by the World Bank. A number of other aid agencies and charities are also assisting communities in Mwingi with initiatives related to the provision of sustainable sources of water. Examples are the United Nations World Food Programme, Action-Aid, Provide International, GOAL, Farm Africa, Aidlink and Red Cross (funded by EU ECHO programme).

Aid agencies usually support the communities by building water storage structures, rehabilitating water supply points and providing training in well construction. They also assist the communities by reducing the effects of the lack of water in the livestock economy and provide emergency water and food relief during periods of drought.

The major concern of this study was the viability and sustainability of current relief food supplies with emphasis on the local communities of Nguni division in Mwingi East District.

1.2 Statement of the problem

It is argued that once people become accustomed to receiving free commodities, the fear is that they will be less willing to make contributions to community development projects (Bush, 2004). The humanitarian interventions by governments and other relief agencies are meant to save
people from starvation and malnutrition. However, over dependence on relief food supplies may lead to economic underdevelopment and social degradation of the local community. Whereas the provision of relief food is based on very noble intentions, if not looked at from a sustainable livelihood support system, it could result in abandonment of economic activities by the local people, (UNEP, 2000). Possible consequences of abandoning income generating activities for relief food supplies are bound to arise consequently having negative effects on people. For instance, relief food assistance is rarely transparent or regular enough to be relied on. This may lead to starvation and of course death due to hunger. The uncertainty surrounding the amount of relief food supplies and timing of food aid deliveries are at times unpredictable (Little, 2004). Continued provision of relief food risks creating dependency mentality or dependency syndrome. The implication is that relief food supplies undermines initiatives and may create laziness.

The prolonged relief food dependency undermines local economies; in particular, large amounts of food aid can damage local agricultural production. This in turn leads to a continuing need for relief assistance thus creating a vicious cycle and trapping people into chronic dependency (Swift and Timas, 2004).

This study therefore intended to investigate the influence of relief food on the recipient's communities' socio-economic development with special reference to Nguni division in Mwingi East District.
1.3 The purpose of the study

The purpose of this study was to determine the influence of relief food supplies on the socio-economic development of the local communities in Nguni division in Mwingi East District and explore ways of reversing the negative effects associated with relief food aid.

1.4 Objectives of the study

This study was aimed at achieving the following objectives

i). To identify to what extend does the amount of relief food given influence relief food supplies dependency among the local communities in Nguni division

ii). To determine the socio-economic effects of relief food dependency on the local communities in Nguni division

iii). To examine other economic activities practiced by the local communities in Nguni division

iv). To determine the role of government and aid agencies in minimizing the level of relief food dependency of the local communities in Nguni division

v). To determine how the frequency of relief food distribution influence dependency among the local community
1.5 Research Questions

This study intended to answer the following questions

i). How does the amount of relief food given contribute to relief food supplies dependency among the local communities in Nguni division?

ii). How do relief food supplies affect the socio-economic lives of the local communities in Nguni division?

iii). What role do alternative economic activities by local communities play in reducing dependency on relief food Nguni division?

IV). What role does the government and aid agencies play to minimize relief food dependency of local communities in Nguni division?

1.6 Significance of the study

The findings of this study may be of practical value to aid agencies and donors in helping to enhance self-reliance and self-dependency approaches to local communities in Nguni division. It is hoped that the study will help in pinpointing the main causes of dependency and how best this relief food supplies dependency can be minimized. The findings of this study may help the government as well as the ministry of special programmes with ideas and ways especially on the steps that can be taken towards minimizing dependency. It is hoped that the results of this study will be useful to food relief dependent communities by imparting knowledge and skills and measures for self-sufficiency and self-dependence.
1.7 Delimitation of the study

This study focused on Nguni division which has recipients of relief food for a long time therefore there was a good population for random selection of a representative sample.

The local administration and donor agencies representatives in the area fully understood the effects relief food supplies dependency has had to the social economic activities in the division.

1.8 Limitation of the study

The sample was limited in geographical location and generalization to other regions inside the country and other countries was made with caution.

Nguni division is basically semi arid and with poor developed infrastructure hence accessibility to some areas was a limiting factor.

Most of the area is a rural setting so the results did not apply to all households in urban centres.

1.9 Basic assumptions of the study

The study was based on the assumption that all participants read and understood the directions. Secondly, all the respondents cooperated and gave honest responses. It was also assumed that all participants carefully read and fully understood each question and each participant completed only one survey instrument. Finally, all the respondents were actual relief food recipient in the community.
1.10 Definition of significant Terms

Food policy- refers to recommendations that are documented pronouncing methods of achieving food security and avoiding starvation and food shortages by producing or distributing agricultural inputs for increased outputs to ensure ability of the citizens to cope with drought conditions.

Economic Development- refers to ability to move from a lower level to a higher level in meeting human needs through involvement in income generating activities.

Local Communities- refer to the inhabitants of a particular area, who depend on the available livelihood sources in that particular region

Assessment- refers to a systematic process of investigating the effectiveness of a particular activity in relation to specified objectives aimed at achieving specific standards

Relief food- refers to various food types of assistance given in form of edible substances to assist the local communities by government and aid agencies

Relief agencies- refers to foreign aid donors who give assistance to deserving people who include international and local NGOs

Stakeholders- refers to aid agencies, donors, faith based organizations, government and well wishers who give assistance to needy people to enhance their socio economic wellbeing
1.11 Organization of the study

This study was organized into five chapters. The first chapter consists of the background to the study, statement of the problem, purpose of the study, objectives and research questions of the study, organization of the study and operational definition of significant terms.

Chapter two consists of theoretical and conceptual framework, literature review on western and African studies on relief food supplies and its influence on the socio economic development as well as Kenyan studies on relief food supplies.

Chapter three consists of methodology, that is research design, location of the study, target population and sample size, sampling procedures, research instruments, pilot study, administration of research instruments and date collection procedures, internal validity and reliability, data analysis and ethical issues and considerations.

Chapter four presents data analysis, data presentation and discussions of the findings while chapter five include the summary of findings, conclusions and recommendations for further studies.
CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter reviewed literature related to the area of study; it reviewed literature on influence of political factors on relief food dependency, relief food and its impact on socio economic development, alternative economic activities practiced by local communities and role of government and donor agencies in curbing reliance on relief food.

The study was based on conceptual framework of relief food dependency as result of the association of the independent variables of political, social, economic factors and donors with the moderating variables of government policy and attitude as the intervening variable.

2.2 Influence of Political Factors on Relief Food Supplies

The current views of poverty in aid policy echoes both European and colonial discourses (Broche-Due, 2002). European discourse on poverty was imported to Sub Saharan Africa during colonialism. Some of the anthropological evidence suggests that gift giving in pre modern societies did not conform to a narrow bilateral calculus of reciprocity between the giver and the receiver. This unilateral gift giving could cement the solidarity of a small human community from season to season (Timas, 2007).

In European countries, especially in United Kingdom dependency debates tend to blame indigenous households for processes of marginalization that are beyond their control and reflect paternalistic and patronizing attitudes. Attempts to put the blame for the above on receiving
relief food assistance is often taken as evidence that too much food assistance is being provided. This leads to some people exploiting what relief aid is to offer as fully as they can as part of their livelihood strategies (Chambers, 2003)

Relief food supplies and dependency in developing countries especially in the African continent is seen as a result of unequal power relationships between the rich developed capitalist countries and the poor developing ones (Cole, 2003) However, concerns about how international relationships are implemented in poverty process live in debates around globalization (Dean, 2004).

Political conflicts especially in food producing areas have also tended to reduce farming activity even long after the conflict has been resolved. Insecurity in the neighboring countries plays a key role in food supplies during drought periods in Kenya, (Swift and Timus, 2006).

Poverty in Kenya today and the implications for food security is evident in that, the poor constitute slightly more than half of the population of Kenya. The poor are defined as those who cannot afford basic food and non-food items. The poor, including the urban poor, poor pastoralists, poor in drought prone zones, resource poor households have been described as the most vulnerable to relief food dependence because they have a low purchasing power (Hugg, 2005).

Northern Eastern and Eastern areas of Kenya are characterized by local conflicts and this restricts the movement of vulnerable communities towards better grazing areas and water consequently, leading to loss of their animals hence need for relief food assistance (Mohamed, 2003)
Livestock raiding (Cattle rustling) affects food security in the pastoral districts of Rift valley, Eastern and North Eastern provinces. The severity of the raids is exacerbated by increased availability of weapons supplied from neighboring countries in times of turmoil. Insecurity itself impedes the marketing of livestock as movement of animals to markets become risky. Prices of cereals and other food stuffs appreciate. As a result, the pastoralists terms of trade declines and their purchasing power is eroded (Reen, 2004)

2.3 Relief Food and its Impact on Socio- Economic Development

Different types of food aid may have different socio-economic impacts. Thus, it is reasonable to analyze the impact of food aid by examining each of the three major categories: program, project, and emergency. Program food aid could be evaluated in terms of its impact on national economic development and poverty reduction. Thus, much emphasis is placed on how recipient governments use counterpart funds from monetized food aid as additional budgetary support for various economic developments projects. In contrast, project food aid is assumed to be more targeted as a means for funding specific developmental projects that enriches the lives of the poorest and most food-deficit households and communities. So, it is reasonable to evaluate the effectiveness of the various forms of developmental projects supported by this form of food aid. Lastly, emergency food aid which is often a multilateral effort could be evaluated, relative to bilateral food aid allocations, in terms of its effectiveness in meeting food security needs. This paper focuses primarily on the impact of emergency food aid effects and leaves the analysis of program and project food aid effects to future studies.

In most developed world, a feature of socio welfare food dependency occurs. In the united States, for instance, relief food beneficiaries labeled as dependants, there is a culture of
stigmatizing especially among the single mothers, often described as welfare mothers (Fireman, 2004).

In the U.S, relief food assistance is believed and defined as a feature of the need for humanitarian action during crisis which represents extreme levels of vulnerability and risk. To them the shocks undermine the ability of the local people to meet their subsistence needs as part of their regular livelihood consequently forcing them to depend on some form of aid assistance (CASA consulting, 2003).

Having to rely on external food supplies assistance can undermine fundamental desires for independence and autonomy. Dean, (2003) observes this in his studies in Australia however; he notes that relief food assistance can be used by the poor people themselves to describe poverty.

According to Fireman, (2004), attempts to develop people's initiatives require some degree of freedom as well as having their needs for health, food and shelter fulfilled. The concern of the researcher is less about whether the people in desperate need should be given food assistance but whether the way in which they are assisted respects basic needs autonomy and enables them to exercise their capacity for future self-reliance and self-dependency in food supplies.

Oxfam, (2003) in his studies in central Africa argues that food aid is a trade issue, and the new disciplines on food aid should be part of negotiations at the World Trade Organization. To him, food aid reflects the availability of surpluses, the desire of exporters to expand markets and the involvement of special interests seeking benefits from food aid programs.

A fear of creating dependency is sometimes used by aid agencies as a justification for scaling back relief food entitlements in terms of coverage, the amount of food aid provided and the time
scale of provision. In 1996 time scale review of Operation Lifeline Sudan, for example, the donor agencies frequently reduced rations on the ground that it would stimulate communities to re-establish production and income generating activities (Apthorne, 1996).

According to Duffied (2000), it justifies a strategic shift from provision of relief food to more developmental approaches. A review of the consequences of humanitarian assistance in Somalia found that relief food is as necessary when conflicts makes populations vulnerable, but because relief food is free to beneficiaries, it could not be seen as creating disincentives and undermining the functioning of markets making people dependent.

Relief food assistance undermines initiatives and may increase laziness (Blackwell, 2003). According to United Nations Environmental Programme report (2000) drought has had serious socio and economic implication and the area's most affected are the arid and semi arid lands which are predominantly occupied by pastoralists. These areas support 50% of countries livestock and also host 75% of the countries wildlife which forms the basis of the Tourism industry in Kenya. A large number of livestock and wildlife deaths have been reported. The same report further confirm that despite the fact that Kenya is prone to cyclic droughts, some parts of Kenya especially the drier Northern areas face drought every year and mostly rely on relief food from government and donor agencies. This over reliance in food aid could lead to total breakdown of community's production systems and economic underdevelopment.

The grim picture of the severe socio economic effect of the drought that affected Kenya in 2000 is captured in the following statement. The drought has almost crippled the economic sector. The gross domestic product (GDP) growth rate decreased from 1.4% in 1999 to 0.7% for the same period in 2000 month on month inflation rose from 7.6% to 9.8% from August 1999 to
August 2000 and the exchange rate of Kenya shilling against U.S Dollar to all time low of Ksh 79/ 1 us dollar. The report further adds, by September 2000, the number of people threatened by drought situation reached about 4.7 million or 16% of the population. In the health sector the malnutrition rate accelerated at an alarming rate.

According to Narayan, (2005) gender is another factor contributing to need for relief food dependency. He notes that female headed households ranked as ‘very poor’ was higher than that of male headed household as contrasted to the large proportion of male headed households. United Nations (2008) observed that gender disparities systematically disadvantaged women with regard to overall economic status as well as access to basic services. Women have been considered as one of the food insecure vulnerable groups, (Kenya Food Security Steering Group, 2000).

It has also been shown that Aids has adverse effects on agriculture including loss of skilled and unskilled labour supply, decline in labour productivity and loss of remittance income due to Aids.

According to Ellis, (2000) loss of harvested crop such as post harvest losses due to factors such as unexpected natural circumstances like heavy rains, poor harvest management and insects. These factors affect the amount of household on farm foods and therefore affect household food security. There is a protracted relief food situation in some parts of eastern province of Kenya. A history of receiving relief food supplies assistance is superimposed over the situation of deteriorating livelihood. A strong under current discussion on dependency on a relief food in this region is a moral dilemma facing aid donor agencies involved in providing relief to eastern province residents.
The state of some of the inhabitants is characterized by the loss of coping capabilities, inability to lift out of the situation of deep poverty and dependence on food aid accompanied by the situation of destitution observed in other parts of the horn of Africa (Dean, 2004).

Certain assumptions and meanings have been however in usage with the discourse of humanitarian aid where dependency has been seen as being responsible for creating relief risks hence dependency mentality or syndrome in which people expect continuous assistance. This undermines initiative at individual level and community level (Fireman, 2001).

According to Chambers (2003), relief undermines local economies, creating a conforming need for assistance and trapping people into ongoing or chronic food dependency on outside assistance. This dependency on external assistance is one of the features of extreme poverty associated with a sense of shame and defeat. This could be dependency on government at local or national level, or aid agencies for relief sources. There has been an intensively political debate, with the right wing attacking the food welfare dependency and arguing that the provision of long term welfare creates dependency and the left wing challenging the view of the poor that implies and arguing for the maintenance and extension of food supplies and welfare policies. Most recently, these clear lines have become blurred in places like United Kingdom (UK), with a third wing rhetoric focusing on rights and responsibilities of citizens (Dean, 2004). Behind this debate on food supplies and welfare dependency lays a history of attitudes towards the poor. One common feature of food supplies dependency is to stigmatize these groups that are labeled as dependants. In the United States for instance, a particular target who have been single mothers, often described as food dependence mothers (Fireman, 2001)
Aboriginal communities in Australia have been a particular focus of debates around relief food supplies and it is certainly true that a large population of Aboriginal people rely on food relief supplies and other welfare payments for their basic incomes, with (41%) of the indigenous households having no resident wage earner (Dellit, 2004). This has affected the school attendance and education attainment for their children. But as Dellit (2004) argues, debate on relief food supplies tends to blame indigenous people for the process of marginalization that are beyond their control and reflect paternalistic and patronizing attitudes.

Chambers, (2003) argues that a relief in the idle poor is common in many cultures and sometimes has its antecedents in racial ideologies of colonialism, and the view of native as improvident, lazy and fantastic. Dean (2004), writing about relief food supplies in U.K notes that there is a tendency across political spectrum to fetishes' dependency on relief food. This relief food dependency is something that evokes negative feelings. Oxfam, (2005) argues that food supplies aid is a trade issue and that new discipline on food aid reflects the availability of surplus, the desire of exporters to expand markets and the involvement of special interests from food aid programmes. Country level food aid dependency can also be seen in terms of debt burden of developing countries. Greater debt relief is essential in order to allow countries to meet the Millennium Development Goals (MDGs) (Action Aid, 2004)

Development aid in the world's poorest countries, particularly in Africa, make up a high percentage both of national incomes and of the government budgets and this study focuses on whether relief food supplies dependency inhibits or encourages Socio-Economic Development or reduction of poverty. A fear of creating dependency is sometimes used by aid agencies as a
justification for scaling back relief entitlements in terms of coverage, the amount of aid provided and time scales of provision, (Karim, 2006)

2.4 Alternative Economic Activities Practiced by Local Communities

A more recent study in the republic of Congo, it was found that attempts to introduce more developmental approaches in the part related to fear of creating dependency and premised around attempts at self sufficiency (Barret and Carter, 2006). But the report failed to recognize the political roots of vulnerability or the reasons for economic exploitation of the poor and the real nature of their inability to become self sufficient, their political and social marginalization, impoverishment and exclusion (Centre for Human Dialogue, 2006). The decline of food per capita production in Africa was uneven among major areas. According to Maphosa,(1994) during the period between early 1980 to early 1990 food production per capita showed an increasing trend in the North West and Central Africa at the rate of 1.1 and 0.9 percent annually respectively. The gains in food production in North West and Central Africa were not enough to offset the overall decline per capita in Africa. According to Salih (1994) food production per capita in East and Southern Africa has been declining at an alarming rate of 1.6% annually during the early 1980's and early 1990's. The declining trend of per capita food production is shared by all countries except Uganda and Mauritius in East and Southern Africa.

Salih and Affan (1986) argue that there has been a decline in cereal production in Africa and consequently, the deterioration in food security. He further observes that, there has been marked shift in the composition from traditional grains (primarily maize, millet and sorghum) to nontraditional grains mainly (imported rice and wheat) in African diet during the last decade.
The substitution trend of domestic coarse grains by nontraditional grains has serious short term and long term implications on food security in Africa.

The substitution is occurring most rapidly in countries where rice and wheat production area is either costly or infeasible or both. The preceding analysis indicates that the rising demands for these products are met by commercial imports and or food aid. However, under the prevailing state of affairs, the two instruments are counter to the long term solution of food insecurity in Africa. The substitution of domestic traditional grain by imported grain is occurring in some of the poorest countries of the world, countries with low and declining incomes coupled with severe foreign exchange constraints. These countries simply cannot afford the rising food imports.

In Kenya, the reliability of relief food varies from context to context and there is a limit to how much it is sensible to generalize. In some, relief food assistance has become a fairly regular annual event, peoples understanding of expectations about relief food assistance are likely to be very different from those in places where relief is a rare event (Little, 2004)

According to Barret and Maxwell (2005), relief food assistance is rarely transparent or regular enough to be relied upon. The uncertainty surrounding the amount and timing of food aid deliveries has beneficiaries especially residents of Eastern province not to depend on it.

People remain imaginative, resourceful and industrious in the contexts of prolonged relief aid delivery. In North eastern province, it was noted that some women customarily undertake survival activities such as burning charcoal and collecting and selling bundles of firewood, described as one way in which relief food assistance improved their socio economic lives(Hoeing,2004)
The idea of relief assistance as a substitute for people's engagement in other livelihood and income generating activities presumes the existence of work options. However it is lack of such options that in part characterize in some parts of eastern Kenya and necessitates support. Relief assistance does not affect people's involvement in other work activities. Several people continue with their normal activities because relief food rations are usually inadequate (Cunny and Hill, 2009).

Farmers in marginal agricultural areas such as Eastern and Nyanza provinces, households employ charcoal burning, relief food, sand harvesting, petty trade and consumption of raw mangoes and the reduction of number of meals per day (Food steering group, 2000). According to Reen (2004), the food economy model which requires economic zoning need to be based on property, defined and understood in various ways among different socio-economic groups. Crisp, (2004) on the other hand documents the key socio economic groups of Kenya as pastoralists, subsistence farmers, and urban poor.

According to Bush (2004), North Eastern Kenya is a large dry land region inhabited chiefly pastoralist people. Livestock herds are noted for having high resilience to shock. The extreme poverty levels have been a prominent feature of pastoralist communities. As early as 1980's, following a complex emergency in the region, one expert argued that poverty and relief aid dependence were becoming a permanent condition for many herders.

Relief food is typically framed as drought crisis, where the situation becomes more chronic and complex with large areas of north eastern Kenya being harmed by armed violence linked to livestock raiding and banditry. Political instability, animal disease epidemic, human disease and pests' invasions have affected the region in recent years (Bush, 2004).
Subsistence farmers, defined as farmers who consume more of their production than they sell, are considered to be the most vulnerable residents after pastoralists. In Kenya administrative divisions analysis indicates that when rainfall fails, such farmers hardly get any food for personal consumption or sell to purchase other basic goods hence reliance of relief food supplies for their upkeep, (Dellit, 2004)

According to Mohamed, (2003), models used to assess vulnerability do not attempt to capture urban vulnerability as it differs from rural vulnerability, where climatic conditions and market accessibility are critical. In urban areas, vulnerability is more closely linked to income opportunities, the price of food and other basic commodities. Most available data on urban areas concentrate on measuring poverty, which is not directly equivalent to vulnerability to food insecurity or famine.

All the evidence about how people survive during crisis points to the fact that dependency syndrome is an unhelpful myth and relief food does not necessarily undermine initiatives or make people lazy. Based on varying perceptions and beliefs, the researcher was compelled to investigate the effects of relief food supplies on the socio economic development of local people in Nguni division of Mwingi East district.
2.5 The Role of Government and Donor Agencies in Minimizing Relief Food Dependency

Various food policies have been adopted in Africa to address the issue of food insecurity. According to Salih (1994a) frequently employed policies include domestically produced food staples at low procurement prices in order to keep domestic food prices artificially low so as to benefit the consumer. Although policy implication are at variance strong empirical evidence from majority of these countries suggest that these policies have started to achieve their designated goals and in some instances they destabilize food production. Hussein and Farugee (1994) agree that remunerative producer prices encourage food production in Africa.

Remedial measures have been put in place in several countries to protect the entitlement of vulnerable groups through direct cash support as experienced in Botswana, Cape Verde and recently Sudan (Osmani 1988:74). Food aid resources also have been transferred into commodity wage in particular countries where food aid represents and substantial portion of portion of international resources flow such as employment projects in Burkina Faso, Ethiopia, Niger, Malawi, Mozambique and Zambia (Salih 1994a: 16). However these programmes are of a short term nature and it is not clear whether food aid will ensure adequate availability of food during long series of droughts in Africa.

Africa has been urged to turn to drought tolerant crop produced and consumed locally to address the persistent food insecurity problems. Crops such as cassava and millet would have much greater short to medium run beneficial impact on food security than nontraditional grains particularly during the hungry season. Salih and Affan (1986) supports the idea of growing drought resistance crops by asserting that cassava, millet and sorghum cover about 100 million hectares in nearly 40 countries across Africa and are mostly used in subsistence farming because
traditional grains require few production skills or inputs, are complementary to cash crops and produce reasonable yields under adverse conditions. He further notes that per capita cassava production increased at an annual average rate of 0.8% in Africa between the late 1970’s and early 1990’s while cereals production had a negative per capita growth rate of 0.7% during the same period. Indeed cassava was the only traditional grain (compared to Maize and Yam) to grow concomitantly with population growth during the last three decades.

Salih, (1994) roots for technological improvement in production of important food staples so as to further reduce the import of nontraditional grains in the medium run in particularly to countries facing foreign exchange difficulties and increased regional and international corporation in food research as a way to close the widening food gap.

A strong anti food aid discourse runs through both governmental and developmental agency circles, in pan centered on the idea that it has a strong disincentive effects and creates dependency. But there are many factors underlying the chronic and persistent poverty of a large proportion of the population. Since food aid has been the most visible form of aid response to chronic food insecurity over the last decade, it serves as an easy scapegoat for the wider failure of development policy attempts at poverty alleviation (Dean, 2004)

In Kenya specifically, the government dependency concerns centre on the possible negative effects of food aid, and there is a strong anti food sentiments among government officials. The draft national policy for sustainable development of arid and semi arid lands highlights dependency as a key concern” the negative consequences of emergency relief food are everywhere to be seen: local producers go out of business and short thinking removes incentives for dealing with underlying problems”(Isiolo district development plan,2008)
The official rhetoric emphasize disaster risk reduction as a way of moving out of what is perceived as increasing dependence on food aid and other sorts of humanitarian aid (Swift and Timas, 2004). In the last few years, Kenya has been subjected to unending series of drought which has turned some communities especially pastoralists to permanent recipients of relief food supplies for survival. The government in partnership with several donors provided relief fund to contain the situation (UNEP 2000:21). Furthermore, countries like Kenya that are more and more dependent on relief food have seen their development assistance decline by 50% by the last decade.

The main environmental factor behind food insecurity in the country is deficient rainfall they receive. For instance a study by Kigutta, (2005), shows that even in high potential areas of Rift valley uni-modal rainfall pattern subjects' households to food insecurity during certain months of the year.

Drought is seen as main cause of food insecurity in Kenya. Save the Children Fund (SCF UK, 2007), has classified majority of agricultural and pastoral areas as highly risky environments. The impact of drought or low rainfall in food crop production in Kenya is aggravated by the fact that food production in Kenya is rain fed (Mbirhi 2007). Drought also leads to high mortality as well as poor body condition of livestock and therefore low livestock prices. These factors erode purchasing power of households, which directly affects their food security hence need for relief food assistance. Government and external donors prefer to focus on high potential areas that enhance economic growth (UNEP 2000:76).

The government has had a specific food policy only since 1981, before then it was hoped that the goal of food self sufficiency would be met through the pursuance of broader policies on
agriculture as it was assumed that agricultural growth would directly translate into food self-sufficiency at the national and household levels. Kenya's food policy since independence has therefore been centered on improving the supply of basic foodstuff mainly crops. (Harvey, 2001)

According to Mohamed, (2004) a number of factors lead to food insecurity in the country hence need for relief food supplies. Among them are the policy failures in areas of agricultural pricing, marketing of inputs and outputs, distribution and extension services that introduced inefficiencies and lowered agricultural production and the ability to cope with drought conditions. Poor policy implementation record by the government has lowered the incentives to produce by farmers.

Nyangito (2007) notes that the national policy documents such as sessional paper number one of 1986 on economic management for renewal growth and paper number two of 1994 on food policy emphasized self sufficiency in maize, beans, rice, vegetable, milk, beef, and most products with little emphasize one traditional crops such as millet and cassava. The general decline in agricultural production has led to reduced food availability and decreased income which makes the country more vulnerable to food availability hence relief food supplies.

According to the development theory by Hajer, (1995), relief food dependency is the anti thesis of development approaches that aim at empowerment, participation and sustainability. The term dependency is often used in the context of debates around the problematic idea of some sort of transaction between relief and development, with relief being seen as intrinsically undesirable because it creates dependency. A specific concern is raised in the context of development theory, is that relief food supplies interventions undermines ongoing socio economic development programmes (Drysek, 2007).
In relation to his study, once people have become accustomed to receiving free commodities in form of food supplies, the fear is that they will be less willing to make contributions to community development projects without being paid and this negatively affects the socio economic development of local communities. Relief food supplies dependency within a wider literature around livelihoods, social protection and coping strategies stresses the point that people affected by emergencies are not passive recipients for survival and recovery. Relief food assistance therefore is better seen as one of a range of options that people may be able to draw upon in their struggle to deal with crisis and meet their socio economic needs.

The 2006 review of operation lifeline Sudan for instance, noted that the agencies had frequently justified reducing rations on the ground that it would stimulate communities to re establish production and income generating activities. Rather than enabling war affected communities to rebuild their lives, this strategy had the effect of making people more vulnerable to being forced into exploitative working conditions and reducing their access to food supplies and increasing their exposure to violence. It is concluded that, the idea that the reduction of food supplies would reduce aid dependency and encourage income - generating activities is deeply flawed (Apthorne, 2006).

A review of united humanitarian consequences on humanitarian action in Algeria found that reduction of relief food aid supplies have tended to reinforce the reliance of the displaced on exploitative labor contracts. Trying to reduce food aid supplies therefore runs the risk of furthering other more negative forms of dependence (Duffield, 2003).

According to World food program, (2003), in the long conflicts such as in Somalia and Southern Sudan, it is often unclear that the risks faced by people in their struggle to survive change over
time. Dependency discourses in these contexts represent a way of justifying a strategic shift from the provision of relief aid to more developmental approaches. A review of consequences of humanitarian assistance in Sudan found that attempts to introduce more developmental approaches were part related to a fear of creating dependency and premised around attempts to promote self-sufficiency. But the report failed to recognize the political roots of the displaced and the real nature of their inability to become self sufficient, then political and social marginalization, impoverishment and exclusion.

Duffield (2003) contends that in the republic of Congo, in a study on relief dependency, nongovernmental organizations (NGO) were very concerned about food aid dependency and its effects on economic development. The study found out that humanitarian actors were engaged in what the report argued was premature developmentalism.

Food relief supplies and other forms of aids has often been as the most visible, if not the only form of international engagement in long running crises such as in Uganda, Burundi and the Democratic Republic of Congo (Macraw, 2001). In these contexts, there is tendency to criticize food relief supplies for failing to improve the situation and enable a movement towards recovery development (Barret and Carter, 2002).

Relief food supplies dependency is an important issue for the Kenyan government. The dominant sediments in Kenya are that relief is not sustainable, has not reduced risks. The national policy for sustainable development of arid and semi arid lands (ASAL) highlights relief food dependency as a key concern. The negative consequences of emergency relief are everywhere to be seen. Local producers cannot compete with free food, local service providers go out of business and short term thinking removes incentives for dealing with the underlying problems.
Reduction of relief food dependency is a key objective. A shift from emergency relief to disaster risk reduction in drought affected areas is envisioned in the draft national Disaster Management Policy. Official rhetoric emphasizes disaster risk reduction as a way of what is perceived as increasing dependency on food aid other sort of humanitarian interventions (Bradbury, 2003)

The first recorded distribution of relief assistance in Kenya occurred in Turkana in 1934. Food relief supplies in colonial Turkana consisted of transport subsidies for commercial imports of cereals to distribute to people living near towns and payments in kind to workers on public projects as in locust eradication campaigns. The scale of colonial intervention was typically small and coverage was low (Hugg, 2005)

2.6 Conceptual Framework of relief food supplies dependency cycle

A number of factors are responsible for relief food dependency. These include the amount of food given, economic, social, and donor related factors. Prolonged drought leads to drought thus famine, which is a sign of poverty. The pastoralists lose a lot of their animals resulting in lower purchasing power. This calls for both government and aid agencies interventions to meet the needs of the local communities through relief food supplies and other basic needs like shelter, clothing, and education. When the subsistence foods are not enough to keep the family throughout the year the family will eventually suffer and will need some outside interventions to have food this outside intervention mainly takes the form of emergency relief foods supplies. Social factors like poverty levels, family heads and culture have a role to play in determining the tendency of relief food dependency. Donor agencies are a major player in relief food operations and they sometimes assist in engaging the local communities in alternative economic activities to alleviate food shortage and therefore break the cycle of relief food dependency.
**Independent variables**

- **Relief Food Supplies**
  - Amounts given
  - Frequency of distribution
  - Types of foods given

- **Economic Factors**
  - Income
  - Poverty
  - Livestock marketing

- **Donor/ GoK**
  - Level of intervention
  - Supplies
  - Social protection
  - Alternative interventions

- **Socio factors**
  - Head of the family
  - Gender
  - Stigma/shame
  - Religion
  - Marginalization

**Moderating variable**

- **Government Policy**

**Dependent variable**

- **Dependency on relief food supplies**

**Intervening variable**

- **Attitude**

Figure 1. Conceptual framework of relief food supplies dependency cycle
CHAPTER THREE

METHODOLOGY

3.1 Introduction

This chapter presents the research methodology and design employed in the study. In doing so, the following areas are discussed: research design, location of the study, target population, sample size and sampling techniques, data collection instruments, pilot study, validity of instruments, reliability of instruments, data collection procedures, data analysis and ethical issues and considerations.

3.2 Research Design.

The study used a descriptive survey design where both qualitative and quantitative approaches were employed. The descriptive survey was used to collect information on proximate effects of relief food supplies on socio economic development of local communities. Best and Kahn (1993) postulates that descriptive survey is the most appropriate design in the behavioral sciences as it seeks to find out factors associated with occurrence of certain events and conditions of behavior. It enables the researcher to collect in depth information including sensitive and personalized experiences concerning the issue being investigated.

Kerlinger (2003) and Mouldy 2003 concur that the survey design is used to gather data from large population at a particular point in time with the intention of describing the nature of the current situation. Orodho (2004) says that descriptive survey design, despite being used for exploratory and preliminary studies, allow the researcher to summarize and interpret information for the purpose of clarifying the issue under study.
3.3 Location of the Study

This study was carried out in Nguni division, Mwingi East district, Eastern province. This area was purposely selected based on the fact that it was within reach by the respondent and has large number of households who purely depend on relief food assistance.

3.4 Target Population

This study targeted relief aid agencies, district officer, chiefs and household heads in the division. Nguni division has eight locations and five thousand five hundred and fourteen households (Census, 2009). The relief agencies United Nations World Food Programme, ActionAid, Provide International, GOAL, Farm Africa, Aidlink and Red Cross and government officers at the division headquarters were targeted because they are involved in distribution of relief aid. The household heads are recipient of relief aid and the sources of livelihood for their families.

3.5 Sample Size and Sampling techniques

To select the representative sample from over five thousand household heads, the division was grouped according to locations.

From the stratum, simple random sampling was used to select five locations to participate in the study. Within the selected locations, simple random sampling was used to select the household heads and other persons to participate in the study.
### Table 3.1: Research study number of respondents

<table>
<thead>
<tr>
<th>Respondents</th>
<th>Number of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aid agencies representatives</td>
<td>3</td>
</tr>
<tr>
<td>District officers</td>
<td>1</td>
</tr>
<tr>
<td>Chiefs</td>
<td>5</td>
</tr>
<tr>
<td>Household heads</td>
<td>120</td>
</tr>
<tr>
<td>Total</td>
<td>129</td>
</tr>
</tbody>
</table>

The study consisted of a sample of 129 respondents. These included three aid agencies representatives, the area district officer, five chiefs and one hundred and twenty household heads.

#### 3.6 Data Collection Instruments and procedures

First and foremost, the researcher obtained a permission from the university to allow him to carry out the research in the targeted area.

The researcher visited the administrative area to familiarize himself with Aid agencies staff as well as District officers because of the interview schedule before the actual data collection in order to make respondent free and open to issues. The researcher administered the interview schedules for relief aid agencies representative and government officers on different days based
upon the time schedule. The questionnaire for chiefs and household heads was given to the respondents and allowed periods of two weeks to respond to the questions after which the researcher collected the questionnaires back.

3.6.1 Interview Schedules

One interview schedule was developed (Appendix 4). This allowed the researcher to make follow up of the respondents answers, to obtain more information on and clarify vague statements. The researcher used this method to seek clarifications to some of the responses pertaining to influence of relief food on socio economic development of local communities. The interview schedules allowed room for interpretation of statements to a language that the respondents understood.

3.6.2 Questionnaire

One questionnaire was developed (Appendix 3) for chiefs and household heads, the questionnaire had both open ended and closed questions. The respondents were offered a set of answers that closely represented their view to choose from. In closed ended questions the likert rating scale was used in rating which aided in reducing subjectivity and making it possible to quantitatively analyze the data. The open ended questions allowed respondents to communicate their views without being forced to fit within the pre conceived answers. Orodho (2004) contents that the questionnaire is a suitable method, indeed, the easiest and the cheapest way of data collection. It has both the ability to collect a large amount of information in a reasonable quick span of time. Kathori (2004), observes that a questionnaire is free of bias of the interviewer, the respondents have adequate time to give well thought answers and that, respondents who are not
easily approachable can also be reached conveniently. Therefore, the questionnaire will obtain information concerning the socio economic lives of households in Nguni division

3.7 Validity

Validity can be defined as the degree to which a test measures what it is supposed to measure. There are three basic approaches to the validity of tests and measures as shown by Mason and Bramble (1989). These are content validity, construct validity, and criterion-related validity. The researcher used the content validity method to test the instruments. This approach measures the degree to which the test items represent the domain or universe of the trait or property being measured. In order to establish the content validity of a measuring instrument, the researcher identified the overall content to be represented. Items were then being randomly chosen from this content that will accurately represent the information in all areas. By using this method the researcher obtained a group of items which is representative of the content of the trait or property to be measured. Identifying the universe of content is not an easy task. It was done by a panel of experts in the field to be studied to be used to identify a content area.

3.8 Reliability

The reliability of a research instrument concerns the extent to which the instrument yields the same results on repeated trials. Although unreliability is always present to a certain extent, there will generally be a good deal of consistency in the results of a quality instrument gathered at different times. The tendency toward consistency found in repeated measurements is referred to as reliability (Carmines & Zeller, 1979).
The researcher used the retest method to determine the reliability of empirical measurements in which the same test is given to the same people after a period of time. The reliability of the test (instrument) can be estimated by examining the consistency of the responses between the two tests.

If the researcher obtains the same results on the two administrations of the instrument, then the reliability coefficient will be 1.00. Normally, the correlation of measurements across time will be less than perfect due to different experiences and attitudes that respondents have encountered from the time of the first test.

The test-retest method is a simple, clear cut way to determine reliability, but it can be costly and impractical. Researchers are often only able to obtain measurements at a single point in time or do not have the resources for multiple administration.

3.9 Data Analysis

This was a process of systematically searching, arranging field notes, data and other materials from the field so as to code, quantify and then summarize with the aim of increasing own understanding. It enabled the researcher to present them to others. Descriptive and inferential statistics was used in the study. Data was analyzed by use of Statistical Package for Social Sciences (SPSS).
3.10 Ethical Consideration and Issues

The researcher took every precaution to ensure ethical issues are observed by first obtaining a permit from education head office and another one from the Ministry of state and internal security to enable him collects data in the area of study. The respondents were given freedom to answer questions without force or coercion. Total confidentiality was ensured and instructions given at the introduction of every questionnaire.
4.1 Introduction

In this chapter, the researcher presents the data analysis, results and discussion of the research findings based on other studies discussed in the literature review. This chapter unfolds in the following ways. Relief Aid Agencies related variables. This study was set to investigate the influence of relief food supplies on socio-economic development of local communities.

The data analysis is based on two ways namely: The research objectives that were meant to be achieved that guided the study: The study aimed at achieving the following objectives to establish the extent to which political factors influence relief food dependency among local communities in Nguni division, to determine the extent to which relief food dependency impacts on the socio-economic development of the local communities in Nguni division, to establish the extent to which pastoralist is practiced as an alternative economic activity by the local communities in Nguni division and finally, establish the role of government and donor agencies in minimizing the level of relief food dependency of the local communities in Nguni division.

4.2 Distribution of respondents by gender

The following table presents distribution of respondents who participated in the study by gender. This was important to know which gender participated in the research and also for household heads it was important to know the gender composition
### Table 4.1: Distribution of respondents by gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Relief Aid Agencies</th>
<th>Chiefs</th>
<th>Household</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No. of Resp. %age</td>
<td>No. of Resp. %age</td>
<td>No. of Resp. %age</td>
</tr>
<tr>
<td>Male</td>
<td>3 75.00%</td>
<td>5 100.00%</td>
<td>80 66.67%</td>
</tr>
<tr>
<td>Female</td>
<td>1 25.00%</td>
<td>0 0.00%</td>
<td>40 33.33%</td>
</tr>
<tr>
<td>Total</td>
<td>4 100.00%</td>
<td>5 100.00%</td>
<td>120 100.00%</td>
</tr>
</tbody>
</table>

Results from table 4.1 indicate that 68.22% (percent) of all the respondents were male and 31.78% were chiefs and 3.42 percent were relief aid agency officers. There were no female chiefs and only one District officers who participated and the proportion of male household heads were 75 percent to 25 percent respectively.

### 4.2.1 Distribution of respondents by age

The following table presents the distribution of respondents who participated in the study by age. The age composition of household heads was important since it may reveal if dependency on relief food is due to families being headed by young or old generations. The age composition of chiefs also determines the understanding of various activities which are undertaken to minimize the effects of relief food. The age composition of relief agencies has an impact of the experience of such officers dealing with relief food distribution and how to minimize its effects.
Table 4.2: Distribution of respondents by age

<table>
<thead>
<tr>
<th>Age</th>
<th>Relief Aid Agencies</th>
<th>Chiefs</th>
<th>Household</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No. of Resp.</td>
<td>%age</td>
<td>No. of Resp</td>
</tr>
<tr>
<td>20-25</td>
<td>0</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>26-30</td>
<td>0</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>31-35</td>
<td>1</td>
<td>25.00%</td>
<td>17</td>
</tr>
<tr>
<td>36-40</td>
<td>1</td>
<td>25.00%</td>
<td>2</td>
</tr>
<tr>
<td>41-45</td>
<td>2</td>
<td>50.00%</td>
<td>2</td>
</tr>
<tr>
<td>Over 46</td>
<td>0</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>4</td>
<td>100.00%</td>
<td>5</td>
</tr>
</tbody>
</table>

Results from the table 4.2 indicate out of the aid agency officers who participated, fifty percent were aged between 41-45 and the rest between 31-40 years respectively. Most of the chiefs were aged between 36-40 and 41-45 years who recorded 40 percent and only 20 percent were aged over 46 years. Majority of the household heads were over 46 years old, that is, 34.17 percent. There were only 10 percent of the participants who were between 20-25 years of age.
4.2.2 Households relying on relief food in Nguni division

The following table presents the number of households depending on relief food in Nguni division according to locations.

Table 4.3: Number of households relying on relief food

<table>
<thead>
<tr>
<th>location</th>
<th>No. of household</th>
<th>% age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Imba</td>
<td>342</td>
<td>15.27%</td>
</tr>
<tr>
<td>Mathyakani</td>
<td>440</td>
<td>19.64%</td>
</tr>
<tr>
<td>Mbuvu</td>
<td>534</td>
<td>23.84%</td>
</tr>
<tr>
<td>Ukasi</td>
<td>438</td>
<td>19.55%</td>
</tr>
<tr>
<td>Mwasuma</td>
<td>486</td>
<td>21.70%</td>
</tr>
<tr>
<td>Total</td>
<td>2240</td>
<td>100.00</td>
</tr>
</tbody>
</table>

Results from this table 4.3 indicate that one location (Mbuvu) had the highest number of households that depend on relief food 23.84 percent, followed closely by Mwasuma 21.70 percent, Mathyakani 19.64 percent Ukasi 19.55 percent and Imba 15.27 percent.
4.2.3 Factors influencing relief food dependency

To what extend do political factors influence relief food dependency among the local communities in Nguni division?

The following table presents responses to factors that influence relief food dependency in Nguni division.

Table 4.4: Responses to factors influencing relief food dependency.

<table>
<thead>
<tr>
<th>Factors influencing relief food dependency</th>
<th>Aid agency officer</th>
<th>chiefs</th>
<th>Household heads</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No. of responses</td>
<td>%age</td>
<td>No. of responses</td>
</tr>
<tr>
<td>1. Political factors</td>
<td>4</td>
<td>25.00%</td>
<td>5</td>
</tr>
<tr>
<td>2. Extreme poverty</td>
<td>4</td>
<td>25.00%</td>
<td>5</td>
</tr>
<tr>
<td>3. Extended drought</td>
<td>4</td>
<td>25.00%</td>
<td>4</td>
</tr>
<tr>
<td>4. Marginalization</td>
<td>2</td>
<td>12.50%</td>
<td>2</td>
</tr>
<tr>
<td>5. Female headed families</td>
<td>0</td>
<td>0.00%</td>
<td>1</td>
</tr>
<tr>
<td>6. Relief food availability</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>16</td>
<td>100.00</td>
<td>20</td>
</tr>
</tbody>
</table>
Results on factors influencing relief food supplies indicate that political instability, extreme poverty and extended drought contributed greatly with 25 percent responses for each from Aid-agencies, with over 20 percent responses from chiefs for each and with over 20 percent responses for drought and extreme poverty and over 17.57 percent for political factors from household heads. Other factors included marginalization, female headed families and availability of relief food itself. These results resemble the findings by Mohamed, (2004) in his study in Garissa on relationship between relief dependency and economic development, who noted that political conflicts especially insecurity in the neighborhood producing areas tended to reduce farming activities, drought and poverty contributed to the need for dependency on relief food supplies. However, Swift and Tinus, (2006), identified factors on agricultural pricing, marketing and distribution of extension services lowered agricultural production and the ability to cope with drought conditions consequence leading to need for relief food supplies.

4.2.4 Impact of relief food on socio-economic development

To what extend does relief food impact on socio-economic development of the local communities in Nguni Division?. The socio economic development of the local communities is very paramount since it shows how the society is affected and detracted from engaging on economic activities and also the overall impact brought about by relief food dependency. As various studies have shown the creation of a relief mentality syndrome brings about shame and lack of self esteem since people are mirrored and seen as lazy and not able to feed themselves.

The table below presents responses to how relief food impacts on socio-economic development of the local community.
Table 4.5: Responses on impact of relief food impacts on socio-economic development

<table>
<thead>
<tr>
<th>Impacts</th>
<th>Aids Agency officers</th>
<th>Chiefs</th>
<th>Households</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No. of Resp</td>
<td>%age</td>
<td>No. of Resp</td>
</tr>
<tr>
<td>Heads to Stigma/shame</td>
<td>1</td>
<td>6.25</td>
<td>2</td>
</tr>
<tr>
<td>2. Laziness/undermines initiative</td>
<td>2</td>
<td>12.50</td>
<td>3</td>
</tr>
<tr>
<td>3. Creates relief mentality/ syndrome</td>
<td>3</td>
<td>18.75</td>
<td>3</td>
</tr>
<tr>
<td>4. Diversion from livelihood strategies</td>
<td>2</td>
<td>12.50</td>
<td>2</td>
</tr>
<tr>
<td>5. Lowers grain prices/poor business for local producer</td>
<td>4</td>
<td>25.00</td>
<td>5</td>
</tr>
<tr>
<td>6. Improves trade for livestock farmers</td>
<td>4</td>
<td>25.00</td>
<td>5</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>16</strong></td>
<td><strong>100.00</strong></td>
<td><strong>30</strong></td>
</tr>
</tbody>
</table>

Results from the table 4.5 indicates that lowering of grain prices and poor business for local farmers and improvement of trade for livestock farmers as the main impact on relief food supplies. These had 25 percent responses from relief Aid Agency officers, 16.67 percent from
local chiefs and over 23.10 percent from household heads. Other impacts include creation of relief dependency mentality/syndrome which had 18.75 percent response from aid Agency and 17.63 percent for household heads. Diversion from livelihood strategies and stigma/shame ranked highly with 15-16 percent response from the household heads themselves.

According to Hugg, (2005), continued provision of relief food risks creating dependency mentality or dependency syndrome, which undermines initiative and may create laziness. However, Blackwell (2003) found that people under famine stricken situations remain imaginative, resourceful and industrious in the context of prolonged relief policy and attempt at poverty alleviation.

Crips, (2004), observed that food aid brings down prices for cereals thus benefitting trade in terms of livestock keepers. Food aid provides incentives for pastoralists thus contributing to the livelihood recovery process.

4.2.5 Alternative economic Activities practiced by local communities

Which is the main alternative economic activity practiced in Nguni division?

The table below presents responses to alternative economic activities by local communities in Nguni division.
Table 4.6: Responses to alternative economic activities

<table>
<thead>
<tr>
<th>Alternative economic activities</th>
<th>Aid agency</th>
<th>Chiefs</th>
<th>Households</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>officers</td>
<td>heads</td>
<td></td>
</tr>
<tr>
<td>No. of resp</td>
<td>%age</td>
<td>No. of</td>
<td>%age</td>
</tr>
<tr>
<td>1. Subsistence farming</td>
<td>4</td>
<td>5</td>
<td>100</td>
</tr>
<tr>
<td>2. Pastoralism</td>
<td>2</td>
<td>3</td>
<td>48</td>
</tr>
<tr>
<td>3. Collecting firewood</td>
<td>2</td>
<td>2</td>
<td>52</td>
</tr>
<tr>
<td>4. Small scale business</td>
<td>2</td>
<td>2</td>
<td>60</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>16</strong></td>
<td><strong>20</strong></td>
<td><strong>370</strong></td>
</tr>
</tbody>
</table>

Results from Table 4.6 indicate that the local communities engage in alternative economic activities such as subsistence farming which is their major activity. This recorded between 38-42 percent from all respondents. Other activities include pastoralism, small scale businesses and collecting and selling bundles of wood and charcoal.
4.2.6 Measures to curb relief food dependency

What role does government and donor agencies play to curb relief food supplies dependency in Nguni division?

Most of the Aid Agency officers at United Nations and other organizations are studying the linkages between relief interventions and development resources both fiscal and human, be more nationally distributed so that transition from chaos to stability are more timely and seamless.

There is also a growing focus on better utilization of local capacities. NGOs have pledged to strengthen and work more closely with potential local counterparts in the formulation of policy through the international humanitarian relief system. The technical capacities building aiming at creation of initiative and resourcefulness and developmental issues have been put in place. Respondents concurred that both the government and agencies were involved in capacity building to strengthen coping strategies of the affected communities.

Some notable alternatives are as enumerated;

> Encouraging food for assets instead of giving residence free food.
> Educating the residence to plant drought resistant crops.
> Encouraging Rain harvesting and tree planting.
> Giving soft loans to people and encouraging them to start small-scale microenterprises.
> Advising and bringing in technologies which are geared towards food security.
### 4.2.7 Inadequate and Inaccessible Infrastructure Facilities

The table below presents responses on unavailable infrastructural facilities which are indicators of non-development in Nguni division. The responses were mainly concerned with the facilities which are not available or which are less developed in the communities receiving food aid which the community thinks if available can lead to higher economic development.

#### Table 4.7: Responses to available infrastructure facilities

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Aid agency</th>
<th>Chiefs</th>
<th>Households heads</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No. of response</td>
<td>%age</td>
<td>No. of response</td>
</tr>
<tr>
<td>1. Schools</td>
<td>4</td>
<td>33.34%</td>
<td>3</td>
</tr>
<tr>
<td>2. Colleges/polytechnics</td>
<td>1</td>
<td>8.33%</td>
<td>2</td>
</tr>
<tr>
<td>3. Water sources</td>
<td>2</td>
<td>16.67%</td>
<td>3</td>
</tr>
<tr>
<td>4. Health facilities</td>
<td>3</td>
<td>25.00%</td>
<td>3</td>
</tr>
<tr>
<td>5. Maintained roads</td>
<td>1</td>
<td>8.33%</td>
<td>1</td>
</tr>
<tr>
<td>6. Sports fields</td>
<td>1</td>
<td>8.33%</td>
<td>2</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>12</strong></td>
<td><strong>100.00</strong></td>
<td><strong>14</strong></td>
</tr>
</tbody>
</table>
Results from table 4.7 show that among the unavailable infrastructural facilities that measures the levels of development include schools that had the highest response from all participants, that is, 33.34 percent from aid agency officers, and 21.43 percent from chiefs and households 34.67. Other facilities which are inadequate include health services which have responses of 25.00 from aid agencies, 21.43 from chiefs and 22.44 from households. Non availability of water sources takes the third slot with 16.67 from aid agencies, 21.43 from chiefs and 15.15 from household responses. Non availability of colleges, sports and road maintenance were not considered major impairment to development.

Swift and Timus, (2004), noted that food aid has possible negative effects in that, it affects development of infrastructural facilities as the main focus became averting of hunger and provision of medical care. Local producers go out of business and the short thinking brought by relief food supplies removes incentives for dealing with under lying problems. This hinders other types of development issues
CHAPTER FIVE

SUMMARY OF THE FINDINGS, DISCUSSIONS, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter presents four issues. These are: summary of all relevant research findings, conclusions, recommendations of the study and suggestions for further studies. This research intended to investigate the influence of relief food supplies on the socio-economic lives of local communities. The study was carried out in Nguni division, Mwingi East District in Eastern Province. The relief aid Agency officers, chiefs and households heads were involved in the study. Stratified and simple random methods of sampling were employed to arrive at respondents of the study. Five locations were involved where household heads were randomly selected.

For purpose of data collection, interview schedules were used. The researcher availed the questionnaires to the chiefs and households heads and allowed them a period of two weeks to allow them adequately answer all the questions after which they were collected for data analysis. The researcher analyzed the data by use of frequency tables and percentages with a view of achieving the research objectives and answering the research questions.
5.2 Summary of the findings

The study revealed that: Most of the household heads were male (at 75 percent) and only 25 percent were female and all the chiefs were male an indication of gender imbalance in the leadership roles. Extended drought that led to extreme poverty and political instability contributed greatly to relief food supplies dependency. This had over 20 percent response from respondents. Other factors included marginalization and single female headed families associated with gender. Relief food supplies led to laziness, undermining of initiative among the local communities lowered the prices for grains hence leading to poor business for local producers, while in contrast improving trade for livestock farmers. These recorded 25 percent response compared to other effects such as creation of relief mentality syndrome, diversion from daily livelihood strategies, shame and stigma which had less than 10 percent response. The local communities' socio-economic activities such as subsistence farming had almost 80 percent response from all respondents as an alternative activity. Other activities include small scale business and collecting and selling of bundles of firewood to people living in small towns. The government and donor agencies were involved in capacity building to curb relief food dependency. Infrastructural facilities such as drought, wars and political instabilities, people cope by seeking shelter with extended families, parents send their children to live with relatives in safer, more productive areas.

In an atmosphere of frequent raiding by armed factions, farmers reduce production and diversify storage techniques. Women living in displaced camps for extended period convert relief grain to alcohol to generate income. Pastoralists, who lose the bulk of cattle during endemic shocks, mostly turn to immigrant labor as coping mechanism to replace their earlier livelihoods.
Therefore, disaster-affected communities demonstrate the clearest examples of how emergency responses are related to livelihood strategies or, how relief and development are linked.

The main findings of the study indicated that despite the high dependency on relief food supplies, the local communities were in great need of more effective and adequate coping mechanisms, capacity building and relief food aid with socio-economic development. The relief Aid Agencies, the government and local organizations have a major role to play to build the capacity of local communities to better cope with disasters, to avert and mitigate the disasters. If this noble task is realized in Nguni division of Mwingi East District, all stakeholders must offer high positive coping mechanism to the local communities as a measure of helping them face positively the natural and human related disasters with an aim of furthering socio-economic developments. It would also provide the nation with citizens who are well adopted and adjusted and hopefully help in realizing general national socio-economic development.

Politics are at the centre of relief food dependency debates around the world. Political factors such as war, chronic conflicts and perpetual insecurity are a common denominator in areas where relief food dependency is the order of the day. Politics whether national, regional or global should reflect a genuine desire to end the relief food dependency cycle.

Relief food dependency has serious impact on socio-economic development of the local communities. By lowering the grain price, it affects the purchasing power of the local producers leading to poverty. Measures of intervention should be aimed at improving the welfare of the recipients as well as discouraging the local people from being hooked to reliance on relief supplies.
Subsistence farming is practiced to a large extent as an alternative economic activity. Efforts should be made to strengthen pastoralism, such efforts should include coming up with better terms of trade for livestock products from frequently drought hit areas, improved marketing strategies and an insurance policy against effects of extended drought. Policy would ensure restocking whenever drought decimates pastoralist herds.

Despite doing some commendable job, the donor agencies have been accused of perpetuating dependency by applying approaches which only ensure that they will be called upon to help when disaster strikes next. The approaches employed by the donor agencies should ensure that the coping capacities of the locals are strengthened and are improved to deal with any future eventualities.

5.3 Discussions of Findings

The study findings on the factors influencing relief food dependency revealed that extended drought, extreme poverty and political factors were the major influencers of relief food dependency. Marginalization also played a crucial role in influencing dependency. Female headed families also were found to be more vulnerable to relief dependency but the availability of relief food was found not to influence dependency on a larger scale.

Findings on the impact of relief food on social development of the recipient communities revealed that relief food lowers grain prices leading to poor business to the local producer but at the same time relief food supplies improves the trade for livestock farmers, relief food is also attributed to create a relief food mentality syndrome therefore leading to diversion of energies from livelihood strategies and undermining initiatives and lastly the recipients feel shame which leads to stigmatization affecting the society negatively.
To ascertain which economic alternative activities are practiced by local relief food recipient communities' responses from aid agency, chiefs and household head were analyzed. The findings revealed that subsistence farming is the main economic activity followed closely by pastoralism. The other major economic activity found was that the communities engage in small scale business and when they above activities are not viable the people collect and sell firewood for livelihood.

Findings from the study on measures to curb relief food dependency which the government and donor agencies are advocating revealed that respondents concurred that both the government and donor agencies were involved in capacity building to strengthen coping strategies of the communities. The responses analyzed enumerated the following strategies: encouraging food for assets, education on drought resistant crops, rain water harvesting, tree planting, giving soft business loans and bringing in technologies geared toward food security.

The study revealed some inadequate and inaccessible infrastructure facilities, all the respondents concurred that schools were inadequate, followed by health centres, water sources and that polytechnics/colleges sports field and roads were most inaccessible

5.4 Conclusion of the study

The best way to help reduce relief food dependency on relief food supplies would be: Relief and rehabilitation organizations to assist communities to better cope in the face of disaster by capacity building of the communities in disaster situations. The government should identify and strengthen ways, in which communities that are vulnerable and weak can avert, mitigate or recover from disaster.
Use of ways and measures that can prevent the erosion of communities’ ability to employ its coping mechanism (capacity damming) strengthen the better aspects of adopted coping mechanism and assist communities to derive better alternatives.

5.5 Recommendations from the study

Since Subsistence farming is the most preferred alternative economic activity practiced by the local community more efforts should be addressed into improving farmers to adopt modern methods of farming. The researcher further recommends that the government should put in place measures to curb lowering of grain prices due to increased amounts of relief food given to local communities. A similar study can be carried out in a different geographical region to investigate the attitude of local communities towards relief food supplies.

From the findings, it is clear that the dependency of local communities on relief food supplies needs to be reduced and a more development focused approach employed if it is to be a useful avenue of building and developing disaster stricken peoples initiative. It is imperative as a matter of urgency to provide adequate-quality-effective coping mechanisms to communities affected by disasters which would enhance socio-economic development.

5.6 Suggested Areas for Further Research

The researcher makes the following suggestions for further research. Investigate factors influencing capacity building and coping mechanism for disaster stricken communities. The government and Donor Agencies should focus on better utilization of local capacities instead of giving free relief food. This will build capacity aimed at creation of initiatives and resources for economic development.
REFERENCES


Centre for Humanitarian Dialogue, (2006). In and Beyond new labor: Towards a political ethics of care critical social policy, 23(4).


APPENDICES

Appendix I

Transmittal Letter

Charles Kakundi Kyavoa

P.O Box 682 -90200

Kitui

27th April, 2012

Dear respondents,

RE: STUDY ON THE INFLUENCES OF RELIEF FOOD ON SOCIO ECONOMIC DEVELOPMENT OF LOCAL COMMUNITIES: A CASE OF NGUNI DIVISION •MWINGI EAST DISTRICT, KENYA

My name is Charles Kakundi kyavoa, I am a student at the university of Nairobi doing research on the influence of relief food on socio economic development of local communities: a case of Nguni division, Mwingi East District, Kenya

This information will be used by researcher in an ethical manner and you are assured of confidentiality of all information obtained. All the information is for the research purpose only.

This is therefore to humbly request for your cooperation

Thank you

Signed

Charles Kakundi Kyavoa
Interview schedules for Aid Agency Representatives and District officers

Instructions

This study intends to investigate the influence of relief food supplies on the socio economic development of local communities in Nguni Division, Mwingi East District. As an officer involved in relief food supplies your resourcefulness will be very important. The research is being conducted purely for Academic purposes and as such the data collected will be treated with utmost confidentiality. Kindly, respond to the questions as truthfully as possible.

1. a) Gender
   
   b) Designation
   
   c) Age bracket

   30-40  ( )

   41-50  ( )

   51-60  ( )

   61 and above  ( )

2. a) what are your educational and professional qualifications? Tick one

   Primary level  ( )
b) Have you received any other training in relation to your area of work?

1) Yes  11) No

c) If yes specify

3.a) Approximately how many households do you have in this division?

3 b) What type of food supplies do you get? Tick where applicable.

    Maize  (  )

    Peas  (  )

    Rice  (  )

    Wheat flour  (  )

    Biscuit  (  )

    Cooking Oil  (  )
Beans ( )

Others (specify)

4. a) what is the main factor influencing relief food supplies among the local communities?

Rank them in order of merit

Political instability ( )

Extreme poverty ( )

Extended drought ( )

Marginalization ( )

Female headed families ( )

Relief food availability ()

4b) Which bodies are involved in providing relief food? Rank them 1,2,3 in order of involvement

NGOs ( )

Government ( )

Faith based organizations ( )

Wealth individuals ( )

Others specify ( )

63
4 c) What benefit do the local people gain from food assistance?

4 d) What are the disadvantages of relying on relief food assistance?

5. a) According to you how does relief food influence socio economic development of the local communities in Nguni division? Please rank any three 1, 2 and 3 in order of merit/weight.

Leads to Stigma/ shame ( )

Laziness/ undermines initiatives ( )

Creates relief mentality /syndrome ( )

Diversion from livelihood strategies ( )

Lowers grain prices / poor business for local producers ( )

Improves trade to livestock farmers ( )

6. a) what is the main alternative economic activity practiced by local communities in Nguni division? Please rank any three 1, 2, 3 in order of importance

Pastoralism ( )

Subsistence farming ( )

Collecting and selling of firewood ( )
b) What challenges, if any do local people face in engaging in other sources of livelihood?

8. a) Do the government play any role in trying to reduce relief food supplies and encourage self dependency?

   i) Yes  
   ii) No

b) If yes which measure do they take?

9 a) Do the donor agencies play any role in trying to reduce relief food supplies and encourage self dependency?

   i) Yes  
   ii) No

b) If yes which measure do they take?
10. a) Are there adequate infrastructural facilities in this region?

   0 Yes  ii) No

b) If no tick the ones that are not adequate and inaccessible

   Schools (  )
   College (  )
   Hospital/Dispensaries (  )
   Cattle dips (  )
   Markets (  )
   Roads (  )
   Water sources (  )
   Any other (specify)

11. a) In your own opinion what suggestion would you give towards reduction of relief supplies dependency?

   b) What ways and means do you think could be used to increase self dependency and self initiative?
Questionnaire for chiefs and household heads

Instructions

This study intends to collect data concerning the influences of relief food supplies on the economic lives of local communities in Nguni division Mwingi East district.

As a leader and member of this region, your resourcefulness will be very important.

For confidentially purposes please do not write your name or that of your village/location, please note that, the research is being conducted purely for Academic. Kindly, respond to the question as truthfully as possible.

1j) Please indicate your gender (tick)

   i) Male ( )   ii) Female ( )

b) Please state your designation (Tick)

   i) Chief ( )   ii) Family head ( )

c) Indicate your age bracket (Tick)

   30-40 ( )

   41-50 ( )

   51-60 ( )
.) Please indicate your educational and professional qualifications? (Tick)

Primary school education (  )

Secondary school level (  )

Certificate (  )

Diploma (  )

Bachelors (  )

Any other specify (  )

1) What is the main factor influencing relief food supply? (Rank them 1,2,3 on merit)

Political instability (  )

Extreme poverty (  )

Extended drought (  )

Male headed families (  )

Female headed families (  )
According to you how does relief food impact on socio economic development of the local communities in Nguni division? Please rank any three 1, 2, 3 in order of merit/weight

Leads to Stigma/ shame

Laziness/ undermines initiatives

Creates relief mentality /syndrome

Diversion from livelihood strategies

Lowers grain prices / poor business for local producers

Improves trade for livestock farmers

4. b) Do you consider the amount of relief food given adequate to cause dependency

1) Yes

11) No

5. What is the main alternative economic activity practiced by local communities in Nguni division? Please rank them 1,2,3 in order of importance

Pastoralism

Subsistence farming

Charcoal burning

Small scale business
6.) Which bodies are involved in supplying relief food? Rank them 1, 2, 3 in order of involvement

NGOs ( )

Government ( )

Faith based organizations ( )

Wealth individuals ( )

Others specify ( )
7. a) Do the government play any role in trying to reduce relief food and encourage self dependency?

1) Yes  11) No

b) If yes which measures do they take? specify

8. a) Do the donor agencies play any role in trying to reduce relief food and encourage self dependency?

1) Yes  11) No

b) If yes which measures do they take? Specify

9. a) Do you consider the socio economic facilities in these area adequate?

1) Yes ( )  11) No ( )

b) If No which facilities would you consider to be inadequate?

   Schools ( )

   Hospitals/ dispensaries ( )

   Markets ( )

   Roads ( )

   Water sources ( )
Mosques/churches ( )

Houses ( )

Others (specify)

c) In your own opinion give suggestions on the ways of improving the socioeconomic liv
of the local communities