

UNIVERSITI TEKNOLOGI MARA

**UNDERSTANDING THE RISK
FACTORS INFLUENCE FOOD
SECURITY FACED BY ADULTS
DURING FLOOD DISASTER IN BERA
DISTRICT, PAHANG, MALAYSIA**

NUR AIN BINTI A GHANI

**Bachelor of Nutrition and Dietetics
(Hons.)**

January 2016

ABSTRACT

This study qualitatively analyzed the risk factors that influence food security during flood disaster among adults in Bera district, Pahang. Flooding occurred yearly in Bera district as it nearly Sungai Pahang basins area. More regions in Bera district were affected by floods in December 2014 which is identified as the worst flooding ever occurred. This study aimed to understand the risk factors faced by adults during the flood disaster as well as to determine the nutritional status from nutrition evaluation. In this study, in depth interview had been done among adults directed towards understanding their perspectives on their experiences and situations during flood disaster. According to 10 respondents that had been interviewed, the body mass index (BMI) status was normal, overweight and obese. By using thematic analysis, two themes were found as the risk factor influence food security during last floods. First theme is management. Management is the key point that being important in measuring food security during floods. It involves of management in food aids, the food choices and also relocation centre during floods. However, accessibility also determined as risk factor for food security among adults. Transportation being highlighted as the important thing is needed when floods. Furthermore, spirituality been founded as main theme for their coping strategies during floods. As a conclusion, flood victims among adults during last flood disaster were in food secure although the risk factors are higher.

ACKNOWLEDGEMENT

In the name of Allah, the Most Gracious and the Most Merciful

Alhamdulillah, all praises to Allah for His blessing in completing this final thesis. I would like to express my special appreciation to my supervisor, Dr. Norazmir bin Md. Nor. I have learned many things since I became his student. This gratitude goes to him for his supervision and constant support during completing this research. Thank you for his invaluable help of constructive comments and suggestions throughout this final year project and thesis works have contributed to the success of this research.

I would like to express my sincere gratitude to my friends which under the same supervisor for their kindness and moral support during my study. My research would not have been possible without their help. Thank you for helping me to survive and not letting me give up in order completing this research.

My acknowledgement also goes to all the respondents and residents of Bera Districts, Pahang for their cooperation during collecting the data. Thank you for spending your value time to be interviewed and give all the information.

Last but not least, my deepest gratitude goes to my beloved parents, Mr. A Ghani bin Awang and Mrs. Zabidah binti Sayang for their endless love, prayers and encouragement throughout my life. Without their support, it is impossible for me to complete this thesis. To those who indirectly contributed in this project, your kindness means a lot to me. Thank you for your help and wishes.

TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	vii
LIST OF FIGURES	viii
LIST OF PLATES	ix
LIST OF ABBREVIATIONS	x
CHAPTER ONE: INTRODUCTION	1
1.1 Background Of Study	1
1.2 Problem Statements	2
1.3 Research Questions	3
1.4 Objectives	3
1.5 Significance Of Study	3
1.6 Conceptual Framework	4
CHAPTER TWO: LITERATURE REVIEW	5
2.1 Natural Disaster	5
2.2 Food Security	5
2.3 Food Insecurity During Flood Disaster	6
2.4 Risk Factor Influence Food Security	9
2.5 Disaster Management	9
2.6 Coping Strategies	11
CHAPTER THREE: RESEARCH METHODOLOGY	13
3.1 Ethical Approval	13
3.2 Study Design	13
3.2 Study Area	14

CHAPTER ONE

INTRODUCTION

1.1 BACKGROUND OF STUDY

Natural disasters are tragic events that start from atmospheric, geologic and hydrologic (Cluster, 2006). Natural disasters involve of earthquake, volcanic eruptions, tsunami, landslide, floods and drought. As stated by Cluster (2006), natural disaster can occur slowly and rapidly and cause health, social and economic effects. These natural disasters are outside the control of human being and cannot guess when it will occur. The most common of natural disasters are floods which contribute 40% of natural disasters in both developed and developing countries (Torti, n.d., 2012). According to Muqtada et al., (2014), floods were most susceptible to Asia and the Pacific regions.

In Malaysia, the most destructive natural disaster is floods (Sani G, Muhd Barzani & Mohd Ekhwan, 2014) . There is total of 189 river basins in Malaysia including Sabah and Sarawak that the major river flowing straight to the South China Sea (Sani G. et al., 2014). There are 89 river basins in Peninsula Malaysia, 78 in Sabah and 22 in Sarawak. According to Department of Irrigation and Drainage Malaysia (2009), 9% of the total Malaysia area which 29, 800 km² are exposed to flood disaster (Sani G. et al., 2014). There are two types of floods in Malaysia that had been classified by Malaysian Drainage and Irrigation Department (MDID) which are flash flood and monsoon flood (Sani G. et al., 2014). The monsoon flood usually occur from the months of November to March which comes from Northeast Monsoon (Muqtada et al., 2014). It involve of heavy rains from Northeast Monsoon to the east coast of the Peninsula, northern part of Sabah and also southern part of Sarawak.

As stated by Muqtada et al., (2014), heavy monsoon rainfall had occurred recent years as increase risk of floods along Malaysia's east coast as from different parts of the country. The heavy rainfall hits the east coast of peninsular Malaysia in the states of Terengganu, Kelantan and Pahang. Besides that, severe flooding hits several parts of Malaysia which are from flash floods and basin wide floods. According to Muqtada et al., (2014), the worst flood that had affected at the basin area