

**UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE & POLICY STUDIES**



**FOOD INSECURITY AMONG UNIVERSITY STUDENTS IN THE FACULTY
OF ADMINISTRATIVE SCIENCE AND POLICY STUDIES AT UiTM
CAMPUS SARAWAK BRANCH SAMARAHAN 2**

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ABSTRACT

Food insecurity is a threat that could potentially affect vulnerable groups, particularly university students. The occurrence of this issue varies among students in different countries. Therefore, this study is aimed at determining the food insecurity factors, impacts and coping strategies associated with food insecurity among university students. This cross-sectional study involved 285 undergraduate students of the Faculty of Administrative Science and Policy Studies at UiTM Cawangan Sarawak Campus Samarahan 2. The participants were selected by stratified random sampling. The instrument used for data collection was an electronic and online questionnaire consisting of four parts: socio-demographic background, factors of food insecurity among university students, impacts of food insecurity towards university students and coping strategies to alleviate food insecurity among university students. The data were analysed through descriptive analysis and Pearson Correlation. It was found that lacking in adequate money stands out as a key indicator of the main factor faced by the respondents in terms of food security. There were also a significant associations between physical health ($p < 0.000$), Mental health ($p < 0.000$) and academic performance ($p < 0.000$) with the prevalence of food security among university students. It was also discovered that accepting food vouchers and request food from a community food bank were rated as the highest rate as the most effective coping strategies. Food insecurity rates in this study align with previous research indicating a high prevalence. These findings may aid universities in identifying factors associated with food insecurity among students.

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CHAPTER 1

INTRODUCTION

1.1 Chapter review

This chapter provides an introduction to food insecurity. It focuses on the background of the study, which serves as a basis for the arguments presented on the subject. The research justification is supported by presenting the problem statement. The chapter also outlines the research scope, which focuses on university students of the Faculty of Administrative Science and Policy Studies at UITM Cawangan Sarawak Campus Samarahan 2. Further details are provided to elaborate on the significance of the research. The research questions and objectives serve as a guide for the goals that will be pursued in this research. Definitions of terms and concepts are described and deliberated to ensure the current understanding of the actual meaning of terms used in this research. Finally, the chapter concludes by presenting the overall summary of the chapter.

1.2 Introduction

Food insecurity is currently an important public health concern. It is conceptualised as the inability to obtain good nutritious food through socially acceptable means (Azmi, Isa, Aziz and Masuri, 2022). Food insecurity develops when people do not have access to enough food at all times to live a life that is healthy (Bakar, Ismail, Sidek and Rahman, 2019). This denotes when a person has an unpredictable ability to obtain food and an uncertain ability to eat nutritious food anytime they need (Latib, Jalis, Rus, and Deraman, 2021). Food insecurity covers issues related to the lack of food and nutrition and how it affects people (Azmi et al., 2022).

The Food and Agriculture Organization (FAO) and the United States Department of Agriculture (USDA) first emphasised the significance of food supply when the majority of the world's communities were facing a global food crisis. Food is one of the most basic necessities of humans, providing both required and necessary nutrients to the body. It is critical that people are mindful of what they eat in order to maintain health and strength, as well as to provide beneficial effects on cognitive and emotional

CHAPTER 2

LITERATURE REVIEW & CONCEPTUAL FRAMEWORK

2.1 Chapter review

In this chapter, the discussion revolves around the comprehensive and clear concept of food insecurity. The risk factors of food insecurity in relation to university students are also being discussed. In the next segment, the negative impacts of food insecurity are being presented. The third segment is about the coping strategies during food insecurity among university students. Furthermore, this chapter also illustrates the conceptual framework which elucidates the relevant independent and dependent variables of the research, where the hypothesis of the research is explained next. The last segment in this chapter addresses the chapter summary precisely.

2.2 Food insecurity

Access to adequate food is a basic human right. According to Article 25 of the Universal Declaration of Human Rights, everyone has the right to food and shelter. Every individual is entitled to a certain level of living that is sufficient for maintaining good health and overall well-being, which includes access to food. Food is an essential requirement for sustaining life. In accordance with Weaver, (2020), individuals may experience hunger, but it is important to realise that food insecurity and hunger are not the same thing (Rule and Jack, 2018). No matter a person's age, food insecurity can negatively affect them physically, cognitively, and emotionally (Hagedorn and Olfert, 2018).

The World Health Organization initially established the term food insecurity as a subset of the idea of food security, which focuses on understanding human food behaviour consumption. Food insecurity is an inadequate or insufficient quality and quantity of food supplies for consumption. This concept is based on two factors: the availability of high-quality food resources and the quantity of food available for human use. Thus, food insecurity can be discovered whenever there is a scarcity of healthy food for consumption, whether intentionally or unintentionally. Food insecurity has been identified as one of the most significant areas of study, with many governments