

**UNIVERSITI TEKNOLOGI MARA**

**EXPLORING EXPERIENCES,  
PERSPECTIVES, AND THE EFFECT  
OF FLOOD DISASTER ON FOOD  
SECURITY AMONG POST-FLOOD  
VICTIMS IN DUN GUAI BERA  
PAHANG, MALAYSIA**

**FARIHATUN NAJIHAH BINTI ABDUL KHALIB**

**Thesis submitted in fulfilment of the requirements for  
the degree of Bachelor (HONS.) Nutrition and  
Dietetics**

**Faculty of Health Sciences, UiTM**

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## **AUTHOR'S DECLARATION**

I declared that this thesis is my own work accept for the excerpts and summarize of each of which I have explained the sources. This topic has not been submitted to any other academic institution or non-academic institution for any other degree qualification.

Name of Student : Farihatun Najihah Binti Abdul Khalib  
Student I.D No. : 2012611684  
Programme : Degree of Nutrition and Dietetics (Hons) – HS227  
Faculty : Faculty of Health Sciences  
Thesis Title : Exploring experiences, perspectives, and the effect of flood  
disaster on food security among post-flood victims in Dun  
Guai Bera Pahang, Malaysia

Signature of  
Student : .....

Date : January 2016

## ABSTRACT

Flood disaster becoming the threat to property and safety of human population. Food security refers to the availability and accessibility to food, acquired in an acceptable means at any given time and place in a way that aids to sustain health and wellbeing. There have been many studies discovered that post flood victims faced negatives impact of food security on household and individual level since floods had negatively impacted household food stocks and daily livelihood activities. The degree to which specific characteristics of built environment affect the level of damage sustained by a community, in the context of food security has never been deeply studied and investigated in our population. Hence, the purpose of this study is to explore the experiences, perspectives and to identify the effect of flood disaster on food security among post-flood victims in Dun Guai Bera Pahang, Malaysia. The mixed method was conducted for this study. Based on the quantitative study, the cross-sectional study by using the questionnaire of demographic, and food consumption score survey were conducted to determine the effect of flood disaster on food security. The qualitative study was conducted through an in-depth interview in order to explore the food insecurity experiences and perspectives after the flood disaster. The total of 210 respondents takes part in the quantitative study while about ten participants take part in the in-depth interview. The data collected were analyzed based on thematic analysis by the aids of ATLAS.ti version 7.0 for Windows for qualitative study while the Food Consumption Score (FCS) and socio-demographic data were analyzed by the SPSS. Based on the quantitative study, the mean of the food consumption for all household was 63.96 which was in acceptable threshold level. Majority of the respondent were identified as acceptable diet (FCS > 35) with (n=209, 99.5%) and only (n=1, 0.5%) of the respondent was identified as poor diet (FCS = 0-21). Based on the qualitative study, 5 themes were recognized for this qualitative study. The five themes included quantity components, quality components, accessibility, psychological components, and flood aid management. This study findings hopefully able to help policy makers to find the solution to minimize the food insecurity problem, if any in higher education system.

Keywords: Food security, flood victims, Malaysia, experiences, perspective, FCS

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# CHAPTER ONE

## INTRODUCTION

### 1.1 BACKGROUND OF THE STUDY

In the past few decades, several major floods have been occurring in Malaysia. In recent years, the flood disaster occurred more frequently. The significant factor that may lead to the flood in Malaysia include global climate changes, localized continues heavy rainfall, siltation in waterway channel from indiscriminate land clearing operations, insufficient drainage system, and also the insufficient capacity for the river (Wing, n.d.). Flood disaster lead to terrible impacts on people since it disturbs their daily activities and the impacts may prolong for a week in the upcoming years. The climate changes that occurred worsen the situation and making it more challenging. The flood disaster has its own impact on both individuals and society levels based on social, economic and environmental consequences which either positive or negative. The immediate impact of flood disaster includes loss of human life, damage to properties, loss of livestock and deterioration of health status, destruction of crops, occurrence of waterborne disease, poverty, malnutrition and hunger among population (Onifade et al., 2014). Malnutrition and hunger are closely related to food security.

In general, food security exists when all people, at all times, have economic and physical access to enough, safe and nutrient-rich food that meet their requirement and their own preferences for and active and healthy life (Chinnakali et al., 2014). The concept of food security and study on hunger has become one of the focal points of governments and health agencies since the World Conference in 1974. A focus on hunger and the lack of a generally accepted and operational definition of hunger has created inconsistency and impeded investigation on the problems in early food security study (Schiffman, 2013). The hunger and food security problems for a long term of period may give negative impact on body, either through physical or mentally.