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Effects of insecurity on consumption pattern of households in Awka metropolis, Anambra State

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Article Info

Abstract

This study seeks to investigate the effect of insecurity on consumption patterns in Awka metropolis, Anambra State. In other to achieve this, this study specifically has the objectives of determining the effect of insecurity on the income of households in the Awka Metropolis as well as examining the effects of insecurity on Feeding patterns of households in Awka Metropolis. The descriptive survey design was adopted for the study. The area of study is Awka metropolis. The population of the study consists of all households in the study area, while the sample size was 271. For this study, the primary source of data was employed. The data analysis was made using mean score as well as regression analysis using SPSS package 20.0, run at a significance level of 0.05 with the degree of freedom (df) = (n-1). The study concluded that insecurity has altered feeding pattern of respondents in Awka Metropolis in terms of being unable to have a balanced diet as well as change of desired diet option as a result of hike in prices which has invariably causes some household to adopt coping strategies like reduction in the number of time they feed in a day, going a whole day without food as well as reallocation of household resources. Therefore, the researcher recommended that government efforts need to be intensified in setting up short-term cushioning programme to ameliorate the effect of increasing pricing of food items as a result of insecurity situations. Such programmes would increase income in households, which would gradually drive the local economy of Awka Metropolis.

Keywords: Insecurity, Household, Consumption and Awka metropolis

Introduction

Security is one of the fundamental human rights of the people in any given nation as provided in the constitution of most sovereign states. The issue of security is one of the determents of development in any country of the world. In Nigeria particularly, the far reaching effects of insecurity can be seen in most states, Anambra state inclusive. The rate of insecurity in Awka Metropolis is an issue that needs to be addressed.

Nwadinobi (2013) [14], defined security as all the activities involved in protecting a person, group or country, against danger and attack among others. Human security can also be seen as safety from threats such as hunger, diseases and disaster and also protection from sudden disruption in patterns of everyday life (Nwadinobi, 2013) [14]. Insecurity then, is the absence of these safety activities. Udoh (2015) [19] defined insecurity to mean the state of being subject to danger or injury, that is, the anxiety that is experienced when one feels vulnerable and insecure.

In Anambra State, Country of Origin Information (COI) Report June 2021, noted that the main actors in the security situation in Anambra state were police services, unidentified gunmen and communal militias, farmer and herder communities clashing over land, and cults. This has manifested in Awka Metropolis as grave changes in the consumption patterns of households.

Corporate Finance Institute (CFI) (2019), observed that consumption is the use of goods and services by households. Neoclassical economists view consumption as the main reason of economic activity, therefore, consumption level per person is seen as a focal measure of an economy's productive success for two reasons: First, aggregate savings is determined by the level of aggregate consumption because saving is defined as the portion of income that is not consumed. Second, in-depth understanding of the consumption expenditure accounts is useful to understanding macroeconomic fluctuations and the business cycle (Carroll, 2020) [6]. Consumption can be defined as spending tangible and intangible values that are ventured to meet some needs, whether real or fake (Firat, Kutucuoglu, Saltik, and Tunçel, 2013).

Consumption Patterns on the other hand is the process by which people purchase and consume products and services to satisfy their needs. It looks at the factors and actors influencing consumer consumption, some of which are: intra-household and community level dynamics, socio-cultural factors, economic and market factors, policies, and ecological or geographical factors. In this study however, we are going to broadly look at the effects of insecurity on the consumption patterns of households in Awka Metropolis by finding out the effects of insecurity on the income of households in Awka Metropolis and the effects of insecurity on wealth creation in Awka Metropolis.

Statement of the Problem
Perceived insecurity, poses a challenge to several households which has resulted in high cost of food, as well as various forms of vulnerabilities in Awka metropolis. However, the conceptualization of how much insecurity has impacted consumption in Awka metropolis is yet to be determined. Hence this work targeted at assessing the effect of insecurity on income and household feeding patterns in Awka metropolis.

Objective of the Study
The specific objectives of this study is:
1. To determine the effect of insecurity on the income of household in the Awka Metropolis.
2. To examine the effects of insecurity on feeding pattern of households in Awka Metropolis.

Hypotheses
Ho1: Insecurity has no significant effect on the income level of respondents in the study area.
Ho2: Insecurity has no significant effect on the feeding pattern of households in the study area.

Conceptual Review
Insecurity in Nigeria
Nigeria though a great nation is filled with violent conflicts, chaos, anarchy and disorderliness, and retrogression (Ndubuisi-Okolo and Anigbuogu, 2019) [13]. The issue of insecurity in Nigeria has become a cancer manifested in acts like bombing, kidnapping/hostage taking, and destruction of property, indiscriminate killings, and cult clashes. Although not a new phenomenon, the recent rise in the level of insecurity in Awka Metropolis leaves nothing to be desired. Beland (2005) [5] defines insecurity as lack of protection from crime (being unsafe) and lack of freedom from psychological harm (unprotected from emotional stress resulting from

paucity of assurance that an individual is accepted, has opportunity and choices to fulfill his or her own potentials including freedom from fear. That is, those affected by insecurity are not only uncertain or unaware of what would happen but they are also not able to stop it or protect themselves when it happens (Achumba, Ighomereho and Akpor-Robaro, 2013) [1].

The rate of insecurity in Nigeria has reached a critical level seen in various facets of our national life such as daily loss of lives and properties, depletion of population, comatose businesses, reduced investments, loss of foreign investors, increasing unemployment rate, and vulnerability and fear by the populace (Onime, 2018) [19]. Some instances of these insecurity include ethnic conflict in some part of the North, kidnapping, militancy and pipeline vandalisation activities in the Niger-delta, terrorism and religious extremism by Boko Haram in North East, agitations for self-determination by IPOB (Indigenous People of Biafra) and MASSOB (Movement for the Actualization of the Sovereign State of Biafra) in South East, herdsmen disturbances, ritual killings in the South West and East and other political and economic disturbances and economic activities in these areas are greatly affected.

Some causes of insecurity are; political factors, unemployment (According to the National Bureau of Statistics, the employment rate in Nigeria as of July 2021 has reached 32.5%), poverty. Other causes include: poor infrastructure facilities, rural-urban migration, job racketeering.

Insecurity and Consumption
The concept of security is centered more directly around the protection of people, the scope of their freedom within society, their access to market and social opportunities, and whether their society is in a state of peace or conflict (Ahmed, 2014). Economic and food security is one of the components of security.

Roach, Goodwin and Nelson, (2019) [18] defined consumption as the process by which goods and services are put to final use by people. This definition however, was criticized for not capturing the essence of consumption.

The inability of government to provide a secure and safe environment for lives, properties and the conduct of business and economic activities has led to resentment and disaffection among ethnic groups. The security of any nation encompasses other crucial areas which include environmental protection, social and food security and more especially the prevalence of internal peace (Azu, Uduh, and Mobosi, 2020) [4]. Adekoya (2021), opined that there is low food production as a result of climate change and the activity of the herdsmen leading to a hike in the prices of household items (21.79%). Hence, the people must be protected from external attacks, devastating consequences of internal upheavals, unemployment, hunger, starvation, diseases, ignorance, homelessness, environmental degradation and pollution cum socio-economic injustices.

Concept of Income
Kagan (2021) [10] defined income as what an individual or business receives in exchange for providing labor, producing a good or service, or through investing capital. Mostly, income is often received in the form of wages or salary and is used to take care of everyday expenditures of households. The disposable income of households (income after tax) are

spent on necessities, such as housing, food, and transportation. Hicks cited in Procházka (2021) defined income as the maximum value which one can consume during a week, and still expect to be as well of at the end of period as he was at the beginning.

Argon (2021), opined that income is a monetary worth of efforts put in by an individual for a period of time. These efforts could be mental, physical or financial.

Consumer spending
Insecurity affects consumer household's confidence in spending. This may be attributed to fear of leaving the house, reduction in the value of money due to increase in prices of goods and services.

Government's inability to effectively curb the issue of insecurity in the state is affecting the cost of doing business as well as the disposable income of many households (Adekoya, 2021). The rate of insecurity is taking a toll on the incomes of households not withstanding pressure from the rising core and food inflation. With a minimum wage of #30,000, an average household pays a minimum of #1000 on security fees (3% of the income) with nothing to show for it. On the effect of insecurity on the area of access to food, communal crisis and rising cases of kidnapping has affected the consumption pattern of citizens through increase in the prices of available good items. Farmers are unable to plant or harvest crops due to the activities of the herdsmen. Also, most armed bandits insist on payments before Farmers can access farmlands during the planting season while extorting them during the harvest season.

According to Reliefweb, 5.1 million Nigerians are at high risk of being critically food insecure between June and August, 2021. The rising insecurity and killings in Awka metropolis in recent times have led many households and businesses to incur newer security costs to protect their assets and secure safe passage while moving from one place to another. Azu *et al*., (2020) [4] collaborated this as posited that there seems to be a symbiotic bond linking national security and wealth creation.

Empirical Framework
Andrew Benito (2004) [2], in a study captioned "Does job insecurity affect household consumption?" This paper confronts implications of precautionary saving models with microdata on British households. The results provide support for the central proposition that job insecurity depresses household consumption levels. A one standard deviation increase in unemployment risk for the head of household is estimated to reduce household consumption by 2.7%. Interpreting the spread of the distribution across workers in job insecurity levels as consisting of four standard deviations, this implies that moving from the bottom to the top of the distribution gives rise to a reduction in consumption of 11%, ceteris paribus. This effect is estimated to be greater for the young, those without non-labour income and manual workers, a pattern also consistent with the predictions of precautionary saving models. The paper then studies the propensity for households to purchase durable goods and finds durables purchases to be delayed significantly by higher unemployment risk. The paper therefore demonstrates that job insecurity affects aggregate demand through both non-durable and durable expenditure, controlling for other influences including estimated permanent income.

In the works of Daniel A. Mekonnen, Laura Trijsburg, Thom Achterbosch, Inge D. Brouwer, Gina Kennedy, Vincent Linderhof, Ruerd Ruben and Elise F. Talsma on Food consumption patterns, nutrient adequacy, and the food systems in Nigeria. Existing evidence shows Nigeria is one of the countries with high levels of food and nutrition insecurity. An expanding literature emphasizes the importance of identifying entry points for interventions in the food systems as the food systems determine diet quantity, quality, diversity, and safety, which in turn determines the nutrition and health status of the population. This study attempted to contribute evidence on food group consumption patterns, HDDS, and average nutrient adequacy and their linkages with components of the food systems. Results suggest that consumption of nutrient-rich foods was low. For example, eggs and dairy products were consumed by less than 40% of households while fruits and meat were consumed by less than 60% of households, on average. In general, urban households had higher dietary diversity (mean 9.4, s.d. 1.8) than rural households (mean 8.4, s.d 1.9), and the differences are more pronounced in consumption of fruits and animal source foods. (Mekonnen *et al*. Agricultural and Food Economics (2021) [12] 9:16 https://doi.org/10.1186/s40100-021-00188-2).

Andreas Chai (2018) in a study titled "Household consumption patterns and the sectoral composition of growing economies: A review of the interlinkages", noted that in sum, significant changes in expenditure patterns that occur as household income rises may transform the industrial composition of the economy. As households become wealthier and begin to diversify their spending beyond basic necessities, the growth rates of manufacturing and services industries begin to rise. By affecting the growth rate of demand at the sectoral level, innovative activity within industries and the broader industrial composition of the economy is intrinsically linked to the manner in which the composition of household spending evolves as income grows. This opens up the possibility of a positive feedback loop between the growth of the demand side and that of the supply side of the economy. As industries grow by serving the needs of consumers, these needs become satiated and households dedicate further increases in expenditure to other consumption priorities that stimulate growth in other industries. Structural change generates rising household income which creates the conditions for further structural change.

Kuku-Shittu, Mathiassen, Wadhwa, Myles and Ajibola (2013) [11], investigated Comprehensive Food Security and Vulnerability Analysis Nigeria. The study provides an in-depth assessment of the food security situation within Nigeria. This is very important as it equips policymakers with timely and relevant information that will aid the targeting of interventions. Some of the most pertinent findings of the study are; food insecurity and poverty are intricately linked. Some 29 percent of households in the poorest wealth quintiles have unacceptable diets (9 percent poor and 20 percent borderline) compared with 15 percent in the wealthiest (2 percent poor and 13 percent borderline). Most households in all regions and at all wealth levels purchase food, but rural households and poorer households (by wealth and livelihood) also rely heavily on own food production. Households in the poorest quintiles in both rural and urban areas rely on own production (32 percent rural and 24 percent urban). Wealthier urban households rely mostly on purchases, whereas own production is common at varying levels across all wealth

levels for rural households. Poorer households are more likely to engage in extreme coping strategies (like going a whole day without food) to deal with food shortages.

Theoretical framework
The Theory of Planned Behavior.

The Theory of Reasoned Action was developed by Martin Fishbein and Icek Ajzen in 1975 as an improvement over the information integration theory. Fishbein and Ajzen formulated the theory after trying to determine the differences between attitude and behavior. The theory was intended to explain all behaviors over which people have the ability to exert self-control. The theory was elaborated by Icek Ajzen in 1991 for the purpose of improving the predictive power of the Theory of Reasoned Action (TRA). Ajzen's idea was to include perceived behavioral control in TPB. Perceived behavior control was not a component of TRA. The key component to this model is behavioral intent; behavioral intentions are influenced by the attitude about the likelihood that the behavior will have the expected outcome and the subjective evaluation of the risks and benefits of that outcome. The goal of the theory of planned behavior (TPB) is to provide a comprehensive framework for understanding the determinants of such behaviors.

First described in 1985 (Ajzen, 1985), the TPB is today one of the most popular social-psychological models for understanding and predicting human behavior. Briefly, in the TPB, the immediate antecedent of a particular behavior is the "intention" to perform the behavior in question. This intention is assumed to be determined by three kinds of considerations or beliefs. The first is termed "behavioral beliefs" and refers to the perceived positive or negative consequences of performing the behavior and the subjective values or evaluations of these consequences. In their aggregate, behavioral beliefs that are readily accessible in memory lead to the formation of a positive or negative "attitude toward the behavior". A second kind of consideration has to do with the perceived expectations and behaviors of important referent individuals or groups, combined with the person's motivation to comply with the referents in question. These considerations are termed normative beliefs, and the normative beliefs that are readily accessible in memory combine to produce a perceived social pressure or subjective norm with respect to performing the behavior. The third type of consideration, control beliefs, is concerned with the perceived presence of factors that can influence a person's ability to perform the behavior. Together with the perceived power of these factors to facilitate or interfere with behavioral performance, readily accessible control beliefs produce a certain level of perceived behavioral control (or self-efficacy, Bandura, 1977) in relation to the behavior. As a general rule, the more favorable the attitude and subjective norm with respect to engaging in the behavior, and the greater the perceived control, the more likely it is that a person will form an intention to perform the behavior in question. Finally, intentions are expected to lead to performance of the behavior to the extent that people are in fact capable of doing so, i.e., to the extent that they have actual control over the behavior. Actual behavioral control is thus expected to moderate the effect of intention on behavior. A schematic representation of the TPB is shown in Figure 1.
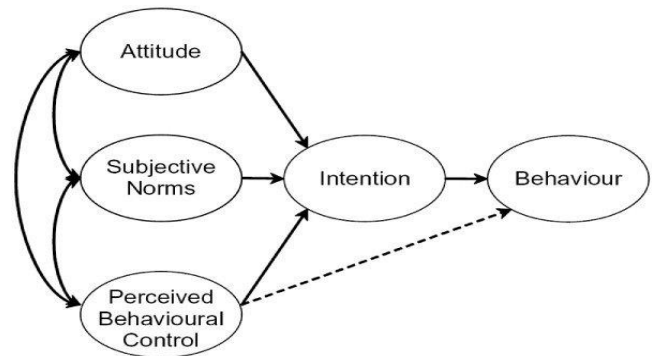

Fig 1: The Theory of Planned Behavior. (Ajzen, 1991)

Not shown in the diagram are feedback loops from behavior to beliefs. Once a behavior is performed, it provides information about consequences, about the reactions of important others, and about the ease or difficulty of performing the behavior. This information is bound to change some of the person's behavioral, normative, and/or control beliefs, thus influencing intentions and future behavior. Beyond the factors that constitute the theory itself as shown in Figure 1, the TPB recognizes the potential importance of other variables, such as demographic characteristics (age, gender, race, religion, education, income, etc.), personality traits, general attitudes and life values, intelligence, emotions, and so forth. These variables are considered background factors in the theory of planned behavior; they are expected to influence intentions and behavior only indirectly by their effects on behavioral, normative, and control beliefs.

It is important to realize that the TPB does not assume rationality on the part of the decision maker. All we assume in the TPB is that people's intentions and behaviors follow reasonably and consistently from their beliefs no matter how these beliefs were formed. It is only in this sense that behavior is said to be reasoned or planned. Moreover, people are not assumed to go through a careful examination of beliefs every time they perform a behavior. With repetition, behavior becomes routine and is performed without much conscious consideration (Ajzen 1991).

Research Methodology

The descriptive survey design was adopted for the study. The area of study is Awka metropolis. The population of the study consists of all households in the study area. For this study, the primary source of data was employed.

Since the population of the study is unknown, the sample size was determined thus;

Where the population is unknown, the sample size can be derived by computing the minimum sample size required for accuracy in estimating proportions by considering the standard normal deviation set at 90% confidence level (1.645), percentage picking a choice or response (50% = 0.5) and the confidence interval (0.05 = ±5). (Singh &Masuku, 2014 citing Cochran (1963)

The formula is

$$n = \frac{z^2\,(p)(1-p)}{c^2}$$

Where:

z = standard normal deviation set at 90% confidence level = 1.645

p = percentage picking a choice or response

c = confidence interval

$$n = \frac{(1.645)^2 (0.5)(0.5)}{(0.05)^2}$$

$$n = \frac{(2.706)(0.25)}{(0.05)^2}$$

$$n = \frac{(0.6765)}{(0.0025)}$$

n = 270.6 approximately 271

271 questionnaires were randomly distributed in the communities in Awka metropolis. Total number of questionnaires retrieved were 212.

The data analysis was made using mean score from a 5-point scale thus:

$$\text{Mean X} = \frac{\Sigma fx}{\Sigma f}$$

Decision Rule

An item is accepted when the mean is equal to or greater than 2.5, but rejected if below 2.5 cut off point. 2.5 was gotten by adding the points of each response, which is rated from 4-1 and divided by the total number of possible response option.

$$\frac{N+S+O+A}{4} = \frac{4+3+2+1}{4} = \frac{10}{4} = 2.5$$

Using SPSS package, regression analysis was run at significance level of 0.05 with the degree of freedom (df) = (n-1).

Data Analysis
Descriptive Statistics

Table 1: Descriptive Statistics of Responses

S/N	Characteristics	Respondents Category	Frequency	Percentage
1	**Gender**	Male	80	37.7%
		Female	132	62.3%
		Total	**212**	**100%**
2	**Age**	Less than 25	34	16%
		26 - 35	94	44.3%
		36 – 45	56	26.4%
		46 – 55	28	13.2%
		Total	**212**	**100%**
3	**Educational Qualification**	Primary School	43	20.3%
		Secondary School	61	28.8%
		Tertiary Education	108	50.9%
		Total	**212**	**100%**
4	**Marital Status**	Single	50	23.6%
		Married	136	64.2%
		Divorced	26	12.3%
		Total	**212**	**100%**
5	**Estimated Annual Income**	Below 100,000	50	23.6%
		100,001 – 150,000	52	24.5%
		150,001 – 200,000	54	25.5%
		200,001 – 300,000	28	13.2%
		300,001 and Above	28	13.2%
		Total	**212**	**100%**

Source: Field Data, 2021

Table 1 above shows the gender percentage of respondents as male 37.7% representing 80, while 62.3% were female representing 132.

Concerning age of respondents, 34 respondents representing 16% were less than 25 years old, 94 respondents representing 44.3% were between 26 - 35 years old, 56 respondents representing 26.4% were between 36 - 45 years old while 28 respondents representing 13.2% were between 46 - 55 years.

43 respondents representing 20.3% has primary school educational qualification, 61 respondents representing 28.8% has secondary school educational qualification while 108 respondents representing 50.9% were tertiary education graduates.

Concerning marital status; 50 respondents representing 23.6% are single, 136 respondents representing 64.2% are married while 26 respondents representing 12.3% were divorced.

Concerning estimated annual income; 50 respondents representing 23.6% had an annual income of below N100, 000, 52 respondents representing 24.5% had an annual income of between N100, 001 – N150,000, 54 respondents representing 25.5% had an annual income of between N150, 001 – N200,000, 28 respondents representing 13.2% had an annual income of between N200, 001 – N300,000 and N301,000 and above respectively.

Estimation of Feeding Pattern of Household in the Study Area

Table 2: Estimation of Feeding Pattern of Household in the Study Area

Statement	N	S	O	A	Mean	STD
How often do you feed your household with balanced diet?	26	56	44	86	**2.90***	1.075
How often do you buy a substitute to what you want to buy because of hike in price?	12	76	60	64	2.83*	0.928

Key: N=Never, S=Sometimes, O=Often, A= All the time
Source: Field Data, 2021. (Note: * Accepted, * * Rejected. N = 212)

Table 2 above shows the estimation of feeding pattern of household in the study area. 26 respondents have never fed their household with balance diet, 56 respondents have sometimes fed their household with balance diet, 44 respondents have often fed their household with balance diet while 86 respondents have always fed their household with balance diet. With a mean score of 2.90 which is higher than 2.5, therefore, it is an acceptable indicator of feeding pattern of household in the study area.

12 respondents have never bought a substitute to what they want because of hike of prices, 76 respondents have sometimes bought a substitute to what they want because of hike of prices, 60 respondents have often bought a substitute to what they want because of hike of prices while 64 respondents have at all times bought a substitute to what they want because of hike of prices. This indicator is accepted since its mean score is above 2.5.

Table 3: Estimation of Respondents' Sense of Insecurity

Statement	N	S	O	A	Mean	STD
During the past 12 months have you carried with you something that can be used for self-defense, as a precaution for threatening situations?	152	48	12	0	**1.34****	0.582
How often has insecurity caused your shop to close?	180	0	14	8	2.04**	0.973
How often has your shop been attacked?	152	50	0	0	1.47**	0.731

Key: N=Never, S=Sometimes, O=Often, A= All the time.
Source: Field Data, 2021. (Note: * Accepted, * * Rejected. N = 212)

Table 3 shows that 152 respondents have never in the past 12 months carried something used for self-defense as a precaution for threatening situations, 48 respondents have sometimes carried something used for self-defense while 12 respondents have often carried something used for self-defense as a precaution for threatening situations.
180 respondents have never in the past 12 months closed shop as a result of insecurity, 14 respondents have often in the past 12 months closed shop as a result of insecurity while 8 respondents have all the time, in the past 12 months closed shop as a result of insecurity.
152 respondents have never in the past 12 months been

attacked as a result of insecurity while 50 respondents have sometimes in the past 12 months been attacked as a result of insecurity,

Test of Hypotheses
The test is used to know the statistical significance of the individual parameters.

Hypothesis One
Ho$_1$: Insecurity has no significant effect on respondents' household feeding pattern in the study area.

Table 4: Regression Estimates of insecurity and respondents' household feeding pattern

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.154	.024	.019	.34604

Coefficients

Model	Unstandardized Coefficients		Standard Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	1.200	.035		34.051	.000
Household feeding pattern	-.038	.17	-.154	-2.254	.025

*Source***:** Researcher's computerization

Interpretation
The regression analysis on table 4, the coefficient to multiple determination R^2 = 0.024, describes the extent to which the dependent variable is being explained by independent variable. This implied that only 2% of variations in household feeding pattern are caused by insecurity.
Only variable with p-value less than 0.05 is statistically significant, looking at Table 4 the variable analysed is

significant. The regression coefficient for household feeding pattern p-value is 0.025 which is below 0.05. Therefore, insecurity has significant effect on respondents' household feeding pattern in the study area.

Hypothesis Two
Ho$_2$: Insecurity has no significant effect on respondents' income in the study area.

Table 5: Regression Estimates of insecurity and respondents' income

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.352ᵃ	.124	.120	.32778

Coefficients

Model	Unstandardized Coefficients		Standard Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant	1.390	.051		27.318	.000
Estimated annual Income	-.093	.017	-.352	-5.451	.000

Source: Researcher's computerization

Interpretation
The regression analysis on table 5, the coefficient to multiple determination $R^2 = 0.124$, describes the extent to which the dependent variable is being explained by independent variable. This implied that 12.4% of variations in respondents' income are caused by insecurity.

Only variable with p-value less than 0.05 is statistically significant, looking at table 5 the variable analyzed is significant with a p-value of 0.000 which is below 0.05. Therefore, insecurity has significant effect on respondents' income level in the study area.

Discussion of Findings
From the findings of the study, it was discovered that insecurity significantly affects consumption patterns in the Awka Metropolis.

With a regression coefficient for household feeding pattern p-value is 0.025 which is below 0.05, insecurity has significant effect on respondents' household feeding pattern in the study area. With a regression coefficient for respondents' income p-value of 0.000 which is below 0.05, insecurity has significant effect on respondents' income level in the study area.

This finding is in line with Kuku-Shittu, *et al*. (2013), while investigating comprehensive food security and vulnerability analysis in Nigeria. The study found out that the poorer households in that study are more likely to engage in extreme coping strategies (like going a whole day without food) to deal with food shortages which is in fact a change in feeding pattern.

Conclusion
In conclusion, insecurity has altered feeding pattern of respondents in Awka Metropolis in terms of being unable to have a balanced diet as well as change of desired diet option as a result of hike in prices which has invariably causes some household to adopt coping strategies like reduction in the number time they feed in a day, going a whole day without food as well as reallocation of household resources. Also, insecurity has affected the income of respondents in Awka Metropolis.

Recommendations
1. Government efforts need to be intensified in setting up short-term cushioning programme to ameliorate the effect of increasing pricing of food items as a result of insecurity situations. Such programmes would increase income in households, which would gradually drive the local economy of Awka Metropolis.
2. The government of Anambra State need to beef up security measures around Awka metropolis by approving integrated community policing so as to wade off hoodlums in the State

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