HOME MANAGEMENT STRATEGIES FOR FOOD SECURITY DURING COVID-19 PANDEMIC

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Abstract
The study Examined household management strategies for food security during the COVID-19 pandemic. This study employed a descriptive survey design. The population consisted 5,663,400 people of Delta State. The Taro Yamane formula was used to determine the sample size, which was 400. The questionnaire was used to collect data for this study. Cronbach’s alpha, was used to determine the reliability of the instrument which produced a r value of 0.69. Data were analysed using multiple regression, means, standard deviation and Pearson correlation. Findings showed that the factors affecting the management of home and families are (number of children, average age of children, family income, food availability, food diversification and food hike) had a significant relationship with home economics, and food availability was the highest predictor (β =.051) of home economics status; COVID 19 has an effect on food security; various coping mechanisms were employed by Deltans to alleviate the problems posed by COVID; During the COVID-19 pandemic, the majority of respondents had poor home management, and there was a substantial positive association between food security and home economics. It was concluded that the factors affecting home economics (home management) significantly predict home economics during COVID-19 just as food availability was the highest predictor of home management. Several coping strategies were employed during COVID-19 pandemic for household survival. Besides, most respondents had unsatisfactory home management during the pandemic. The government’s implementation of steps to achieve food security was primarily advised because doing so promotes both sustainable economic growth and human health.

Keywords: Home Management, Food Security, Covid-19 Pandemic, Home Economics, Family

Introduction
Food scarcity has always been an issue for humans. More than 2 billion people globally lack vital micronutrients, according to the Food and Agriculture Organization (FAO), International Fund for Agricultural Development (IFAD), and International Children's Fund, affecting their health and life expectancy. Every day, over 820 million people worldwide suffer from hunger. 2019; Kansiime, 2020; World Food Program (WFP), World Health Organization (WHO), and United Nations Children's Fund (UNICEF). Food insecurity stems from a number of complex fundamental issues. They are associated with a variety of closely related issues, such as: B. Inadequate access to key social services, poverty, and some errors in government policy (Sriram&Tarasuk, 2016; Abdullah et al., 2019). The situation of poverty in Nigeria worsens as the FAO (2008) emphasized that the incidence of hunger was highest in the Sub-Saharan African (SSA) where one in every three persons suffer from chronic hunger and Nigeria with a population of 140 million as at 2007/2008 food crisis, had about 50 million people suffering from extreme hunger. This situation tends to be shameful mostly with the fact that the Nigerian economy is seen as the largest in Africa and the country boasts of vast wealth of essential natural resources, such as fertile arable cultivating lands, conducive climatic condition for farming, human resources availability and accessibility of water resources (Ehabor&Idehen, 2015). SSA, where Nigeria is geographically located seems to be at a high risk of food shortage in the nearest future. Likewise, Sanusi and Yusuf (2006) observed that SSA has the lowest regional ratings in food security for a number of reasons, including widespread poverty, low average earnings that make it difficult to purchase food, and a heavy reliance on food imports (Kolawole, 2015).

The coronavirus disease 19 (COVID-19) pandemic was first detected in Wuhan, China, in December 2019. (Singhal, 2020). Because of the virus's rapid global spread, the World Health Organization (WHO) declared him a global pandemic in March 2020. (Cucinotta&Vanelli, 2020). Since then, the
sickness has worsened into an unprecedented public health disaster, wreaking havoc on both the economy and society. In compliance with WHO recommendations and international best practices, the Nigerian government has imposed a number of restrictions to prevent the disease from spreading within its borders. Non-essential services are being phased out, as are isolation and physical and social distance. Nigeria's movement restrictions are a total lockdown, with inhabitants staying fully indoors except for those engaged in key services. Intra- and inter-state travel is prohibited across Nigeria, and individuals are only permitted to leave their homes in an emergency.

Unintentionally disrupting people's lifestyles has had a huge negative impact on food security and the economy as a result of the execution of these harsh policies. Nigeria has experienced terrible hunger (food insecurity), malnutrition, and poverty. Additional elements that can make things worse in Nigeria include the country's high percentage of migrant workers, a lack of economic diversification, and inadequate health facilities. Additionally, families' access to food is severely impacted, which has a negative impact on nutrition, by the inadequate or non existent national welfare systems in Africa that shield people from income loss (Bailey & Turner, 2002; Kansiime et al., 2020). Status. COVID-19 related restrictions have hampered the whole food supply chain. Food costs will undoubtedly increase in scenarios where shocks cause food shortages, with the most nutrient-dense items commanding the highest prices.

According to the aforementioned, family well-being requires suitable housekeeping or management practices, especially in light of food security, as well as the COVID-19 pandemic's influence on families and their houses. Hence, according to the American Association of Family and Consumer Sciences (2015), home economics has to deal with consumer concerns, personal and family finances, home and interior design, food science and preparation, nutrition, and health, as well as textiles and apparel. Cooking and safety are only two examples of household jobs; there are many duties related to family life. Women are the primary carers in the family, and their present level of care is determined considerably by their education and understanding of basic nutrition, health care, and household responsibilities (Abbi et al., Christian, Gujaral & Gopaddas, 2003; Gbadebo, Abraham & Adebayo, 2015). Her main areas of expertise include property management, food and nutrition, textiles and clothing, and others.

Food security during the COVID-19 outbreak has been studied in relation to home economics principles or strategies. During the COVID-19 pandemic, home care and food security solutions in terms of food supply, family income, grocery shopping, meal preparation, childcare, and management were considered. Household management is the planning, directing, and evaluation of the use of family resources with the objective of accomplishing family goals, according to Erhabor and Idehen (2015). By making good use of the resources at your disposal, you may raise your chances of attaining your intended objectives. Taking care of your house and family is part of managing your property. This is the process of overseeing important household tasks and correctly managing your home and property. It encompasses the housewife's managerial skills, interests, and capacity to inspire other family members to cooperate in the pursuit of shared objectives for the welfare of the household. Participate in the production, consumption, and coordination of the numerous activities required for the goals of the family to be achieved.

Past life house reigns are impacted by changes in our lives. Management will inevitably need to be aware of and deal with challenges brought on by change, such as unanticipated COVID-19 outbreaks, as the environment evolves. The family economics and the equitable distribution of family income are additional household responsibilities. All facets of household administration are covered, including home appliance maintenance, child care, laundry, clothes production, selecting suitable foods, food provision, child care and preparing meals (Shuani, 2022).

Food security, on the other hand, exists when everyone, at all times, has physical, social, and economic access to enough, safe, and nutritious food to meet their dietary needs and food choices for an active and healthy life. Four pillars promote food security: availability, accessibility, usage, and stability. The nutritional component is included in the concept of food security (World Summit of Food Security, 2009). Food insecurity, on the other hand, refers to a scenario in which people's capacity to access sufficient, safe, and nutritious food that meets
their dietary needs and food choices for an active and healthy life is jeopardized. This illness has been linked to a multitude of negative health effects that affect both the body and the psyche (Weingartner, 2008).

The COVID-19 pandemic crisis also led to changes in the home economics and family management strategies that women had. The extreme hardship led to the government of the day providing palliatives (in the form of food items, toiletries, beverages, camp gas, and so on) for the people that were impoverished. The North-Eastern States of Borno, Yobe and Adamawa as well as the North-Central State of Benue are known for the production of foods (staple) like maize, millet, wheat, rice and cowpeas. Following the mandatory COVID-19 lockdown enforced by the governments, thousands of residents who are largely farmers were forced to stay indoors thus denying them access to their farmlands and food distribution. Due to this circumstance, food costs have increased, such as maize, millet, wheat, tomatoes, smoked fish and rice leading to acute food insecurity in Nigeria.

Every man, woman, and child is said to have an intrinsic right to be free from hunger and malnutrition, according to the International Declaration on the Elimination of Hunger and Malnutrition (United Nations Human Rights, 2015). Since then, the concept of guaranteeing food security has grown and changed in order to preserve and advance the availability of food on a national scale. Despite this, there are still many people who are hungry and undernourished. Furthermore, Erhabor and Idehen (2015) reported that 750 million people were food insecure in 50 low income countries which results in hunger and malnutrition among the people.

Despite the fact that various studies have explored the possible consequences of the epidemic on global and national economic indices like GDP, there is little evidence on how the pandemic and related lockdown measures are affecting individuals at the household level (their home economy) employment, budget deficits, GDP growth, government expenditure and global poverty and so on (Sumner, Hoy, and Ortiz-Juarez, 2020; Nicola et al, 2020; ILO, 2020).

Every person must be able to get enough food that is sufficiently nourishing for a healthy and active life in order to have food security (World Bank, 1986; Erhabor & Idehen, 2015). Notwithstanding this theme, most households in Nigeria, especially the impoverished in the rural regions, have not yet adopted it. The high prevalence of hunger and food security in Nigeria has been strongly correlated with poverty. The accessibility of these foods or the opportunity for the poor to gain access to these foods is greatly limited particularly in the country as a result of their weak purchasing power (paucity of income). This also indicates that there exists food insecurity in the country (Erhabor & Idehen, 2015; National Bureau of Statistics, 2022).

Due to the rising pace of imports, food availability in Nigeria appears to remain constant. Yet, the availability of these items is the most crucial factor that might result in malnutrition and hunger (food insecurity). People appear to have varying access to food as a result of resources being distributed unevenly, unemployment rate is high, poverty and rise in food costs. This scenario possesses a huge threat to Nigeria's food security, as well as home management, which is also worsened by the ravaging COVID-19 pandemic.

Research Questions

The following research questions were raised to guide the study:

1. What factors affected management of homes or families in COVID-19 pandemic?
2. In what ways did the COVID-19 pandemic affected food security?
3. What were the coping mechanisms employed by households during COVID-19 pandemic?
4. What are the home economics strategies used during COVID-19?
5. Is there a relationship between home economics and food security during COVID-19 pandemic?

Hypotheses

The following hypotheses were formulated to guide the study:

1. The factors affecting home economics do not significantly predict home economics during COVID-19 pandemic.
2. During the COVID-19 pandemic, there is no substantial link between home economics (house management) and food security.
Methods and Materials

Research Design
A descriptive survey research technique was employed for this investigation.

The Population of the Study
All Delta State inhabitants make up the study’s population. Five million, six hundred and sixty-three thousand, four hundred (5,663,400) people call Delta State home (National Population Census, 2006).

Sample and sampling techniques
Due to the sizable size of the population, the Taro Yamane formula was utilized to determine the sample size for this investigation. Hence, the sample size used was 400. The calculation using the formula was arrived at as shown below:

\[
Taro \text{ Yamane formula: } n = \frac{N}{(1+N(e)^2)}
\]

\[
n = \frac{5663400}{(1+5663400(0.05)\times^2)}
\]

\[
= \frac{5663400}{1+14.1585}
\]

\[
n = \frac{5663400}{14.1585}
\]

\[
n = 399.97 = 400.
\]

The respondents used for the study were women who were mothers of their households. The study’s sample was chosen using the purposive/accidental sampling approach based on what the respondents saw in their homes.

Research Instrument

A 36-item self-structured questionnaire named Home Economics (Home Management) and Food Security during COVID-19 pandemic Questionnaire (HEFSCPQ) was used to collect data. There were two sections: A and B. There were 6 items in Section A, which is the Bio-Data section. Section B comprised 30 items; subdivided into four parts corresponding to variables in research questions 2, 3 and 4 having 16, 6 and 8 items respectively. The 6 items of the bio-data were connected with research question 1 and equally used in analyzing it.

Validity of the Instrument
Two specialists in the field of vocational and technical education and for evaluation and measurement of instrument, one expert

Reliability of the Study
Twenty (20) citizens of Delta State participated in a pilot study using the HEFSCPQ instrument. They were asked to provide a score to each statement, which they did. The produced data was utilized to calculate the coefficient for the HEFSCPQ, which was calculated using Cronbach alpha and found to be 0.69 (i.e., r=0.69).

Method of Data Analysis
Multiple regression, mean and standard deviation, percentages, and Pearson correlation statistics were used to examine the data. The biodata of the respondents was examined in connection to research question 1 using inferential statistics of multiple regression, whereas research questions 2 and 3 were examined using “mean and standard deviation”. The threshold for “agree” was a mean value of 2.50 or higher, while “disagree” was defined as a mean value of 2.49 or below. This was decided using a modified Likert scale with four points: Strongly Agree (SA) = 4, Agree (A) = 3, Disagree (D) = 2, and Strongly Disagree (SD) = 1. 4+3+2+1 = 10/4 = 2.50 is the average. In terms of answering question 4, descriptive statistics of frequency and percentages was employed and this was determined by the score of 1–20 indicating unsatisfactory home management during COVID-19 pandemic, while 21-40 indicated satisfactory. This was arrived at by multiplying the 10 items related to status of home management in the questionnaire by 4 (being the highest score on the modified Likert scale); and then the product of 40, divided by 2 equals 20. Hence, it is established that any home management status score of 1–20 is deemed ‘unsatisfactory’, while 21-40 is ‘satisfactory.’ Arithmetically: 10x4=40; 40/2=20; and inferential statistics of Pearson’s r was used in answering research question 5. For the hypotheses, inferential statistics of multiple regression was used in testing hypothesis 1 (in relation to research question 1); while, Pearson correlation statistics was used in testing hypothesis 2 (in relation to research question 5). Using SPSS, all statistical operations were carried out (version 22.0). The alpha threshold for the examined hypotheses was fixed at 0.05.
Results

Research Question 1: What factors affected management of homes or families in COVID-19 pandemic?

Hypothesis 1: The number of children, average age of children, family income, food availability, food diversification and food hike do not significantly predict home economics during COVID-19.

Table 1: Multiple Regression statistics on prediction of independent variables on management of home or families during COVID-19

<table>
<thead>
<tr>
<th>Model Summary</th>
<th>R Square</th>
<th>Adjusted R Square</th>
<th>Std. Error of Estimate</th>
<th>R Square Change</th>
<th>F Change</th>
<th>df 1</th>
<th>df 2</th>
<th>Sig. F Change</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>.182a</td>
<td>.033</td>
<td>.018</td>
<td>.033</td>
<td>2.223</td>
<td>6</td>
<td>391</td>
<td>.040</td>
</tr>
</tbody>
</table>

Analysis of Variance (Anova) (Home economics)

<table>
<thead>
<tr>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>Sig.</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regression</td>
<td>338.945</td>
<td>6</td>
<td>56.491</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Residual</td>
<td>9934.965</td>
<td>391</td>
<td>25.409</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>10273.910</td>
<td>397</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Coefficients (Home economics)

<table>
<thead>
<tr>
<th>Model</th>
<th>Standardized Coefficients</th>
<th>T</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Constant)</td>
<td></td>
<td>19.481</td>
<td>.000</td>
</tr>
<tr>
<td>Number of Children</td>
<td>-.070</td>
<td>-1.404</td>
<td>.161</td>
</tr>
<tr>
<td>Ave. age of children</td>
<td>.138</td>
<td>2.751</td>
<td>.006</td>
</tr>
<tr>
<td>Family income</td>
<td>-.064</td>
<td>-1.281</td>
<td>.201</td>
</tr>
<tr>
<td>Food availability</td>
<td>.051</td>
<td>1.015</td>
<td>.311</td>
</tr>
<tr>
<td>Food diversification</td>
<td>-.036</td>
<td>-.717</td>
<td>.474</td>
</tr>
<tr>
<td>Food price hike</td>
<td>.005</td>
<td>.096</td>
<td>.923</td>
</tr>
</tbody>
</table>

Based on the information in Table 1, an R-value of .182 indicates a substantial very strong link between all of the independent factors (number of children, average age of children, family income, food availability, food variety, and food increase) and the dependent variable (home economics). The independent variables may explain 3.3% of the variance in the dependent variable, according to the R square value of 0.033 (3.3%). The F value is 2.22 and the df=6, 391 are based on the data in the ANOVA table. The p-value is less than 0.05 alpha level, indicating that all independent factors significantly predict the dependent variable, and so the null hypothesis is rejected. Data from the coefficients table revealed that the dependent variable's strongest predictor ( =.051) was the availability of food (home economics).
Research Question 2: In what ways did the COVID-19 pandemic affect food security?

Table 2: Mean and Standard Deviation of responses on COVID-19 effect on food security

<table>
<thead>
<tr>
<th>S/N</th>
<th>Ways in which the COVID-19 pandemic affected food security</th>
<th>Mean</th>
<th>SD</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Having access to domestic food production during the COVID-19 epidemic enhances food security.</td>
<td>3.21</td>
<td>0.857</td>
<td>Agree</td>
</tr>
<tr>
<td>2.</td>
<td>During the COVID-19 epidemic, family members' eating habits had an impact on food security.</td>
<td>3.27</td>
<td>0.737</td>
<td>Agree</td>
</tr>
<tr>
<td>3.</td>
<td>During the COVID-19 pandemic, families' and individuals' capacity to acquire items for a healthy diet will increase food security.</td>
<td>3.02</td>
<td>0.851</td>
<td>Agree</td>
</tr>
<tr>
<td>4.</td>
<td>During the COVID-19 epidemic, dietary preferences were bought based on factors such as poverty, access to land and resources, labor products, family members' educational level, etc.</td>
<td>2.89</td>
<td>0.945</td>
<td>Agree</td>
</tr>
<tr>
<td>5.</td>
<td>Having enough food on hand at home during the COVID-19 pandemic era improved food security.</td>
<td>3.07</td>
<td>0.919</td>
<td>Agree</td>
</tr>
<tr>
<td>6.</td>
<td>During the COVID-19 epidemic, households benefit from government and non-governmental organizations providing enough food and distributing it to them.</td>
<td>3.49</td>
<td>0.937</td>
<td>Agree</td>
</tr>
<tr>
<td>7.</td>
<td>Food security was impacted by the COVID-19 pandemic's disruption of food production.</td>
<td>3.20</td>
<td>0.881</td>
<td>Agree</td>
</tr>
<tr>
<td>8.</td>
<td>Food security for households was impacted by the COVID-19 pandemic's reduction in worker pay.</td>
<td>3.46</td>
<td>0.636</td>
<td>Agree</td>
</tr>
<tr>
<td>9.</td>
<td>Massive job losses affected food security of family members during COVID-19 pandemic.</td>
<td>3.38</td>
<td>0.773</td>
<td>Agree</td>
</tr>
<tr>
<td>10.</td>
<td>If food is not properly prepared or maintained during the COVID-19 pandemic, it may not be utilized.</td>
<td>3.00</td>
<td>0.821</td>
<td>Agree</td>
</tr>
<tr>
<td>11.</td>
<td>In order to improve people's nutrition and provide food security during the COVID-19 epidemic, I opened a restaurant.</td>
<td>3.17</td>
<td>0.717</td>
<td>Agree</td>
</tr>
<tr>
<td>12.</td>
<td>I oversee my children’s development ensuring they are well fed during COVID-19 pandemic.</td>
<td>3.08</td>
<td>0.771</td>
<td>Agree</td>
</tr>
<tr>
<td>13.</td>
<td>Foods produced in dirty or unhygienic circumstances are not permitted to be consumed during the COVID-19 epidemic.</td>
<td>2.98</td>
<td>0.874</td>
<td>Agree</td>
</tr>
<tr>
<td>14.</td>
<td>Families' access to affordable food may secure their security in the face of the COVID-19 epidemic.</td>
<td>3.28</td>
<td>0.821</td>
<td>Agree</td>
</tr>
<tr>
<td>15.</td>
<td>Continual access to food throughout the COVID-19 epidemic impacted food security.</td>
<td>2.73</td>
<td>0.950</td>
<td>Agree</td>
</tr>
<tr>
<td>16.</td>
<td>During the COVID-19 epidemic, access to sufficient and high-quality food progressively increased food security.</td>
<td>3.16</td>
<td>0.896</td>
<td>Agree</td>
</tr>
</tbody>
</table>

The data in Table 2 showed that although the mean values varied from 2.73 to 3.49, the standard deviation values ranged from 0.636 to 0.950. The respondents consequently thought that the COVID-19 pandemic may have an effect on food security, with an average mean of 3.15. The low standard deviation figures suggested that there were no significant differences in the responses.
Research Question 3: What were the coping mechanisms employed by households during COVID-19 pandemic?

Table 3: Mean and Standard deviation of responses on coping strategies households adopted during COVID-19 pandemic

<table>
<thead>
<tr>
<th>S/N</th>
<th>Ways COVID-19 pandemic affected economy and food security</th>
<th>Mean</th>
<th>SD</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.</td>
<td>I applied for loan facility to cope during COVID-19 pandemic</td>
<td>3.11</td>
<td>0.789</td>
<td>Agree</td>
</tr>
<tr>
<td>18.</td>
<td>Unconditional/unsolicited assistance from friends/relatives helped my family in coping with the lockdown during COVID-19 pandemic</td>
<td>3.32</td>
<td>0.677</td>
<td>Agree</td>
</tr>
<tr>
<td>19.</td>
<td>Reliance on savings helped me in making ends meet during COVID-19 pandemic</td>
<td>2.85</td>
<td>0.923</td>
<td>Agree</td>
</tr>
<tr>
<td>20.</td>
<td>I put up my household properties and/or assets for distress sale and survived from the proceeds during COVID-19 pandemic</td>
<td>3.02</td>
<td>0.952</td>
<td>Agree</td>
</tr>
<tr>
<td>21.</td>
<td>I had to send some of my family members to live elsewhere so as to survive the hardship of the COVID-19 pandemic</td>
<td>2.98</td>
<td>0.874</td>
<td>Agree</td>
</tr>
<tr>
<td>22.</td>
<td>Reduction of the times of food intake daily was employed by some household members to curtail hunger during COVID-19 pandemic</td>
<td>2.73</td>
<td>0.950</td>
<td>Agree</td>
</tr>
</tbody>
</table>

According to the data in table 3, the means ranged from 2.73 to 3.32, and the standard deviations were between 0.677 and 0.952. As a consequence, the respondents agreed to the numerous coping techniques they employed during the pandemic with the average mean of 3.00 specified.

Research Question 4: What is the status of home management during COVID-19 pandemic?

Table 4: Percentage distribution of home management among respondents during COVID-19 pandemic

<table>
<thead>
<tr>
<th>Home management status</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Satisfactory</td>
<td>179</td>
<td>44.75</td>
</tr>
<tr>
<td>Unsatisfactory</td>
<td>221</td>
<td>55.25</td>
</tr>
</tbody>
</table>

Key: Score of 1-20 (unsatisfactory)

Score of 21-40 (satisfactory)

According to the information in Table 4, the majority of respondents—55.25 percent of respondents—had poor home management during the COVID-19 pandemic.

Research Question 5: Is there a relationship between home economics and food security during COVID-19 pandemic?

Table 5: Pearson’s Correlation statistics on the relationship between home economics and food security

<table>
<thead>
<tr>
<th></th>
<th>Food security</th>
<th>Home Economics status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food security</td>
<td>Pearson r</td>
<td>Sig. (2-tailed)</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>0.141**</td>
</tr>
<tr>
<td>Home Economics</td>
<td>Pearson r</td>
<td>Sig. (2-tailed)</td>
</tr>
<tr>
<td></td>
<td>0.141**</td>
<td>1</td>
</tr>
</tbody>
</table>

The data in table 5 showed that with the Pearson r value = 0.141 and p-value = 0.005, indicating that food security has a significant positive relationship with home economics. It means as food security increases so also home economics increases.

Discussion

The findings of study question 1 and hypothesis 1 showed that the components, or independent variables, and home economics had a significant and
extremely strong correlation. The independent variables significantly predict home economics; and the factor (food availability) was the highest predictor of home economics. This finding agrees with Kolawole (2015) who opined that the general poor economic situations in Nigeria have aggravated low food availability to Nigerians.

The results of research question 2 suggest that the COVID-19 pandemic would affect food security. This supports Kansiime's (2020) assertion that the COVID-19 illness, which has caused an unparalleled public health catastrophe, has contributed to economic and social crises that include food security.

The finding of research question 3 showed that the aforementioned coping mechanisms were employed by respondents due to the COVID-19 pandemic. Accordingly, an analysis of the Ministry of Social Development in Chile (2021) and Palma and Araos (2021) in relation to coping strategies used during the COVID-19 pandemic included two dependent variables—the number of income-generating strategies and the number of expenditure-minimization strategies used by Chilean households. Regarding the first dependent variable, the coping strategies included selling properties, land, rooms, work tools, getting funds from credit cards, borrow money from acquaintances and neighbours, friends and family etc., request pay rise and generate more income from extra activities. Also, there is reducing the expenditure on food, health and education, bills such as internet, phone and other communication services payment being stopped. Limit the amount spent on firewood, paraffin, heating and rent. Mortgage payment plan can be reviewed. Stop paying condo fees. Renegotiate or stop payment for condo fees, debts and others. These were just a few of the strategies used to minimize spending.

The findings of research question 4 revealed that respondents had unsatisfactory home management during COVID-19 pandemic. Similar by implication to this finding, UNICEF (2022) opined that millions of people are stressed about money, food, in order not to lead to unsatisfactory home management.

The findings of research question 5 showed that food security has a significant positive relationship with home economics; meaning that as food security increases so also home economics increases. Food security not only improves people's health but also sets the path for long-term economic growth, as noted by Torero (2014) and the International Food Policy Research Institute (IFPRI) (2014). Hence, only when all nations have food security will economic growth (and home economics) be sustained. Without a nation-owned and -driven food security policy, growth in the global, regional, and national economies would be delayed and cost more (IFPRI & Torero, 2014).

Conclusion

It was concluded that the factors affecting home economics (home management) significantly predict home economics during COVID-19 just as food availability was the highest predictor of home economics. Also, food security could be affected by COVID-19 pandemic. Several coping strategies were employed during COVID-19 pandemic for household survival. Besides most respondents had unsatisfactory home management during the pandemic. Finally, there was a strong link between food security and home economics.

Recommendations

1. Palliatives should be evenly distributed to households so as to avoid people being stressed about money, food, in order not to lead to unsatisfactory home management.

2. Households should adopt effective coping strategies so as to ensure food security and proper home management to help reduce the economic impact of the pandemic.

3. The government should take action to maintain food security since it is good for everyone’s health and promotes steady economic growth.

4. Food security and availability strategies should be devised so as to overcome barriers and extra cost to economic growth; as well as avoid social crisis.

References


