

# Innovations

## The Nexus between Food Insecurity and Conflict in Nigeria: An SDG 16 and 17 Perspective

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**Abstract:** *The study examined the relationship between food insecurity and conflict in Nigeria. An explanatory sequential mixed method design was employed to collect primary data. The population of interest for the study is composed of a varied group of people who were chosen at random in Southwestern Nigeria. Secondary data was sourced from articles, books and monographs. These were used to corroborate the primary data. Findings show that disruption of agricultural activities, displacement of communities, and destruction of infrastructure can trigger and perpetuate food insecurity. Findings also show that scarcity of essential resources like food can exacerbate social tensions, trigger competition among groups, and lead to social unrest. Hence, the State of food insecurity and nutrition reveals significant challenges to human security. This study recommends investment in interdisciplinary strategies involving economics, agriculture and nutrition which emphasizes peace justice and strong institutions as well as global partnership for the benefit of Nigeria, Africa, and the entire world.*

**Keywords:** *Conflict, food insecurity, political instability, violence, sustainable development,*

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### Introduction

The war in Ukraine continues to disrupt the country's agro-food sector, posing an ongoing threat to world food security. There are challenges being encountered from importation of some food items into many countries as the on-going 2022 Russian-Ukrainian crisis cuts off supplies from Ukrainian ports that once exported vast amount of cooking oil as well as cereals (Joshi 2022). The Russian-Ukrainian war has had severe effects on food security thus, affecting the production of bread and availability of some other staple foods across the world due to the scarcity of

wheat and other cereals. This is an alarming issue because both Ukraine and Russia are some of the world's largest food exporters (Joshi 2022).

Food insecurity can also be a primary trigger of conflict in itself. For instance, in India, reports show that the 2007-2008 food crisis which saw prices nearly doubled, sparked food riots which spilled across Africa, Asia, and the Caribbean (Mittal, 2009). Also in Nigeria, towering food inflation and economic recession which were compounded by COVID-19 pandemic lockdowns led to the looting of warehouses for COVID 19 palliatives (Ozili, 2020). This shows that there is indeed a possible reverse causal relationship between food insecurity and conflict. It also shows the increasing high level of threat that food insecurity as a source of conflict poses to economic growth and political stability in many countries as people use any means possible to assuage the situation either as a group or at the individual level.

Whereas, Persaud (2022) holds that human security is complementary to national security in the same way that national security complements international security. Hence, more robust understanding of the causal relationship between food security and conflict is therefore vital in mitigating food insecurity and bolstering peace prospects. As a result, this paper examined the relationship between food insecurity and conflict through the lens of the United Nations Sustainable Development Goals as a way of addressing food related crisis in Nigeria, Africa and the world at large.

## **Methodology**

The study employed an explanatory sequential mixed method research design informed by a transformative worldview. This involved a two-phase project of collecting both quantitative and qualitative data using a geographical scope of study which covers Ado-Ekiti, in south-western part of Nigeria. Primary data was collected through questionnaires and focus group discussion sourced from experienced individuals in the field which include traders, farmers and several other people living within Ado-Ekiti, Ekiti State in South-western Nigeria as well as scholars in the field of Peace Studies and Agricultural Science. This was used to corroborate the secondary data sourced from content analysis of journal articles and other scholarly publications. Descriptive analysis was used to analyse the data obtained from respondents

## **Conceptual review**

### **Conflict**

Conflict, is a pervasive phenomenon that exists in all countries in the world. It can occur in every level of society, whether it is underdeveloped, developing or developed. Etymologically, the concept was derived from the Latin word "Confligere" which means or can be interpreted to mean "to strike together" or a clash (Oyinloye, et al, 2021). So, conflict is a situation which rises out of disagreements. Indeed Schelling quoted in Choucri (1983) and Fisher (2011) buttress this point when they described conflict as a situation which arises from

interaction of individuals who have or think they have incompatible ends (needs) in which the ability of one actor to gain his needs is dependent on the choices or decisions another actor will take.

Poskitt and Dufrank (2011) however further defined conflict as a collection of armed or unarmed confrontation between at least two organised groups, either state or non-state actors which could be as a result of one perceived grievance or the other. So, conflict is assumed to be often rooted in people's beliefs and perceptions about goals and not just objective facts. However, such beliefs and perceptions could be right or wrong, imaginary or manifest, real or unreal. Conflict then creates a gap or divergence between parties concerned (Oyinloye, et al,2021).Hence, conflict is a situation in which perceptions, unacceptable differences in interests, expectations, values, and opinions occur in or between individuals or groups. This could create upsetting outcomes such as mild disputes to full blown violence.

### **Food Insecurity**

Food insecurity implies lack of consistent access to enough food for an active and healthy life. According to Dasgupta, & Robinson (2022),it is a state in which people at all times do not have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.A more comprehensive definition given by FAO (2020)describes it as a situation where people lack sustainable physical or economic access to enough safe, nutritious, and socially acceptable food for a healthy and productive life.

Hence, it is possible for food to be available without people having access to it either due to lack of affordability, scarcity or insufficiency. A full examination of the impact of this according to some scholars is a range of health outcomes most especially in developing countries (Barker, & Russell, 2020). However, several theories are also increasingly showing that it could lead to a lot of social strife and even violence in some extreme cases (Fawole, Ilbasmis and Ozkan, 2015). So, food insecurity as a potential risk multiplier is an issue that has generated much research interest. Against this backdrop, this paper attempts to examine food insecurity as one of the possible causes of conflict in the society in order to address the perceived threat this might pose for countries and the world at large.

### **Theoretical Review**

#### **The Frustration Aggression Theory**

Frustration–Aggression theory, also known as the Frustration–Aggression Hypothesis and Frustration-Aggression Displacement Theory, ranks among the most seminal and prolific theories in research on aggression. From its beginnings in the late 1930s until today, it has been applied and studied in a variety of areas, including social psychology, ethnology, sociology, criminology and medical

research among several other areas (Breuer and Elson 2017). However, in relation to human behaviours, the hypothesis is mostly used to establish a link between human frustration and aggressive behaviour.

When it was first formulated, the hypothesis stated that frustration always precedes aggression but when the source of the frustration cannot be challenged, the aggression gets displaced onto an innocent target. In 1989, Berkowitz expanded on the hypothesis by suggesting that personal attributions play a major role in whether frustration instigates aggressive behaviour or not contrariwise to the position that the existence of frustration always leads to some form of aggression (Berkowitz 1989). Van Der Dennen (2005) cited in Oyinloye (2018) takes it further by averring that when frustration eventually leads to aggressive behaviour, it is not necessarily immediately visible. It can be hidden in pent up fury that can burst out at any time, or manifest in an unprecedented manner later on.

In its scapegoating and hate crime version it holds that once frustration and the impetus for aggressive behaviour have occurred, it makes relatively little difference who receives the brunt of the violence as long as there is an outlet for the frustration especially when the source of the frustration is inaccessible due to power relations (Breuer & Elson, 2017). Hence, the frustration aggression theory explains conflict as a consequence of the individual's goal response being blocked which could be economic constraints in meeting basic needs (Berkowitz, 2019).

## **Presentation of findings**

### **Table 1: Demography of Respondents**

<b>Demography of Respondents</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Age</b>		
18-30 years	15	29.4
31-50 years	32	62.7
50 and above	4	7.8
<b>Gender</b>		
Male	17	33.3
Female	34	66.7
<b>Marital Status</b>		
Married	35	68.6
Single	16	31.4
<b>Number of Years of Residency</b>		
Below 1 year	2	3.9
1 year and above	49	96.1
<b>How many are you in your family?</b>		
1	0	0.0
2	3	5.9
3	6	11.8
4	17	33.3
5	8	15.7
Above 5	17	33.3
<b>Total</b>	<b>51</b>	<b>100.0</b>

**Source:** Field Survey (2023)

The above table shows the demography of respondents who took part in the study. Concerning the age distribution of respondents, 29.4% are within the age range of 18 and 30 years; 62.7% are within the age range of 31 and 50 years, while 7.8% are either 50 years or above. This shows that most of the respondents who participated in the study are those within the age category of 31 and 50 years. Regarding gender distribution, 33.3% are male while 66.7% are female. This indicates that most of the study's respondents are female. As regards marital status, 68.6% of the respondents are married while 31.4% are single. This finding shows that most of the study's participants are married. Moreover, concerning the number of years of residency, 3.9% of the respondents have spent below 1 year while 96.1% have spent at least 1 year. Finally, concerning the number of individuals in respondents' families, 5.9% indicated that they were just two (2) in their family; 11.8% revealed that they were three (3); 33.3% showed that they were four (4); 15.7% indicated that they were five (5) while another 33.3% indicated they were above five. This

shows that most of the participants who took part in the study were either four (4) or above five in their respective families.

**Nature of food security**

The status of food security was determined using 3 indicators: Affordability, sufficiency and availability.

**Table 2: Respondents' Views on Affordability**

S/N	ITEM	SA		A		UD		D		SD	
		F	%	F	%	F	%	F	%	F	%
1	In the last few months, I have run out of money and try to stretch my food or money	9	17.6	23	45.1	5	9.8	9	17.6	5	9.8
2	This mostly happened often	5	9.8	16	31.4	5	9.8	22	43.1	3	5.9
3	In my family, we eat the same kind of food for few days in a row because we only have a few different kind of food that we can afford.	6	11.8	16	31.4	7	13.7	17	33.3	5	9.8
4	Sometimes in the last 12 months, I was hungry but didn't eat because there wasn't enough money for food	3	5.9	12	23.5	3	5.9	23	45.1	10	19.6

**Source:** Field Survey (2023)

Table 2 gives a tabular presentation of respondents' views on affordability. As given in the table above, with regards to the statement, "in the last few months, I have run out of money and try to stretch my food or money", 17.6% strongly agreed, 45.1% agreed, 9.8% were undecided, 17.6% disagreed while 9.8% strongly disagreed. Cumulatively, 62.7% agreed while 27.4% disagreed. This shows that most of the respondents had run out of money in the last few months and

tried to stretch their food or money. Concerning this happening often, 9.8% strongly agreed, 31.4% agreed, 9.8% were undecided, 43.1% disagreed while 5.9% strongly disagreed. Cumulatively, 41.2% agreed while 49% disagreed. This result shows that it does not happen often since most of the respondents disagreed.

Moreover, concerning the issue of eating the same kind of food for few days in a row due to the availability of only a few different kind of food that can be afford in the family, 11.8% of the respondents strongly agreed, 31.4% agreed, 13.7% were undecided, 33.3% disagreed while 9.8% strongly disagreed. Cumulatively, 43.2% agreed while 43.1% disagreed. This result shows that the statement is true since a little higher fraction of the respondents agreed.

Finally, concerning the statement, “sometime in the last 12 months, I was hungry but didn’t eat because there wasn’t enough money for food”, 5.9% strongly agreed, 23.5% agreed, 5.9% were undecided, 45.1% disagreed while 19.6% strongly disagreed. Cumulatively, 29.4% agreed while 64.7% disagreed. This analysis reveals the statement to be false since a majority of the respondents disagreed.

**Sufficiency**

**Table 3: Respondents’ Views on Sufficiency**

S/N	ITEM	SA		A		UD		D		SD	
		F	%	F	%	F	%	F	%	F	%
1	The food eaten in my household is sometimes enough but not always the kind of food we want to eat	6	11.8	25	49.0	6	11.8	8	15.7	6	11.8
2	I cannot afford to eat properly because I cannot afford to buy enough food	3	5.9	12	23.5	8	15.7	20	39.2	8	15.7
3	I cannot afford to eat properly because there are no sufficient food in the market	4	7.8	7	13.7	0	0.0	25	49.0	15	29.4

4	I cannot afford to eat properly because I don't have enough access to the type of food I would love to eat	6	11.8	20	39.2	5	9.8	16	31.4	4	7.8
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**Source:** Field Survey (2023)

Table 3 is a tabular representation of respondents' views on sufficiency. As revealed in the table regarding the statement, "the food eaten in my household is sometimes enough but not always the kind of food we want to eat", 11.8% strongly agreed, 49% agreed, 11.8% were undecided, 15.7% disagreed while 11.8% strongly disagreed. Cumulatively, 60.8% agreed while 27.5% disagreed. Due to a majority of respondents agreeing, the statement can be said to be true.

Furthermore, with regards to being unable to afford to eat properly because of inability to buy enough food, 5.9% strongly agreed, 23.5% agreed, 15.7% were undecided, 39.2% disagreed while 15.7% strongly disagreed. Cumulatively, 29.4% agreed while 54.9% disagreed. Based on the fact that most of the respondents disagreed, the statement can be regarded as being false.

Moreover, concerning not being able to eat properly because of the insufficient food in the market, 7.8% strongly agreed, 13.7% agreed, 49% disagreed while 29.4% strongly disagreed. Cumulatively, 21.5% agreed while 78.4% disagreed. This result shows the statement also to be false since most of the respondents disagreed.

Finally, regarding the statement, "I cannot afford to eat properly because I don't have enough access to the type of food I would love to eat", 11.8% strongly agreed, 39.2% agreed, 9.8% were undecided, 31.4% disagreed while 7.8% strongly disagreed. Cumulatively, 51% agreed while 39.2% disagreed. This analysis shows that people cannot afford to eat properly because they do not have enough access to the type of food they would love to eat. This was drawn because most of the respondents agreed.

**Table 4:** Respondents' Views on Availability

S/N	ITEM	SA		A		UD		D		SD	
		F	%	F	%	F	%	F	%	F	%
1	My household owns several livestock	0	0.0	2	3.9	2	3.9	24	47.1	23	45.1
2	We also have access to agricultural land (arable land for cultivation)?	3	5.9	7	13.7	1	2.0	26	51.0	14	27.5
3	We have food stocks in my household at the moment	6	11.8	28	54.9	6	11.8	9	17.6	2	3.9
4	We have constant access to foodstuff in my community	6	11.8	22	43.1	5	9.8	14	27.5	4	7.8

**Source:** Field Survey (2023)

Table 4 is a tabular representation of respondents' views on availability of food. In the table, regarding the issue of an individual's household owing several livestock, none strongly agreed, 3.9% agreed and were undecided each, 47.1% disagreed while 45.1% strongly disagreed. Cumulatively, 3.9% agreed while 92.2% disagreed. This analysis shows that most respondents' household do not own several livestock since they did not agree.

Moreover, regarding them having access to agricultural land, 5.9% strongly agreed, 13.7% agreed, 2% were undecided, 51% disagreed while 27.5% strongly disagreed. Cumulatively, 19.6% agreed while 78.5% disagreed. This finding reveals that most households do not have access to agricultural land since a majority of the respondents did not agree.

As regards having food stocks in the household at the moment, 11.8% strongly agreed, 54.9% agreed, 11.8% were undecided, 17.6% disagreed while just 3.9% strongly disagreed. Cumulatively, 66.7% agreed while 21.5% disagreed. This statistics indicate that many individuals have food stocks in their household at the moment since most of the respondents agreed.

Finally, regarding having constant access to foodstuff in their communities, 11.8% of the respondents strongly agreed, 43.1% agreed, 9.8% were undecided, 27.5% disagreed while 7.8% strongly disagreed. Cumulatively, 54.9% agreed while

35.3% disagreed. This statistics showed that there is constant access to foodstuff in the community since a majority of respondents agreed.

**Causes of Food Insecurity in Ado-Ekiti**

**Table 5:** Respondents’ Views on Causes of Food Insecurity in Ado-Ekiti

*Source:* Field Survey (2023)

S/N	ITEM	SA		A		UD		D		SD	
		F	%	F	%	F	%	F	%	F	%
1	Extreme weather conditions affect food security in my community	12	23.5	17	33.3	11	21.6	11	21.6	0	0.0
3.	High prices of food affect food security in my community	24	47.1	21	41.2	5	9.8	1	2.0	0	0.0
3	Conflicts affect food security in my community	18	35.3	22	43.1	3	5.9	7	13.7	1	2.0
4	Traders contribute to food insecurity in my community	14	27.5	25	49.0	8	15.7	4	7.8	0	0.0
5	Farm markets are exploited and controlled by traders in my community	10	19.6	23	45.1	11	21.6	7	13.7	0	0.0

Table 5 provides a tabular display of respondents’ views on causes of food insecurity in Ado-Ekiti. As shown above, with regards the statement, “extreme weather conditions affect food security in my community”, 23.5% of the respondents strongly agreed, 33.3% agreed, 21.6% each were undecided and disagreed while none strongly disagreed. Cumulatively, 56.8% agreed with the statement while just 21.6% disagreed. This therefore implies that extreme weather condition truly affect food security in the community.

Concerning high prices of food affecting food security in the community, 47.1% strongly agreed, 41.2% agreed, 9.8% were indecisive, 2% disagreed while none

strongly disagreed. Cumulatively, 88.3% agreed while just 2% disagreed. This indicates that truly high prices of food affect the security of food in the community. Moreover, as regards conflicts affecting food security in the community, 35.3% strongly agreed, 43.1% agreed, 5.9% did not decide, 13.7% disagreed while just 2% strongly disagreed. Cumulatively, 78.4% while 15.7% disagreed. This shows that of a truth the manifestation of conflicts affect food security in the community.

With regards to the issue of traders contributing to food insecurity in the community, 27.5% of the respondents strongly agreed, 49% agreed, 15.7% were indecisive, 7.8% disagreed while none strongly disagreed. Cumulatively, 76.5% of the respondents agreed while just 7.8% disagreed. This implies that traders truly contribute to food insecurity in the community. Finally, pertaining the issue of farm markets being exploited and controlled by traders in the community, 19.6% of the respondents strongly agreed, 45.1% agreed, 21.6% could not decide, 13.7% disagreed while none strongly disagreed. Cumulatively, 64.7% agreed while just 13.7% disagreed. This finding validates the assumption that farm markets are exploited and controlled by traders in the community.

Hence, deducing from the above, 88.3% of respondents showed that high prices of food affect the security of food in the community; 78.4% of respondents indicated that conflicts affect food security in the community; 76.5% revealed that traders also contribute to food insecurity in the community; 64.7% indicated that farm markets are exploited and controlled by traders in the community while 56.8% demonstrated that extreme weather condition truly affect food security in the community.

From the foregoing, it can therefore be concluded that high prices are the highest factor that affect food security in the community, followed by conflicts, traders, and extreme weather condition respectively.

### ***Focus Group Discussions***

From the focus group discussions, poverty, unemployment, or low income, conflict, drought and market gatekeeping have been identified as causes of food insecurity in Ado Ekiti. However, drought, market gatekeeping and high food prices as a result of the former have been the main factors that have exacerbated the problem of food production, distribution and access. For instance, from the selected farmers for inquiry, most strongly agreed that common occurrence of flood in recent times reduced the qualitative and quantitative production of yam. Being a high nutrient demanding crop, yam requires a soil that is deep, free draining, and relatively high to medium in fertility with loamy sand or clay loam characteristics. So good soil drainage is essential for optimum yields of the crop which unfortunately is being affected by the flooding causing low yields.

Market gatekeeping was also cited as a major cause of food insecurity in the community. This is a kind of market manipulation which involve a series of transactions to create limited market access for smallholder farmers who

persistently as well as exploiting consumers through high prices. Hence, agricultural inputs become subject to price volatility, driving retailers and processors to adjust their supply strategies to mitigate the supply uncertainty.

**Food Conflict and Intervention Efforts in Ado-Ekiti**

**Table 6:** Respondents’ Views on Food Conflict and Intervention Efforts in Ado-Ekiti

*Source:* Field Survey (2023)

S/N	ITEM	SA		A		UD		D		SD	
		F	%	F	%	F	%	F	%	F	%
1	There have been conflicts regarding food in my community	4	7.8	16	31.4	11	21.6	17	33.3	3	5.9
3.	Food related conflicts are very frequent in my community	4	7.8	13	25.5	12	23.5	18	35.3	4	7.8
3	I have observed or heard about people fighting about food	8	15.7	29	56.9	6	11.8	8	15.7	0	0.0
4	There have been intervention efforts to reduce food insecurity in my community	1	2.0	13	25.5	13	25.5	17	33.3	7	13.7
5	These efforts have reduced food insecurity in my community	1	2.0	9	17.6	20	39.2	15	29.4	6	11.8

Table 6 gives a presentation of respondents’ views on food conflict and intervention efforts in Ado-Ekiti. As shown above, 7.8% of the respondents strongly agreed with the statement that there have been conflicts regarding food in their community, 31.4% agreed, 21.6% were undecided, 33.3% disagreed while 5.9% strongly disagreed. Cumulatively, 39.2% agreed while another 39.2% disagreed. This means that conflicts emanating from food does not necessarily occur in every community since the same fraction of respondents agreed and disagreed.

Concerning food related conflicts being very frequent in the community, 7.8% strongly agreed, 25.5% agreed, 23.5% could not decide, 35.3% disagreed while 7.8% strongly disagreed. Cumulatively, 33.3% agreed while 43.1% disagreed. This analysis shows that food related conflicts are not very frequent in the community due to the fact that most of the respondents disagreed.

With regards to the issue of respondents observing or hearing about people fighting about food, 15.7% strongly agreed, 56.9% agreed, 11.8% were undecided, 15.7% disagreed while none strongly disagreed. Cumulatively, 72.6% agreed while just 15.7% disagreed. From this finding, it can be deduced that most of the respondents have either observed or heard about people fighting about food. However, this does not necessarily mean it happened in their immediate communities because the preceding findings showed that food related conflicts are not very frequent in the community.

With respect to the issue of intervention efforts to reduced food insecurity in the community, 2% strongly agreed, 25.5% agreed, 25.5% were undecided, 33.3% disagreed while 13.7% strongly disagreed. Cumulatively, 27.5% agreed while 47% disagreed. This analysis shows that there have been no intervention efforts to reduce food insecurity in the community. This deduction was made because a majority of the respondents disagreed with it.

Finally, with regards to these efforts reducing food insecurity in the community, 2% strongly agreed, 17.6% agreed, 39.2% could not decide, 29.4% disagreed while 11.8% strongly disagreed. Cumulatively, 19.6% agreed while 41.2% disagreed. From this analysis, it can be deduced that these intervention efforts have not reduced food insecurity in the community. This inference was made because a majority of the respondents disagreed with it. Of course, these intervention efforts have not reduced food insecurity in the community because there have been no intervention efforts to reduce such insecurity in the community, as revealed by the community.

### ***Focus Group Discussion***

The findings during the focus group discussions indicate that there has been some food crisis in the community. One of the examples of food conflict cited by respondents in the community is the conflict over Covid-19 palliatives, which led to looting of warehouses in Ado-Ekiti in October 2020. The situation allegedly created chaos with hoodlums attacking both government and individual businesses and properties. Several similar cases were also claimed to have occurred in the community in recent times. So food insecurity has been able to influence mobilisation to participate in unrest in the community.

Also, findings show that there have been few food intervention efforts to reduce such food crisis in the community. One of such cited is the 2021 Federal Government distribution of 50,000 certified yam seeds to farmers to boost food

security in the country. Respondents said that the aim was to boost high yield for export. It was also a commitment towards ensuring that smallholder farmers across the country have access to quality seeds. It is expected that the benefiting farmers will be able to expand their farms and ultimately make more money after harvest. Most of the respondents however maintained that such programmes are few and far in between so they do not have much effect in reducing food insecurity in the community

## **Discussions of Findings**

### ***Causes of food insecurity in Ado Ekiti***

The study demonstrates that previously identified economic, and agricultural determinants such as market gatekeeping, high food prices and climate change have an interactive impact on food insecurity. Economic and agricultural hardships have a significant association and potential impact on aspects of food insecurity in the community. The findings suggest that the economic conditions in an area may indirectly increase food insecurity experience. This corroborates the views of Koren et al (2021) that food insecurity is often on a continuum of intensity corresponding to increasing deprivation in terms of food needs. Thus, people can be food secured when they are forced to consume insufficient amounts of food and experience hunger as a result of scarce means of procurement.

At the same time, climatic conditions in an environment are associated directly with food insecurity experience. Extreme weather condition events can have severe detrimental effects on crop yield, and therefore agricultural production. This is in line with the views of Koren, Bagozzi and Benson (2021) which shows that environmental stressors like climate change can cause sharp diminishing returns in agricultural outputs by depleting resources and reducing the number of daily work hours for rural labour which in turn, limits the amount of food and water available in urban areas, causing food and water shortages as well as increasing the prices of staple goods.

### ***Food Insecurity as a source of conflict in Ado Ekiti***

The findings of this work show that food insecurity is a probable cause for violent conflicts in the society. This corroborates the views of Kemmerling, Schetter and Wirkus (2022) in their article, *'The logics of war and food (in) security'* which elaborates four logics of war that have an impact on food insecurity: a) destruction; b) conflict-induced displacement; c) food control; d) hunger as a "weapon of war". The issue of food control relates to poor economic conditions which according to the authors explain why people are often willing to engage in a rebellion.

Also, Ani and Anyika, Ekwueme, and Mutambara (2020) buttress this point by averring that the changing nature of climate change have impact on food and human security sector of the Nigerian State. According to them the reality of climate change and frequency of its unpleasant consequences constitute significant threats to human lives across different regions of the world because of the effects it has on food insecurity. This was explained to result out of continued environment

degradation causing movement of pastoralists due to the loss of grazing fields. The consequence of this migration pattern is the incessant violent clashes between farmers in the host communities and herders creating huge losses in human lives and destruction of farm settlements and communities. Likewise market gatekeeping was found to cause a lot of disruptions to stability in the community as a result of conflicts between farmers and traders. Hence hike in price could influence violence in a community especially if it is of great magnitude.

### **Conclusion**

Food insecurity is an interruption of food consumption, often due to lack of resources which could be as a result of armed conflict in a society. From the Ado-Ekiti experience, however, this situation can also be influenced by a number of other possible causes which include economic and agricultural determinants. When this occurs, it usually increases the motive to engage in a rebellion as people struggle with food shocks. Thus, together, conflict and food insecurity can create a vicious cycle, as food scarcity leads to market disruptions, which lead to further decreases in food availability.

On the basis of this, that societies should build on an economically, environmentally and socially sound base as an engine for achieving food security. Integrating both local and international economic interventions as well as improving access to justice and building strong institutions could also go a long way in addressing food conflict and facilitate peace building in the long-term.

### **Recommendations**

Based on the data received from this research, disruptions to food or food shocks can have great impacts on conflicts which are likely to cut across state lines if not nipped in the bud. Hence, both domestic and international actors have a role to play regarding food security interventions in order to reduce violent conflicts in Nigeria. This is in line with the United Nations sustainable development goals 16 and 17. Efforts should be targeted at building stronger institutions in the community which can ensure societal justice. For instance, the role of market gatekeeping could be reduced to the barest minimum if governments put in place institutions that can regulate market prices in the community.

Another way through which such institutions can remedy food insecurity in the society and help bring hunger relief to those who have an immediate need for food help is by directly providing distribution of groceries and essential items to people struggling to put regular healthy meals on the table. Addressing this type of hunger problem could also be through helping people with skills training, agriculture projects, and small business support, so that they can earn better income. This can allow them to remain food secured far into the future.

Finally, reducing the negative impacts of climate change and environmental degradation are other specific objectives that enhance food security. Sustainable

practices such as investing in renewable energy will reduce consumption of fossil fuel which worsens the problem of drought. Reduction in environmental pollution will also improve crop yield and increase water quality. This will control the level of food wastages due to contamination.

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