

**EFFECTIVENESS OF HUNGER SAFETY NET PROGRAMME IN  
MITIGATING FOOD INSECURITY IN TURKANA WEST SUB-COUNTY,  
TURKANA COUNTY, KENYA**

**ECHUKULE LOSINYEN JEREMIAH**

**A Research Thesis Submitted to the School of Arts, Humanities, Social Sciences  
and Creative Industries in Partial Fulfillment of the Requirements for  
Conferment of Master of Social Work of Maasai Mara University**

**2024**

## **DECLARATION AND APPROVAL**

### **Declaration by the Student**

I, the undersigned, declare that this thesis is my original work and has not been submitted before for academic credit at any other institution.

Signature : -----

Date : -----

**Echukule Losinyen Jeremiah**

**AM12/SP/MN/10802/2019**

### **Approval by the University Supervisors**

This thesis has been submitted for examination with our approval as the University Supervisors.

Signature: -----

Date: -----

**Dr. Kennedy Karani Onyiko, Ph.D.**

**Senior Lecturer of Social Work, Department of Social Sciences**

**School of Arts, Humanities, Social Sciences and Creative Industries**

**Maasai Mara University**

Signature: -----

Date: -----

**Prof. Wanja Ogongi, Ph.D.**

**Associate Professor,**

**School of Social Work**

**Millersville University, USA**

**Intellectual Property Rights**

©Copyright, 2024. Echukule Losinyen Jeremiah. All rights reserved.

## **DEDICATION**

To my lovely family.

## **ACKNOWLEDGEMENT**

I express profound gratitude to God for the gift of good health that has accompanied me on this journey. I wish to convey my heartfelt gratitude to my supervisors, Dr. Kennedy Karani Onyiko and Prof. Wanja Ogongi, for their exceptional dedication, knowledge, and mentorship, which have played a crucial role in the advancement of this thesis. I am also thankful to all lecturers in the School of Arts, Humanities, Social Sciences, and Creative Industries for their continuous support, encouragement, and insights.

I sincerely thank my family and friends whose encouragement and unwavering moral and financial support have been pivotal in concluding this research endeavor. I sincerely appreciate the support each provided during this time- inspiring me, and helping make this accomplishment possible. For sure, I shall never lack anything!

## ABSTRACT

The global commitment to social safety nets is crucial in addressing poverty and food insecurity. However, challenges persist, especially in regions like Kenya's arid areas where initiatives like the Hunger Safety Net Programme face obstacles in achieving timely and efficient implementation. This study evaluates the effectiveness of the HSNP in addressing food insecurity in Turkana West Sub-County, Kenya. This study aimed to achieve three specific objectives: (i) assessing HSNP's impact on food security among beneficiaries, (ii) evaluating improvements in social wellbeing, and (iii) determining HSNP's role in promoting accumulation of productive assets. The Sustainable Livelihoods Approach provided a solid theoretical framework. It employed a concurrent mixed-methods design. The study sampled 365 HSNP beneficiary households from a population of 7,333 HSNP beneficiary households, and 30 key informants. Data was gathered from household heads via questionnaires, as well as through interview guides administered to key informants. Analysis of the data was conducted using SPSS and results presented using frequency pie charts and tables. Results reveal that the Hunger Safety Net Programme has significantly improved food security, social wellbeing, and economic resilience among beneficiaries in Turkana West Sub-County. For food security, the most notable improvements were seen in diet diversity (78.4% of respondents reported positive changes) and overall food security (78.4% affirmed improvements). In social wellbeing, healthcare access improved significantly, with 81.5% of respondents acknowledging better access, while income levels also rose, with 79.9% reporting higher incomes. Regarding asset accumulation, 80.4% of respondents indicated that HSNP had strengthened household savings, and 80.4% saw gains in productive asset retention and management. These results underscore the program's role in promoting resilience to food insecurity and socio-economic advancement within vulnerable households. Recommendations from the study emphasize tailored support programs within the HSNP framework, community involvement and capacity-building initiatives for beneficiaries to ensure the program's effectiveness in addressing household needs. Further research avenues include longitudinal studies to track HSNP's sustained impacts, comparative analyses with other social protection programs, and gender-sensitive investigations into intra-household dynamics, providing insights for program refinement and optimization. The study's findings offers key insights to aid the Kenyan government and development partners in refining evidence-based policy and program design. Additionally, it supports academic research, advancing social cash transfer research to address food insecurity in vulnerable areas.

## TABLE OF CONTENTS

<b>DECLARATION AND APPROVAL</b> .....	i
<b>DEDICATION</b> .....	ii
<b>ACKNOWLEDGEMENT</b> .....	iii
<b>ABSTRACT</b> .....	iv
<b>TABLE OF CONTENTS</b> .....	v
<b>LIST OF TABLES</b> .....	ix
<b>LIST OF FIGURES</b> .....	x
<b>LIST OF ABBREVIATIONS AND ACRONYMS</b> .....	xi
<b>OPERATIONAL DEFINITION OF TERMS</b> .....	xii
<b>CHAPTER ONE: INTRODUCTION</b> .....	1
1.1 Background to the Study .....	1
1.2 Statement of the Problem .....	8
1.3 General Objective of the Study .....	9
1.4 Specific objectives of the Study .....	9
1.5 Research questions .....	9
1.6 Significance of the study .....	10
1.7 Scope of the study .....	10
1.8 Limitations and Delimitations of the study .....	11
<b>CHAPTER TWO: LITERATURE REVIEW</b> .....	13
2.0 Introduction .....	13
2.1 Empirical Literature .....	13
2.1.1 Hunger Safety Net Programme and Households’ Food Security .....	13
2.1.2 Hunger Safety Net Programme and Households’ Social Wellbeing.....	20
2.1.3 Hunger Safety Net Programme and Accumulation of Productive Assets .....	24
2.2 Literature Review Summary and Gaps .....	28

2.3 Theoretical Framework .....	28
2.3.1 The Sustainable Livelihoods Approach.....	30
2.4 Conceptual Framework .....	31
<b>CHAPTER THREE: RESEARCH METHODOLOGY .....</b>	<b>34</b>
3.0 Introduction .....	34
3.1 Study Area.....	34
3.2 Research Design.....	34
3.3 Target Population .....	35
3.4 Sampling Techniques and Sample Size .....	36
3.5 Data Collection Instruments.....	38
3.6 Data Collection Procedure .....	39
3.7 Pilot Study.....	39
3.8 Validity and Reliability of Research Instruments .....	40
3.8.1 Validity of Research Instruments .....	40
3.8.2 Reliability of the Research Instruments.....	41
3.9 Data Analysis and Presentation.....	42
3.10 Ethical Considerations.....	42
<b>CHAPTER FOUR: DATA ANALYSIS, PRESENTATION AND DISCUSSIONS ....</b>	<b>44</b>
4.1 Introduction .....	44
4.2 Findings of the Study .....	44
4.2.1 Response Rate.....	44
4.3 Demographic Information of Respondents .....	45
4.3.1 Gender of Respondents.....	45
4.3.2 Age of Respondents.....	45
4.3.3 Marital Status.....	46
4.3.4 Household size.....	47

4.3.5 Period of Benefiting from HSNP.....	47
4.4 Results Based on the Specific Objectives of the Study.....	48
4.4.1 HSNP Cash Transfer and Food Insecurity .....	49
4.4.2 HSNP Cash Transfer and Social Wellbeing .....	51
4.4.3 HSNP Cash Transfer and Accumulation of Productive Assets.....	55
4.4.4 The Hunger Safety Net Programme .....	58
4.5 Correlation Analysis.....	61
4.5.1 Spearman's Correlations Analysis .....	61
4.6 Discussion of Findings .....	63
4.6.1 Hunger Safety Net Programme and Households' Food Security .....	63
4.6.2 Hunger Safety Net Programme and Households' Social Wellbeing.....	65
4.6.3 Hunger Safety Net Programme and Accumulation of Productive Assets .....	67
<b>CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS ...</b>	<b>70</b>
5.1 Introduction .....	70
5.2 Summary of Findings .....	70
5.2.1 Summary of Demographic Variables .....	70
5.2.2 Hunger Safety Net Programme and Beneficiary Households' Food Security ....	71
5.2.3 Hunger Safety Net Programme and Households' Social Wellbeing.....	71
5.2.4 Hunger Safety Net Programme and Accumulation of Productive Assets .....	72
5.3 Conclusions of the Study.....	72
5.3.1 Hunger Safety Net Programme and beneficiary households' food security .....	72
5.3.2 Hunger Safety Net Programme and Households' Social Wellbeing.....	73
5.3.3 Hunger Safety Net Programme and Accumulation of Productive Assets .....	73
5.4 Recommendations of the Study .....	73
5.5 Areas for Further Research .....	74
<b>REFERENCES.....</b>	<b>76</b>



<b>APPENDICES .....</b>	<b>87</b>
Appendix I: Map of the Study Site.....	87
Appendix II: Introductory Letter.....	88
Appendix III: Questionnaire for the Study.....	89
Appendix IV: Interview Guide for Key Informants.....	91
Appendix V: Research Approval Letter from Board of Postgraduate Studies .....	93
Appendix VI: Research Permit by NACOSTI .....	94
Appendix VII: Research Authorization by Turkana County Commissioner .....	95
Appendix VIII: Research Authorization by the Turkana County Director of Education	96
Appendix IX: Research Authorization by Turkana County Government.....	97

## LIST OF TABLES

<b>Table 3.1:</b> Target Population .....	36
<b>Table 3.2:</b> Sample Size .....	37
<b>Table 3.3:</b> Reliability Coefficients.....	41
<b>Table 4.1:</b> Response Rate .....	44
<b>Table 4.2:</b> Age of respondents .....	46
<b>Table 4.3:</b> Household size .....	47
<b>Table 4.4:</b> HSNP cash transfers and Food Insecurity .....	49
<b>Table 4.5:</b> HSNP Cash Transfer and Social Wellbeing.....	523
<b>Table 4.6:</b> HSNP Cash Transfer and Accumulation of Productive Assets.....	55
<b>Table 4.7:</b> The Hunger Safety Net Programme .....	58
<b>Table 4.8:</b> Spearman's Correlations Analysis .....	63

## LIST OF FIGURES

<b>Figure 2.1:</b> Conceptual Framework.....	323
<b>Figure 4.1:</b> Gender of Respondents.....	45
<b>Figure 4.2:</b> Marital Status.....	46
<b>Figure 4.3:</b> Period of Benefiting from HSNP.....	48

## **LIST OF ABBREVIATIONS AND ACRONYMS**

<b>ASALs</b>	Arid and Semi-Arid Lands
<b>CT</b>	Cash Transfers
<b>DFID</b>	Department for International Development
<b>G20 DWG</b>	Group of Twenty Development Working Group
<b>HLPE</b>	High Level Panel of Experts
<b>HSNP</b>	Hunger Safety Net Programme
<b>IPCC</b>	Intergovernmental Panel on Climate Change
<b>KNBS</b>	Kenya National Bureau of Statistics
<b>MENA</b>	Middle East and North America
<b>NACOSTI</b>	National Commission on Science, Technology and Innovation
<b>NDMA</b>	National Drought Management Authority
<b>OPM</b>	Oxford Policy Management
<b>PSNP</b>	Productive Safety Net Programme
<b>SCTP</b>	Social Cash Transfer Programme
<b>SSNs</b>	Social Safety Nets
<b>ILO</b>	International Labour Organisation
<b>FAO</b>	Food for Agriculture Organisation
<b>SLA</b>	Sustainable Livelihoods Approach
<b>WHO</b>	World Health Organisation
<b>UNICEF</b>	United Nations Children Fund
<b>WFP</b>	World Food Programme

## OPERATIONAL DEFINITION OF TERMS

**Cash transfers:** These are monetary aids provided to poor and vulnerable individuals and families.

**Effectiveness:** This means the extent to which the Hunger Safety Net cash transfer achieves its objectives

**Food insecurity:** In this study, it refers to a household's inability to access, diversify, and provide food, enhance social wellbeing, and build assets.

**Food security:** This refers to households' capacity to consistently access, diversify, utilize, and provide food for members to meet dietary needs.

**Hunger Safety Net Programme:** This is a program implemented in arid and semi-arid counties, giving cash to the vulnerable, with an objective of alleviating food insecurity and enhancing diversification of livelihoods sources.

**Productive assets:** Assets that have the ability to generate returns, for example, livestock for livelihoods, savings, and income generating projects (businesses).

**Social cash transfers:** These are non-contributory benefits, provided either in monetary form or as goods, aimed at enhancing the socio-economic status of poor and vulnerable populations.

**Social protection:** A collection of state-owned policies and programs designed to mitigate extreme poverty and enhance resilience against food insecurity.

**Social safety nets:** This pertains to non-contributory transfers aimed at individuals who are vulnerable or living in poverty and hunger, with a strong emphasis on cash transfers as a critical component.

**Social wellbeing:** A state in which household members can access quality education, clean water, healthcare, and participate in inclusive decision-making.

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background to the Study

Alleviating food insecurity is a central priority for governments and the international community, as articulated in Goal 2 of the 2030 Agenda for Sustainable Development: "End hunger, achieve food security" (Schwab, 2019; United Nations, 2019; Asige & Obushe, 2022). In light of rising hunger among the poorest and disadvantaged groups, there has been significant advocacy for social safety net programmes across the globe (Ndoka, 2020). These programmes provide support to individuals vulnerable to or experiencing hunger and deprivation, aim to alleviate the impacts of extreme poverty and hunger in affected areas (Amaya & Prain, 2017). Advocates of these safety net programmes contend that consistent and reliable income can reduce the necessity for emergency food aid and contribute to the prevention of recurring food insecurity in vulnerable households (Matata, 2022).

Globally, there is a significant commitment to social safety nets, including social cash transfers. This is highlighted by international initiatives like the African Union-sponsored Livingstone Call for Action Conference (2006), co-hosted by Zambia, have urged nations to integrate social safety nets into their development agendas. Supported by Help Age International and the United Kingdom Department for International Development, the conference recognized social protection as a fundamental human right, particularly the vulnerable and marginalized groups (International Policy Centre for Inclusive Growth [IPC-IG], 2023).

The High-level Cannes Summit Final Declaration of 2011 stressed the need for safety net programs to address hunger and malnutrition (Kirton & G20 Research Group,

2013). Likewise, the Busan Outcome Document of 2012 underscored the significance of social protection systems for vulnerable communities, especially amid worsening global poverty due to shocks (Killen, 2015). In 2015, the G20 Development Working Group advocated for creating social protection programs to safeguard vulnerable populations from the negative impacts of poverty and hunger. Lastly, the Seoul Action Plan of 2018-2020 advocated for efforts to bolster and improve social protection programs worldwide, particularly in developing countries (Group of Twenty [G20], 2018).

Since the 1980s, Latin America has implemented various social safety net programs with diverse mechanisms and goals aimed at combating poverty, food insecurity, and inequality (Ralston et al., 2017). These long-term initiatives have significantly improved health and nutrition outcomes while narrowing the poverty gap and reducing wealth disparities (López, 2022). Notably, Mexico's Progresa, established in 1997, provides cash transfers to marginalized rural families contingent upon school attendance and regular health check-ups (CEPAL, 2020). This program reflects a deliberate choice by the Mexican government to allocate resources towards the effective support of disadvantaged populations (World Bank, 2019).

Bolsa Família program launched in 2003 by Brazil's government stands as the world's largest conditional cash transfer initiative, supporting more than 46 million people. It has been instrumental in mitigating severe poverty and hunger, leading to a significant decrease in income disparity. By the year 2015, there was a notable decline in the population of Brazilians living beneath the international poverty threshold, with the Bolsa Família program contributing to roughly 28% of this reduction. The program also contributed to a reduction in the number of people experiencing hunger,

from 22.8 million in 1992 to 13.6 million in 2012 (Centre for Public Impact, 2020; World Bank, 2019).

According to Babajanian (2016), 2.5 billion people in the Global South currently receive social safety net benefits, including 650 million from the poorest quintile. These programs have been effective in alleviating poverty, with 36% of those living in poverty globally being lifted from extreme hunger due to such interventions (World Bank, 2021). Amaya and Prain (2017) highlight that hunger safety nets are critical in emergency responses to prevent poverty and food insecurity, while also protecting livelihoods and reinforcing resilience during crises. Since the mid-2000s, nations in the Global South have progressively incorporated social safety net programs into their development frameworks, leading to a significant increase in the number of these initiatives, although they still tend to be relatively small scale (Siachiwena, 2021; World Bank, 2018).

Cash transfer programs in North America have been effective in reducing food insecurity and improving social well-being among at-risk populations. These programs offer direct financial support to individuals and families, allowing them to buy food and fulfill essential needs. Research shows that initiatives such as the United States' Supplemental Nutrition Assistance Program significantly lower food insecurity, enhance dietary quality, and contribute to overall well-being (Bauer et al., 2020). Overall, cash transfers are vital in tackling food insecurity and promoting social welfare (Larson et al., 2019).

In countries like Yemen and Palestine in the Middle East, social safety nets encompass various forms of assistance such as cash transfers, unemployment benefits, and healthcare subsidies, aimed at alleviating poverty, reducing inequality, and



improving overall well-being (World Bank, 2020). These programs provide financial stability and access to essential services, addressing immediate social and economic needs. Additionally, some initiatives focus on enhancing productive assets through skills training and small business support, thereby contributing to long-term economic development and resilience (International Labour Organization, 2019).

In Sub-Saharan Africa, particularly Namibia and South Africa, social safety nets, particularly, cash transfers have been linked to diversification of diet and increased food consumption among beneficiary households, thus enhancing food security (Peterman et al., 2017). Additionally, cash transfers have facilitated increased school enrollment and attendance rates among children from beneficiary households, contributing to improvements in education outcomes (World Bank, 2021). Research indicates that cash transfers positively influence healthcare utilization, leading to greater access to essential health services and improved health outcomes for children. (Adato & Hoddinott, 2019).

The Malawian government cash transfer program, *Mtukula Pakhomo*, has significantly improved food security by providing cash transfers that enable beneficiaries to purchase nutritious food, reducing hunger and malnutrition (Amaya & Prain, 2017). It has also increased school enrollment and attendance rates among children from beneficiary households by alleviating financial constraints (Song & Imai, 2019). Additionally, access to cash transfers has facilitated improved healthcare services and better health outcomes. Moreover, *Mtukula Pakhomo* has supported the accumulation of productive assets, enhancing economic resilience and sustainability (Tovar, 2021).

The Zambian Social Cash Transfer (SCT) program has effectively addressed food insecurity by providing regular cash transfers to vulnerable households (Pruce & Hickey, 2019). Additionally, it has enhanced access to quality education by alleviating financial constraints on families, resulting in increased school enrollment and attendance rates among children from beneficiary households (Handa et al., 2018). Moreover, cash transfers empower women within households, promote equal decision-making, and lead to improved health outcomes by enabling access to healthcare services, while also supporting the accumulation of productive assets, enhancing economic resilience and sustainability (Handa et al., 2018; Pruce & Hickey, 2019).

Ethiopia's Productive Safety Net Program (PSNP) has effectively mitigated food insecurity by providing support to vulnerable households, ensuring access to food during times of hardship (World Bank, 2020). Through improved household stability and reduced poverty, it has significantly improved children's access to education in beneficiary households, resulting in higher school attendance rates and better educational outcomes. PSNP has been associated with improved health outcomes among beneficiary households, as increased income and access to food contribute to better nutrition and healthcare utilization (Hirvonen et al., 2016). PSNP presently provides assistance to around 8 million individuals, positioning it as one of the most extensive social safety net initiatives in Sub-Saharan Africa (Abay, et al., 2023). However, challenges remain, including issues with targeting accuracy, limited coverage, and sustainability concerns, alongside the necessity for ongoing initiatives aimed at tackling the fundamental determinants of food insecurity (Hirvonen et al., 2016).

The Kenya government has established various policies designed to guide social protection initiatives. Article 43(1) of the 2010 Constitution of Kenya guarantees that every citizen has the right to be free from hunger and to access adequate food that meets acceptable quality standards. Additionally, frameworks such as Kenya Vision 2030 and the National Social Protection Policy (2011) highlight the need to tackle food insecurity and poverty through initiatives like the National Safety Net Programme (NSNP), commonly known as Inua Jamii, which includes cash transfer initiatives like the Hunger Safety Net Programme (HSNP) (World Bank, 2020).

HSNP was initiated in 2008 to offer sustainable assistance to vulnerable populations facing food insecurity in counties like Mandera, Marsabit, Turkana, and Wajir (National Drought Management Authority [NDMA], 2023). As part of Vision 2030, this program, managed by the National Drought Management Authority, originally aimed to support 69,000 households with monthly stipends of 2,150 Kenya shillings until 2014 (Costella et al., 2022). In 2015, the initiative was expanded to include an extra 207,000 households impacted by drought (Fitzgibbon, 2016). The HSNP focuses on alleviating food insecurity and improving financial inclusion for marginalized communities. By 2020, it had reached about 600,000 individuals, or 100,000 households, across the four most impoverished ASAL counties (NDMA, 2021).

Despite efforts by the government and development partners to achieve food security in ASALs through the HSNP, these nomadic pastoralist-dominated regions continue to face severe food insecurity. As of 2023, approximately 282 million people globally are experiencing acute hunger, marking an increase of 24 million compared to 2022 (World Food Programme, 2023; FAO, 2023), 2.8 million people being from the

Kenyan ASALs (National Drought Management Authority, 2024). This significant rise highlights the ongoing challenges of food insecurity worldwide.

In 2023, Turkana County experienced severe food insecurity, with around 60% of Turkana's population classified under Integrated Food Security Phase Classification Phase (IPC) 3 (Crisis) or Phase 4 (Emergency), indicating acute food insecurity where immediate assistance was critical to meet basic food needs (IPC, 2023). Persistent high prices for staple foods, coupled with reduced purchasing power and recurrent environmental shocks, particularly affected pastoralist communities reliant on livestock, whose herds were substantially depleted due to a lack of grazing and water (WFP, 2023).

The four counties targeted (Mandera, Marsabit, Turkana, and Wajir) by HSNP frequently suffer from drought and low rainfall and are among the poorest and least developed in the country. Moreover, HSNP operates under challenging conditions characterized by inadequate infrastructure, limited network connectivity, and insufficient social amenities (Kenya Food Security Steering Group, 2024). Although seasonal rains provide slight relief for these ASALs, underlying vulnerabilities remained a significant concern, necessitating continued humanitarian support and resilience-building initiatives for the local population (OCHA, 2023).

HSNP has been criticized for protracted production and management of smartcards which have significantly impacted the timeliness of payments to beneficiaries under the HSNP. The result is delays in disbursing funds, with some beneficiaries needing to travel to pay points farther than the stipulated 20-kilometer limit, thereby compromising the speed and efficiency of the program's implementation (CALP Network, 2021).

Cash transfer programs have demonstrated beneficial effects on food security; however, responses in Turkana County are varied. Consequently, this study aims to evaluate the effectiveness of the Hunger Safety Net Programme in addressing food insecurity in Turkana West Sub-County, Kenya. This assessment is crucial for comprehending the complexities of the program's influence in a region that continually grapples with issues related to food accessibility.

## **1.2 Statement of the Problem**

Article 43(1)(c) of the Constitution of Kenya, 2010 guarantees right of every citizen to be free from hunger and to have access to sufficient food, a commitment further supported by Sustainable Development Goal 2, which seeks to eradicate hunger globally. However, both the World Food Programme and the Global Report on Food Crises 2024 consistently classify Turkana County in critical food insecurity phases. In 2023 alone, nearly 60% of Turkana's population was categorized under Integrated Food Security Phase 3 (Crisis) or Phase 4 (Emergency), highlighting an acute need for assistance to address immediate basic needs.

While the Hunger Safety Net Programme has been instrumental in providing cash transfers to vulnerable households in Kenya's arid and semi-arid counties, Turkana West Sub-County continues to face severe and persistent food insecurity. Several critical challenges appear to undermine its effectiveness in Turkana West. These include operational difficulties such as delays in fund disbursement, largely due to logistical issues with smartcard management, as well as inadequate infrastructure and resource access that limit beneficiaries' ability to utilize the program fully. Furthermore, the unique socio-economic conditions in Turkana, predominantly inhabited by nomadic pastoralist communities, exacerbate food insecurity, as recurring droughts restrict income sources and food availability.

Given these persistent challenges, it remains unclear whether HSNP is effectively fulfilling its goals of reducing hunger and supporting resilience in Turkana West Sub-County. This study aims to critically assess the program's impact and provide actionable insights to enhance the program's capacity to address the urgent food security requirements of the vulnerable populations.

### **1.3 General Objective of the Study**

To assess effectiveness of Hunger Safety Net Programme on alleviating food insecurity in Turkana West Sub-County, Kenya.

### **1.4 Specific objectives of the Study**

- i. To determine how the Hunger Safety Net Programme affects the beneficiary households' food security in Turkana West Sub-County, Kenya.
- ii. To assess how the Hunger Safety Net Programme affects the beneficiary households' social wellbeing in Turkana West Sub-County, Kenya.
- iii. To establish how the Hunger Safety Net Programme affects accumulation of productive assets by beneficiary households in Turkana West Sub-County, Kenya.

### **1.5 Research questions**

- i. To what extent does the Hunger Safety Net Programme affect beneficiary households' food security in Turkana West Sub-County, Kenya?
- ii. To what extent does the Hunger Safety Net Programme affect beneficiary households' social wellbeing in Turkana West Sub-County, Kenya?
- iii. How does the Hunger Safety Net Programme affect accumulation of productive assets by beneficiary households in Turkana West Sub-County, Kenya?

## **1.6 Significance of the study**

The government of Kenya, in collaboration with donors, multilateral organizations, and development agencies, allocates billions of dollars each year to initiatives and policies designed to alleviate poverty and enhance food security. While initiatives like the Hunger Safety Net Programme are essential, it is vital to assess their effectiveness in enhancing household food security, social wellbeing, and the retention and accumulation of productive assets among beneficiary households. Good intentions must be matched with measurable outcomes to ensure sustainable development and meaningful change in communities.

The Kenyan government is dedicated to upholding the constitutional right to food security, with HSNP being a crucial component, particularly in ASALs. This study's findings offer vital insights into the effectiveness of the HSNP in Turkana County and other beneficiary regions. Such data can serve as a valuable resource for the Kenyan government, funding agencies like the Department for International Development (DFID), and other development partners. It can help them create evidence-based projects, programs, and policies that align with the objectives of the HSNP and enhance accountability and learning.

The results of this research hold significant implications for scholars, social service practitioners, and investigators interested in evaluating the impact of social cash transfer initiatives on food security. This research is crucial as it allows scholars to develop effective interventions, enhance program implementation and evaluation, and refine theories of change. This is vital in shaping and developing effective and efficient interventions to address the problem of food insecurity.

### **1.7 Scope of the study**

This research concentrated on households participating in the HSNP in Turkana West, an area predominantly inhabited by nomadic pastoralist communities that encounter considerable challenges related to food insecurity (Food and Agriculture Organization [FAO], 2023). HSNP was specifically designed to target arid and semi-arid counties like Turkana, where climate vulnerability, food insecurity and poverty are prevalent (National Drought Management Authority [NDMA], 2021). Turkana West, in particular, has received significant focus within the HSNP, making it a representative location for evaluating the program's impact in a high-need area (NDMA, 2023; World Bank, 2020).

It investigated the program's influence on three key areas for beneficiary households: food security, social wellbeing, and the accumulation of productive assets. Data collection involved households enrolled in the HSNP, as well as input from relevant government officials, representatives from non-governmental organizations, and village administrators who are engaged in implementing the program. This comprehensive approach ensures a thorough assessment of the program's impact and effectiveness.

### **1.8 Limitations and Delimitations of the study**

This research was carried out in Turkana West Sub-County, a remote, arid region with challenging terrain and limited infrastructure, such as roads and communication networks. This limited access posed logistical challenges, including difficulties in reaching some of the 13 respondents that did not take part in the study. Only households that are beneficiaries of the HSNP program in Turkana West Sub-County were considered, thereby excluding those that do not receive benefits. This was to



assess the experiences and benefits within the specific context of enrolled participants and ensure consistency in analyzing HSNP's effects.

Also, the study concentrated on three main impact areas of the HSNP—food security, social wellbeing, and accumulation of productive assets—instead of a broader evaluation of all program aspects. This permitted a deeper focus on outcomes directly related to the program's primary objectives. These limitations and delimitations were acknowledged to provide context for interpreting the study's findings, enhancing the relevance of insights within Turkana West while highlighting areas for further research and contextual considerations for other regions.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.0 Introduction**

The chapter presents an overview of empirical literature relevant to the specific aims of the study. It also summarizes the literature review, identifying gaps that have shaped the direction of the current research. Additionally, it explores the theoretical basis underlying the links between the Hunger Safety Net Programme and household food security, social well-being, and the accumulation of productive assets among beneficiary households in the study area. Finally, a conceptual framework is presented to visually represent the relationships among the study variables.

#### **2.1 Empirical Literature**

With the primary aim of the HSNP cash transfer benefit being to improve food security for Kenya's marginalized areas, especially in arid and semi-arid regions, this study sought to develop a clearer understanding of the HSNP's impact on low-income households in Turkana West Sub-County. The research addresses essential question: is the HSNP an effective tool for enhancing food security, social wellbeing, and the accumulation of productive assets among rural households? The literature review aligns with the study's specific objectives, detailed in sections 2.1.1, 2.1.2, and 2.1.3.

##### **2.1.1 Hunger Safety Net Programme and Households' Food Security**

The World Food Programme (WFP) and the United Nations Children's Fund (UNICEF) project that approximately 670 million people worldwide will continue to face food insecurity by 2030 (WFP & UNICEF, 2022). A recent publication from the Intergovernmental Panel on Climate Change (IPCC) revealed that in 2022, approximately 3.5 million individuals in Kenya, accounting for 24% of the population residing in ASALs, experienced severe food insecurity. Furthermore, the IPCC

projected that by the end of 2022, this number would likely rise to 4.4 million individuals are facing significant levels of food insecurity (Monteiro et al., 2022). These statistics emphasize the pressing need for impactful interventions to combat food insecurity, especially in vulnerable areas such as Turkana County.

According to Bagnetto (2022), climate change, failed rains, locust infestation, COVID-19, the Russia-Ukraine war are the primary drivers of food insecurity globally. Many Kenyans are unable to secure three meals a day as a result of soaring food prices. The situation seems even dire in the Kenyan ASALs; including Turkana County where many people have no food. The World Food Programme (2022) has noted that drought has resulted in unimaginable suffering amid the traditional nomadic populations. An estimated 7 million livestock have been lost due to extreme food and water scarcity across the ASAL counties, imperiling livelihoods of pastoralists, who rely on them for food and income (Bagnetto, 2022). This loss not only threatens their immediate survival but also their long-term economic stability.

Food insecurity is a persistent social issue in Kenya, affecting millions. The latest data reveals that approximately 3.5 million individuals, representing 24% of the population in ASALs, are experiencing severe food insecurity, leading to significant disruptions in their livelihoods (Maxwell et al., 2022). Despite the long-standing efforts of the Kenyan government and donor agencies to combat this issue through food aid distributions, such provisions have proven ineffective (National Drought Management Authority, 2020). In contrast, regular cash transfers are increasingly acknowledged as a more effective approach, enabling vulnerable households to enhance their resilience to food insecurity and disrupt the cycle of poverty (Song & Imai, 2019).

Recent years have witnessed increased focus by researchers on assessing the influence of social safety net cash transfer programs globally (Bastagli et al., 2019; Davis et al., 2016; Hidrobo et al., 2018; Owusu-Addo et al., 2018; Onwuchekwa et al., 2021). Evidence consistently suggests that these programs are effective in achieving their primary goals of improving food security for vulnerable households (Bastagli et al., 2019; Hidrobo et al., 2018; Davis et al., 2016). In this study, the researcher analyzed the HSNP's impact on food security among beneficiary households in Turkana West Sub-County, examining core indicators such as accessibility, affordability, and sustainability.

Falb et al. (2020) examined financial aid programming and its impact on meeting basic needs and reducing food insecurity in Syria's Raqqa Governorate. Using mixed-methods approach with a pre-posttest design in 2018, the study revealed that short-term emergency cash enabled women and their families to fulfill their basic needs during a crisis. The cash was majorly used for essential items, including food. This study concentrated on evaluating the impact of cash transfer programs in acute humanitarian emergencies, with a particular emphasis on women beneficiaries. In contrast, the present research will examine the effectiveness of HSNP in Kenya, focusing on beneficiaries in Turkana West Sub-County. Unlike the approach taken by Falb et al. (2020), this study utilized a concurrent research design.

In their descriptive literature review, Jeong and Trako (2022) analyzed the role of humanitarian aid, both cash and goods in low and middle-income countries, specifically within humanitarian contexts. Their findings indicated that most of the studies they reviewed reported positive impacts of humanitarian aid interventions in addressing food insecurity. The study studies underscores the effectiveness of these

interventions in enhancing food security. This evidence emphasizes the critical role that humanitarian assistance in improving food security metrics among vulnerable populations.

Overall, the findings suggest that most humanitarian aid have a significant positive effect on food security conflict-prone areas, improving food consumption and quality of dietary, hence mitigating the severity of food insecurity. However, Lombardini and Mager (2019) reported that a cash-for-work initiative established in a refugee camp in Jordan did not result in any enhancement of food security. A key limitation in the existing literature is the variability in results concerning the impacts of cash transfers on food security. This discrepancy highlights a lack of comprehension regarding the effects of programs such as the HSNP cash transfer on the food security status of households benefiting in Turkana County. Addressing this gap is crucial for the current study, as it aims to contribute valuable insights into the effectiveness of the HSNP in enhancing food security among marginalized communities.

Raghunathan et al. (2017) evaluated the Mamata cash transfer scheme in Odisha, India, focusing on pregnant and lactating women. Analyzing data from 1,161 households, they assessed its impact on various health services and food security. Their findings indicated that the scheme increased access to antenatal services by 5 percentage points and IFA tablet distribution by 10 percentage points, while reducing the Household Food Insecurity Access Scale score by 0.84 points. In contrast, the current study investigates whether the HSNP in Turkana County offers similar food security benefits for all beneficiary households, regardless of gender.

The International Labour Organization (ILO) has examined a range of programs, including Brazil's Bolsa Familia, India's Mahatma Gandhi National Rural

Employment Guarantee Scheme (MGNREGS), and Mexico's Oportunidades, underscoring their notable positive contributions to household food security via conditional cash transfers and employment guarantees. The Bolsa Familia program, which offers conditional financial assistance to economically disadvantaged households contingent upon educational attendance and health criteria, enhances short-term food security while promoting enduring stability (ILO, 2023). Similarly, this study evaluates the effectiveness of HSNP in Turkana County to determine whether it offers comparable benefits in food security for beneficiary households.

The India's MGNREGS addresses food insecurity through stable income opportunities in rural areas, allowing households to secure food even during off-seasons in agriculture, which reduces reliance on emergency aid (ILO, 2021). For Oportunidades in Mexico, conditional cash transfers linked to health and educational commitments have proven to increase access to a nutritious diet, particularly benefiting vulnerable groups like women and children, and contributing to lower anemia rates and better overall nutritional health (ILO, 2016). Together, these findings reveal how these programs provide a crucial safety net that not only boosts food security but also addresses broader socioeconomic vulnerabilities. The relevance of these insights is particularly significant for countries like Kenya, where similar programs like the HSNP target food-insecure regions such as Turkana County, providing a potential pathway for improving both immediate food access and long-term nutritional needs. While the ILO research focused on the effects of cash transfer programs in Brazil, Mexico, and India—countries with varying food insecurity levels compared to Kenya—the current study examines the similar influence of the Hunger Safety Net Programme in Turkana County, Kenya.

Households enrolled in Familias en Acción in Colombia notably increased their uptake of protein-rich foods like eggs and milk, meat (Thome et al., 2016). Cash transfers enhance food availability, access, and utilization for households at risk of sudden shocks like droughts, floods, and climate change. Additionally, they can help stabilize household income, thereby smoothing consumption patterns (Hidrobo et al., 2015). The food security indicators examined in Hidrobo's study align with those of the current research. However, the current study specifically determined whether the Hunger Safety Net Programme is effective in improving additional food security indicators such as accessibility, utilization, stability, and adequacy among beneficiary households in Turkana West Sub-County.

Omotesho et al. (2016) examined the effects of non-farm income on food security in Kedah, Malaysia, utilizing primary data gathered from a survey of agricultural households, with face-to-face interviews conducted with 384 selected respondents. Their findings revealed that non-farm income reduced food insecurity by 42.94% and poverty by 51.47%. Additionally, the severity of food insecurity decreased by 23.35% when transfer payments were included in the income. However, the study did not account for other factors influencing food security beyond non-farm income and did not specifically address the primary focus of the current study.

Cash transfers have significant potential to alleviate hunger by improving access to an adequate amount of food (Burchi et al., 2018). Barrett and Palm (2016) found that cash transfer programs can stabilize consumption patterns and reduce the need for negative coping strategies. Karakara and Ortsin (2022) studied Ghana's Livelihood Empowerment Advancement Programme (LEAP) cash grants and found that food expenditure increases with income and family size but decreases when income falls.

Kerr (2022) further noted a decline in destructive coping strategies, such as reducing food intake or meals. However, Tiwari et al. (2016) reported no significant impact of the program on food consumption, employment, or the use of productive inputs.

A recent study by Rutenge (2023) in Tanzania examines the effectiveness of the Productive Social Safety Net II (PSSN-II) in reducing food insecurity among beneficiary households. The findings indicate that most beneficiaries reported being able to have at least two or even three meals daily. In comparison, the current study aims to assess whether the HSNP has effectively addressed food insecurity in Turkana County. The researcher plans to sample 367 beneficiaries, significantly more than the 30 surveyed by Rutenge. While Rutenge's study was conducted in four urban locations in Tanzania—Dar es Salaam, Zanzibar, Kigoma, and Mtwara, the current research focuses on a rural area in Turkana County.

In a study conducted in Kenya, Ng'ong'a (2020) examined the effects of cash transfer programs on the socio-economic status of households in Migori County, employing a descriptive research design. The study established that while households increased the number of meals they consumed, balanced meals were often unaffordable. In contrast, the current study expands on this knowledge by examining additional food security indicators such as accessibility, utilization, and sustainability, relying solely on questionnaires and key interview schedules for data collection.

In Kakamega County, Kenya, Eyase (2015) examined the impact of cash grants for orphans and vulnerable children (OVC) on their wellbeing. The study had four main objectives: assessing households' utilization of the cash transfer grant, determining the perceived influence of the grant on food consumption and education of OVC, and examining its impact on social status and relations for household wellbeing. Data



analysis relied on descriptive statistics, revealing that cash transfer grants positively influenced the wellbeing of OVC in the Sub-County. However, the study primarily focused on cash transfer utilization among households. In contrast, the current study delved deeper into the effectiveness of the HSNP on household food security in ASALs. Additionally, it explored whether the cash transfer program significantly affects food security.

The literature on social safety nets and food security emphasizes the vital role of cash transfer programs like the HSNP in enhancing food security, particularly in vulnerable, drought-prone regions. Global evidence indicates that cash transfers successfully reduce poverty and improve food access, a trend seen in sub-Saharan Africa with programs such as the PSNP and Zambia's Social Cash Transfer Scheme. In Kenya, the HSNP's targeted strategy in ASAL counties, including Turkana, demonstrates its potential to mitigate food insecurity. However, ongoing challenges related to sustainable food security and resilience underline the necessity for a comprehensive study on the HSNP's effectiveness in addressing the specific food insecurity issues faced in Turkana West Sub-County.

### **2.1.2 Hunger Safety Net Programme and Households' Social Wellbeing**

Programs that provide cash transfers to economically disadvantaged households have exhibited favourable outcomes on beneficiaries' wellbeing worldwide, improving access to education, healthcare, household decision-making, and clean water, all of which are crucial for social welfare (Roelen et al., 2018; Davis et al., 2016). The present research analyzed the Hunger Safety Net Programme implemented in Turkana West Sub-County and found that it effectively enhanced access to essential services, aligning with evidence that cash transfers can reduce poverty by supporting household needs. When well-targeted, cash transfer programs empower households

economically and socially, fostering sustainable improvements in education, health, and decision-making capabilities (Devereux & Sabates-Wheeler, 2020).

Urbina (2020) studied the impacts associated with Mexico's Progresa cash transfer program, specifically examining its influence on decision-making within households. The research targeted cohabiters and couples involved in the program, using a sample size of 9,751 to understand how cash transfers impact dynamics in shared household decisions. Results established that Progresa cash transfers positively affected female autonomy but did not alter household decision-making dynamics. The researcher concluded that Progresa improved women's status within the household. However, the study only sampled married and cohabiting couples enrolled in the program. In contrast, the current study targeted heads of beneficiary households regardless of marital status, broadening the scope and reducing potential biases resulting from previous restrictions.

According to Jeong and Trako (2022), armed conflicts not only devastate school infrastructure but also shatter the dreams and aspirations of entire generations. Turkana County mirrors this scenario, with widespread cattle rustling attributed to its proximity to international borders (Ethiopia, South Sudan, and Uganda) and neighboring communities. Empirical studies consistently affirm that unconditional cash transfers contribute significantly to the advancement of children's education. For instance, Chaaban et al. (2020) observed a significant boost in school enrollment rates—between 10 and 30 percentage points—among Syrian refugees in Lebanon who received cash support. Research by De Hoop et al. (2019) similarly highlighted a notable increase in school attendance for displaced Syrian children benefitting from these transfers, with statistically significant effects underscoring the effectiveness of

cash assistance in promoting educational access. While these studies focused on refugee populations, the current study concentrated on beneficiaries of Hunger Safety Net Programme in Turkana West Sub-County, which hosts a significant number of refugees.

Raghunathan et al. (2017) analyzed the Mamata cash transfer initiative in Odisha, India, to assess its impact on access to healthcare services among pregnant and lactating women. Key indicators studied included pregnancy registration, access to antenatal care, prenatal counseling, postnatal counseling, exclusive breastfeeding, and complete immunization. The study found that beneficiaries of the Mamata scheme exhibited a 5% higher likelihood of utilizing antenatal care and 10% more likely to receive iron and folic acid tablets. In comparison, the present study explores whether HSNP in Turkana County, Kenya, has similar effects on healthcare access for beneficiary households. Unlike Raghunathan et al.'s focus on pregnant and lactating women, this study encompasses all HSNP beneficiaries, offering a broader perspective on cash transfers and social welfare outcomes across genders.

Hagen-Zanker et al. (2016) conducted a comprehensive review examining the impact of cash transfers on individuals and families. The analysis suggested that 13 out of 20 studies on school attendance reported notable gains in attendance and reductions in absenteeism. Cash transfers also promoted healthcare utilization, with positive impacts observed across health service use, dietary diversity, and child growth indicators (height and weight). The review identified health service use as particularly responsive, with two-thirds of studies (10 out of 15) showing significant improvements. While Hagen-Zanker's review relied on secondary data, the current

study extends this research by employing primary data to evaluate the Hunger Safety Net Programme's specific impacts on social wellbeing in Turkana County.

A study by Dordaa, Cheabu, and Sulemana (2023) examined healthcare access for elderly beneficiaries of the Livelihood Empowerment Against Poverty (LEAP) scheme in Ghana. The researchers identified barriers such as inadequate healthcare quality and the significant distance to facilities, which impede effective healthcare utilization. Conversely, Devereux (2016) demonstrated that cash transfers foster sustainable progress in the development of human capital. The study revealed that a significant portion of cash transfer benefits is invested in the education, health, and nutrition of children. The present study explored the extent to which HSNP contributes to enhancing access to quality education in Turkana.

Bonilla et al. (2017) reported that providing a 120 US dollar unconditional cash transfer in the Democratic Republic of Congo positively influenced the enrollment of children in schools among internally displaced families, with a stronger impact observed for boys. This highlights the role of cash transfers in enhancing educational access for children in conflict-affected areas. The current study builds on these insights by assessing HSNP in Turkana West, Kenya, focusing not only on education but also on healthcare and clean water access for rural households. Unlike studies using secondary data, this research collected primary data directly from recipients through surveys and interviews, offering a closer look at the HSNP's specific impacts on social well-being in marginalized settings.

Current studies on the effects of the Hunger Safety Net Programme in Kenya, particularly regarding education, healthcare, and access to clean water, reveal various insights into how cash transfers impact beneficiaries. A mixed-methods evaluation of

the HSNP in Kenya's ASALs, including Marsabit, Turkana, Mandera, and Wajir indicated that while there was no significant increase in school enrollment or attendance, the program improved educational outcomes for children already in school. This improvement was linked to enhanced psychosocial wellbeing among the students (Oxford Policy Management, 2018). The cash transfers allowed families to better support their children's education, although the direct effects on enrollment numbers were limited.

Finally, research has shown that HSNP beneficiaries experienced increased healthcare expenditures and a higher likelihood of utilizing health services. The program was found to positively influence healthcare access, although the impacts varied across different household types. Beneficiary households exhibited a lower likelihood to adopt harmful coping strategies, including the sale of livestock to meet medical costs, indicating improved financial resilience (International Policy Centre for Inclusive Growth, 2018). Ongoing evaluations and studies are imperative for understanding the long-term impacts of the program and for identifying potential areas for improvement.

### **2.1.3 Hunger Safety Net Programme and Accumulation of Productive Assets**

Extensive literature indicates that cash transfers facilitate the accumulation of productive assets (Ralston et al., 2017). Additionally, rural households experiencing poverty allocate a notable portion of cash transfers toward productive endeavors (Bastagli et al., 2016; Stoeffler et al., 2020).

Bastaglia et al. (2016) found that while cash transfers in Malaysia enhanced household consumption and allowed families to retain livestock, they did not significantly boost ownership of productive assets due to competing expenses on education, healthcare, and food. Ambelu et al. (2017) noted that households with

greater asset holdings are generally more resilient, while Smith and Franken Berger (2018) emphasized that asset accumulation is crucial for long-term stability. This study aims to evaluate how cash transfers from HSNP affect beneficiaries' ability to accumulate assets while addressing their immediate needs, offering insights for designing more effective cash transfer programs that balance consumption and investment in productive resources.

Peprah et al. (2017) conducted a descriptive study assessing whether 180 beneficiaries of Ghana's Livelihoods Empowerment Against Programme (LEAP) effectively acquired productive livelihood assets. Their findings indicated minimal evidence of asset accumulation, which restricted beneficiaries' ability to diversify their livelihoods. This situation was attributed to the low cash transfers and irregular payment schedules. In contrast, the current study examines the Hunger Safety Net Programme (HSNP) in Turkana West Sub-County, focusing on its role in asset accumulation and retention among beneficiaries. This analysis is particularly important in light of the varying effectiveness of cash transfer initiatives in different contexts.

Otulana et al. (2016) reported that female-headed households in Zimbabwe gained more from cash transfers, particularly in their spending on productive assets, compared to households headed by men, suggesting significant financial benefits for women. However, Bastaglia et al. (2016) pointed out that cash transfers may not sufficiently shield household budgets from economic shocks like rising food prices, often forcing families into debt. These insights highlight the important role social cash transfers play in relieving financial strain on low-income households. In this context, the current study investigates how the Hunger Safety Net Programme influences not

only spending behaviors but also the accumulation and retention of productive assets among beneficiaries in Turkana West.

Further, Galvani and Juergens (2018) evaluated Malawi's Social Cash Transfer Programme (SCTP), which provides non-conditional financial support to poor households that are unable to work. Their findings showed a notable positive effect on asset ownership among older-headed households, particularly in livestock, with a 31% increase in ownership and an 8.6% rise in purchases, though overall asset expenditure changes were minimal. d'Errico, Romano, and Pietrelli (2018) similarly found that cash transfer programs in Uganda and Tanzania promoted asset retention and accumulation. The current study seeks to examine how cash transfers affect the retention and accumulation of productive assets among beneficiary households, hence better understanding of how cash assistance can empower vulnerable communities toward sustainable outcomes.

In his 2019 study, Abonyo investigated how cash transfers targeted at older individuals affect household economies in Butula Sub-County, Busia County, Kenya. The research employed ex-post facto research design, conducting a survey of 150 elderly beneficiaries using questionnaires. The results demonstrated that implementation of cash transfer programs positively influenced household savings and supported the retention and accumulation of livestock, enhancing household assets. Acknowledging that this study was conducted in a non-arid environment is crucial, as it may produce different findings relative to the effects of cash transfers in arid and semi-arid lands like Turkana.

Haushofer and Shapiro (2016) investigated the immediate effects of unconditional financial initiatives on economic outcomes and psychological wellbeing among poor

households. They found that after about two years of receiving these transfers, beneficiary households increased their spending on durable assets and reported an additional household expenditure of approximately US\$293 in purchasing power parity compared to eligible non-recipients in similar communities. In contrast, the current study aims to expand on these findings by examining the long-term effects of the HSNP on accumulation of productive assets among beneficiaries in Turkana West. This research will provide valuable insights into how cash transfer programs can foster sustainable livelihoods in vulnerable populations.

Recent studies continue to assess the impact of cash transfer programs on household welfare in Kenya's arid regions. Muthoni et al. (2021) found that HSNP transfers covered nearly 30% of household expenses for 1,500 households in Turkana, Wajir, and Mandera, with most funds allocated to food, though only a few households could save due to low transfer values. This study employs a mixed-methods design, focusing on HSNP's role in Turkana West Sub-County to address food insecurity, improve social well-being, and support asset-building. Unlike Muthoni's broader approach, this research offers a targeted view of HSNP's specific impact on household resilience.

Ndoka (2020) study on the Hunger Safety Net Programme in Wajir revealed significant effect in asset retention and accumulation among beneficiaries, with livestock ownership 70% respondents reporting an investment in livestock and 12% owned businesses. However, challenges such as delayed payments and fluctuations in transfer amounts hindered further investment opportunities for some households. These findings underscore the importance of consistent cash transfers for maximizing the HSNP's effectiveness in promoting long-term asset accumulation and community



resilience. In light of these insights, the current study assessed how the HSNP's cash transfers promotes savings culture, livestock for livelihoods, starting businesses and equal decision-making among beneficiaries in Turkana West.

## **2.2 Literature Review Summary and Gaps**

The reviewed literature on cash transfer programs, like Kenya's Hunger Safety Net Programme, reveals notable research gaps in understanding their effectiveness in reducing food insecurity, particularly in vulnerable areas such as Turkana West Sub-County. Although existing studies examine various impacts of cash transfers, they tend to focus primarily on immediate food security indicators, such as access and meal frequency (Falb et al., 2020; Jeong & Trako, 2022). However, less is known about their long-term sustainability and potential to reduce dependency on aid by fostering stable food security and economic resilience. This study aims to address this gap by exploring HSNP's role in providing a sustainable solution to food insecurity in Turkana County.

A key issue in the current literature is the inconsistency in findings regarding food security outcomes. While some studies indicate significant positive effects of cash transfers on food security (Bastagli et al., 2019; Hidrobo et al., 2018), others report minimal or no impact (Lombardini & Mager, 2019; Tiwari et al., 2016). These discrepancies highlight a need to examine the factors driving such variability and how contextual factors in regions like Turkana may shape the effectiveness of programs like HSNP.

Notably, majority of studies on cash transfer programs are conducted in urban or more stable rural areas (Rutenge, 2023; Ng'ong'a, 2020), with limited focus on arid and semi-arid lands (ASALs) like Turkana. This gap leaves room for further research on

the effectiveness of HSNP in ASALs, where environmental challenges and food insecurity are more severe. This study thus aims to expand knowledge on HSNP's impact in regions marked by distinct challenges, such as drought and reliance on livestock.

Research also indicates that cash transfers may reduce reliance on negative coping strategies (Barrett & Palm, 2016; Karakara & Ortsin, 2022), but their impact on promoting adaptive, resilience-building strategies—like investment in income-generating activities—is less explored. This study aims to assess whether HSNP encourages such adaptive mechanisms in Turkana.

Previous studies focused on specific demographic groups, such as pregnant women (Raghunathan et al., 2017) or married couples (Urbina, 2020), with limited inclusivity. This study adopts a broader demographic approach, considering all HSNP beneficiaries, regardless of their demographic characteristics to avoid biasness.

Existing studies link cash transfers primarily to school enrollment and attendance (Chaaban et al., 2020; Bonilla et al., 2017), but fewer investigate impacts on educational quality, academic performance, or psychosocial development. Oxford Policy Management (2018) noted psychosocial benefits, yet there is a need for deeper exploration into cognitive outcomes and skills acquisition.

Also, researchers have employed different research designs, for example, descriptive survey design (Eyase, 2015; Hagen-Zanker et al., 2016). The current study adopted mixed-methods research, combining quantitative data with qualitative insights to enrich understanding of how beneficiaries experience programs like HSNP.

## **2.3 Theoretical Framework**

Theories are typically defined as a collection of principles proposed to explain a phenomenon (Kawulich, 2022). The Sustainable Livelihoods Approach (SLA) was adopted as a foundational theoretical framework, elaborated further in section 2.3.1 below.

### **2.3.1 The Sustainable Livelihoods Approach**

According to the Food and Agriculture Organization (FAO) et al. (2022), food security is complex and requires a multifaceted approach. The United Kingdom's Department for International Development (DFID) adopted the Sustainable Livelihoods Approach (SLA) following the 1997 White Paper on International Development, which emphasized eradicating poverty in low-income countries (Sati & Vangchhia, 2017). SLA focuses on households' access to and effective use of five core assets: human capital (health, education, skills), social capital (community networks and relationships), natural capital (resources like land and water), physical capital (infrastructure and assets such as housing and tools), and financial capital (income, savings, financial services) (DFID, 2020).

In this study, cash transfers from HSNP directly enhance financial capital, improving household food security and social wellbeing through access to healthcare, education, and water. The HSNP also bolsters physical capital by enabling households to accumulate livestock and savings and social capital by allowing greater community participation and decision-making. Additionally, human capital benefits as households gain resources for healthcare and education, improving long-term wellbeing. Moderating variables like traditional beliefs influence cash transfer use, as seen in Turkana's cultural prioritization of livestock, which may reduce investments in education but strengthen physical capital. Studies by Bastagli et al. (2016) and

Stoeffler et al. (2020) supports SLA's effectiveness in enhancing financial and social capital and, consequently, household resilience.

Applying SLA in Turkana West Sub-County offers a comprehensive view of HSNP's impact on food security, asset accumulation, and social stability, directly supporting the study's objectives. However, the Sustainable Livelihoods Approach (SLA) has faced criticism for overlooking cultural and political capital, which some scholars, like Chowdhury (2021), argue are also essential components.

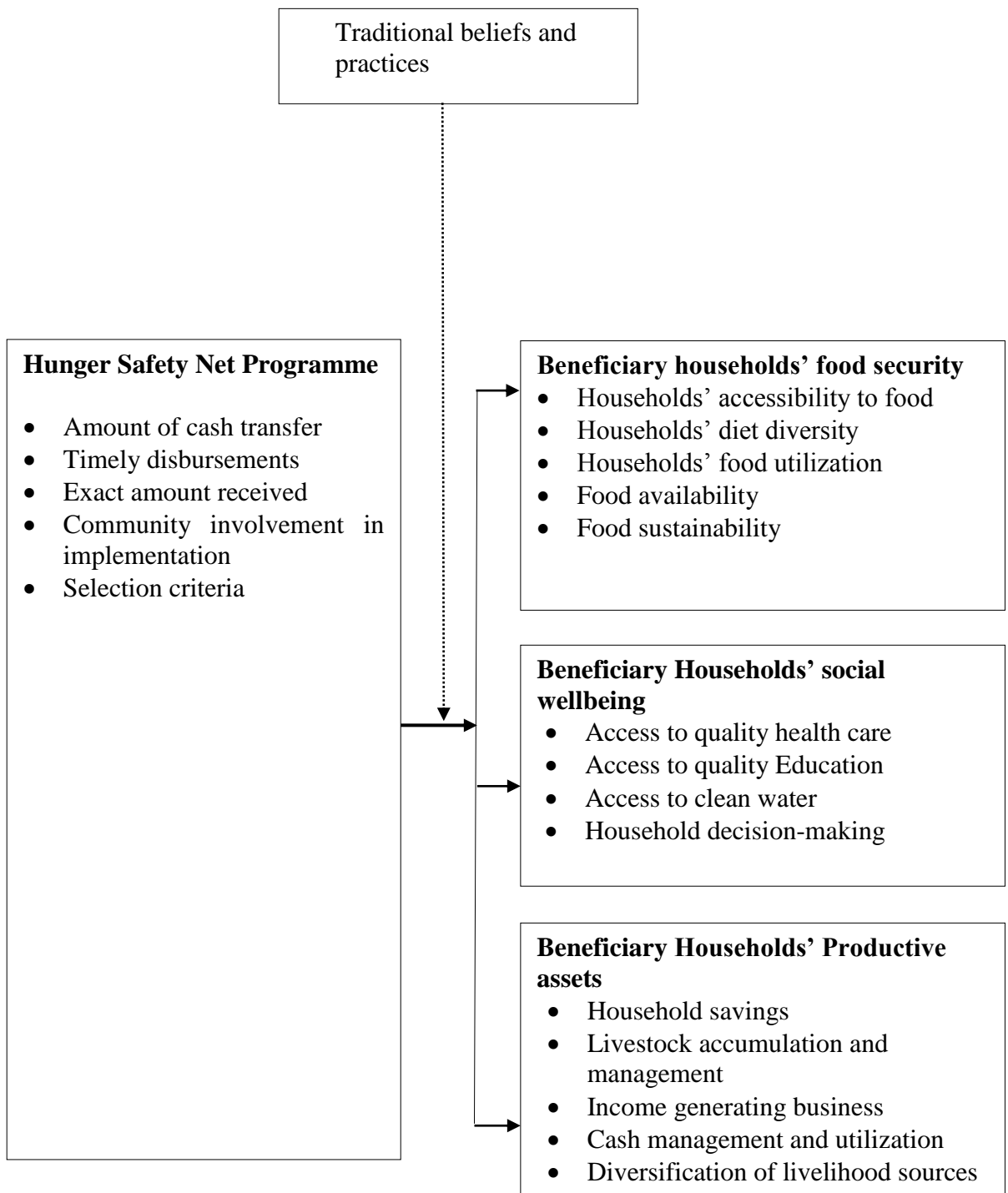
#### **2.4 Conceptual Framework**

The conceptual framework illustrates how the independent variable (Hunger Safety Net Programme) affects the dependent variables (food security, social wellbeing, and the accumulation of productive assets). Additionally, traditional beliefs and practices serve as a moderating variable, influencing the program's effectiveness. Figure 2.1 illustrates these relationships, providing a visual outline of how these elements interact within the study's context.

**Independent Variables**

**Dependent Variable**

**Moderating Variable**



**Figure 2.1: Conceptual Framework**

Source: Researcher (2024)

According to Figure 2.1, the HSNP's cash transfers directly improve household food security, social wellbeing, and asset accumulation by boosting economic stability. Factors such as the cash amount, timely disbursement, precise payments, community involvement, and beneficiary selection work together to provide regular financial support, reduce dependence on emergency aid, and promote sustainable livelihoods. These components help households meet immediate food needs, maintain social wellbeing, and build assets.

The framework suggests that consistent cash transfers enhance food access, allowing households to improve diets and food management, which strengthens food security. Social wellbeing is reflected through access to healthcare, education, clean water, and informed household decisions. Increased income from HSNP supports access to essential services, leading to better health, educational opportunities, and improved decision-making. Cash transfers also promote financial stability, allowing households to save, invest in assets (like livestock or businesses), and diversify income sources, fostering resilience.

Lastly, the framework highlights the influence of moderating factors, such as cultural practices, on HSNP's effectiveness. For example, nomadic Turkana households may prioritize livestock purchases over education, and traditional gender roles may impact household decisions.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.0 Introduction**

This chapter presents an in-depth outline of research methodology, including a description of the study area, research design, target population, sampling methods, and sample size calculation. It details the data collection tools and techniques, and an overview of the pilot study. Additionally, it describes the methodologies for analyzing and presenting data, and the critical ethical considerations.

#### **3.1 Study Area**

The research was carried out in Turkana West Sub-County of Turkana County, Kenya. This is an arid area known for its vulnerable populations susceptible to food insecurity. Turkana County borders Uganda to the west, Ethiopia to the northeast, and South Sudan to the north. Turkana West encompasses seven wards: Kakuma, Lopur, Letea, Songot, Kalobeyei, Lokichogio, and Nanam. The sub-county's population as per the Kenya Population and Housing Census of 2019, is 239,627, comprising 123,867 males and 115,758 females. The average household size is 5.3 individuals. The map of the study area presented in Appendix I.

#### **3.2 Research Design**

This study utilized a concurrent mixed-methods research design. This design involves the simultaneous collection of quantitative and qualitative data (Almeida, 2018; Bell, Warren, & Schmidt, 2022). A concurrent mixed-methods design allows researchers to achieve a comprehensive understanding by capturing both broad and detailed insights (Creswell & Plano Clark, 2018). Qualitative data allows for rich descriptions of participant experiences, while quantitative data captures trends and statistical

relationships regarding food security, social wellbeing, and asset accumulation among beneficiaries (Plano Clark et al., 2021).

This design also enhances reliability and validity of findings through triangulation, where data from different sources corroborate one another (Almeida, 2018). Triangulation is particularly important in studies assessing complex social programs like the HSNP, as it ensures that findings are not skewed by the limitations of a single method (Bell et al., 2022). Mixed methods provide a more robust, well-rounded picture of HSNP's effects, addressing both the objective measurement of food security changes and subjective wellbeing assessments.

The concurrent design supports answering a range of questions, from understanding the 'what' and 'how' (qualitative) to examining 'to what extent' (quantitative), which aligns with the study's aims (Creswell & Creswell, 2023). For example, understanding how HSNP impacts social wellbeing and *to what extent* it affects food security and productive asset accumulation offered a full spectrum of insights.

Utilizing Pearson's correlation to assess relationships between variables is common in mixed-methods research when there's a need to quantify associations while simultaneously exploring qualitative aspects (Creswell & Creswell, 2023). In this study, such analysis offered concrete, measurable insights into the effects of HSNP while supporting exploratory, participant-centered narratives on food security in Turkana West Sub-County.

### **3.3 Target Population**

The researcher targeted HSNP beneficiary households' heads, NGO representatives, National Drought Management Authority officials, and village administrators.



According to Kothari (2019), a study population includes all individuals or items within a study field, focusing on the study's objectives (Mohajan, 2018). The unit of analysis was recipient households of the HSNP cash transfer in Turkana West Sub-County. The target population comprised 7,333 HSNP recipient households and 100 key informants, including 42 NGO representatives, 37 NDMA officials, and 21 village administrators (NDMA, 2022). These informants provided in-depth insights and informed responses. Table 3.1 presents the distribution of cash transfer recipients under the HSNP program in each ward.

**Table 3.1: Target Population**

<b>Ward</b>	<b>Target Population</b>
Kakuma	926
Lopur	984
Letea	1094
Songot	1103
Kalobeyei	897
Lokichogio	1332
Nanam	997
<b>Total</b>	<b>7333</b>

Source: HSNP (2024)

### **3.4 Sampling Techniques and Sample Size**

Stratified sampling was utilized to select household heads. In stratified sampling, the population is segmented into subgroups based on specific characteristics, guaranteeing adequate representation for that each subgroup (Kothari, 2019). Samples are then randomly selected from each stratum proportionally, improving accuracy (Smith & Johnson, 2020). The seven wards in Turkana West Sub-County are formed the strata considered by the researcher. Sample size calculation formula developed by Krejcie and Morgan in 1970 was employed to determine the sample size for household heads, as detailed below.

$$n = \frac{\chi^2 \times N \times P(1-P)}{(ME^2 \times (N-1)) + (\chi^2 \times P \times (1-P))}$$

Where;

$n$  = sample size

$\chi^2$  = the chi-square value corresponding to the degree of freedom at the desired confidence level (3.841 for 95% confidence level)

$N$  = population size

$P$  = population proportion (assumed to be 0.5 for maximum sample size)

ME = degree of accuracy ( margin of error) expressed as a proportion (0 .05)

Therefore,

$$n = \frac{3.841 \times 7333 \times 0.5 \times 0.5}{0.05^2 \times (7333-1) + 3.841 \times 0.5 \times 0.5}$$

$$= 365 \text{ households}$$

Proportional allocation was used to determine the sample size for each ward, as presented in Table 3.2.

**Table 3.2: Sample Size**

Ward	Target Population	Sample Size
Kakuma	926	46
Lopur	984	49
Letea	1094	54
Songot	1103	55
Kalobeyei	897	45
Lokichogio	1332	66
Nanam	997	50
<b>Total</b>	<b>7333</b>	<b>365</b>

Source: Author (2024)

To select household heads at the location and village levels, simple random sampling was implemented using a lottery method. Initially, lists of all households receiving HSNP benefits in each of the seven wards were acquired from the NDMA offices.

Each household in the list was assigned a unique number to ensure accurate identification in the random selection process. The numbers were inscribed on individual slips of equal size, which were then thoroughly shuffled in a container to guarantee that each household had an equal opportunity to be chosen. A specific number of slips were drawn randomly, based on the required sample size for each ward. The lottery method was repeated at the location and village levels within each ward.

Purposive sampling was employed to select NGO representatives, village administrators, and NDMA officials, who were deemed knowledgeable about the Hunger Safety Net Programme. Mugenda and Mugenda (2012) posits that a sample size of 10% to 30% is appropriate for populations under 1000. Therefore, 30% sample size for each of the three groups was 30 key informants: 13 NGO representatives, 10 NDMA officials, and 7 village administrators. Therefore, 365 household heads and 30 key informants were selected.

### **3.5 Data Collection Instruments**

A structured questionnaire, outlined in Appendix III, was utilized as the primary instrument for data collection from HSNP beneficiary households' heads, aligning with the research objectives. The questionnaires were administered through in-person interviews. Given that HSNP primarily targets vulnerable individuals with limited formal education, this method builds trust and allows the researcher to interpret questions for the respondents, thus improving the data accuracy (Morrison & Kahn, 2021). This method allowed the researcher and research assistants to clarify questions, hence the high response rate of 96.4% for this study (Smith & Johnson, 2020). Additionally, an interview guide (Appendix IV) containing open-ended questions was utilized to collect data from key informants recognized for their expertise on the topic.

### **3.6 Data Collection Procedure**

The researcher obtained the necessary approvals and permit from relevant authorities. Particularly, an approval from the Board of Postgraduate Studies, Maasai Mara University was secured. Following this, a permit was acquired from the National Commission on Science, Technology, and Innovation (NACOSTI). Additionally, authorization was granted by the County Commissioner, the Director of Education, and the Office of the Governor of Turkana County.

Before conducting the pilot and the main study, the researcher recruited two research assistants with degrees in social sciences. They agreed upon their wages and underwent a week-long training that covered question interpretation, ethical considerations, and the administration procedures for the questionnaire and interview guide.

In the field, consent was sought from respondents prior to participation (Appendix II). Once consent was given, they administered and interpreted the questionnaires in the local dialect, primarily ‘Turkana’, while recording responses for household heads who were unable to read or write. For the key informant interviews (refer to Appendix IV), the researcher and research assistants conducted face-to-face interviews with representatives from NGOs, NDMA officials, and village administrators, gathering insights from their perspectives. The responses from key informants were recorded and subsequently transcribed for data analysis.

### **3.7 Pilot Study**

A preliminary small-scale investigation was conducted in the adjacent Loima Sub-County, with a population with similar characteristics (beneficiaries of HSNP). This served as a trial run to identify potential issues and refine methodologies before the

larger study is undertaken, hence improving validity and reliability of data collection tools (Kothari, 2019; Creswell & Creswell, 2017).

In this study, 10% of the 365 respondents, that is, 37 households were selected, and 3 interviews were administered to key informants. The researcher revised any ambiguous questions to improve the validity of the questionnaire and interview guide. This process allowed for corrections to be made to the research instruments before the main study commenced. Enhancing clarity in questions is crucial, as it ensures that respondents fully understand what is being asked, leading to more accurate and reliable data collection (Kothari, 2019; Creswell & Creswell, 2017).

### **3.8 Validity and Reliability of Research Instruments**

The methods used to assess the validity and reliability of the interview guide and questionnaire, are detailed in subsections 3.8.1 and 3.8.2.

#### **3.8.1 Validity of Research Instruments**

Validity which includes content, construct, and criterion validity indicates the degree to which research tools effectively fulfill their intended purpose of measurement (Story, 2019). To test content validity, academic supervisors and experts in the field reviewed the research instruments and provided suggestions for improvement. Wang (2021) discusses the importance of expert review for assessing content validity, while Yin (2018) emphasizes comprehensive coverage in research instruments. The Coefficient Validity Index (CVI) formula, as described by Amin (2005) was employed.

$$\begin{aligned}\text{Coefficient Validity Index (CVI)} &= \frac{\text{Number of relevant items}}{\text{Total number of items in research tool}} \\ &= 18/22 \\ &= 0.82\end{aligned}$$

A research instrument is considered valid when the CVI is 0.6 or higher, as stated by Amin (2005). In the current study, the CVI was calculated at 0.82, indicating that the instrument is considered valid.

### 3.8.2 Reliability of the Research Instruments

Reliability denotes the extent to which a research tool can generate the same outcomes when administered repeatedly (McDonald, 2019). Taherdoost (2016) elaborates that reliability measures how similarly a specific method performs across various tests. The goal of assessing reliability is to ensure that the questionnaire and interview guide produce consistent responses from different participants.

In this study, the researcher ensured consistency by regularly comparing responses to specific questions across different respondents. The reliability of the questionnaire and interview guide was evaluated using the Cronbach's alpha coefficient, derived from the data collected during pilot study. Table 3.3 presents the reliability coefficients.

**Table 3.3: Reliability Coefficients**

	<b>Cronbach's Alpha</b>	<b>No. of Items</b>
Overall Reliability	.954	22
Hunger safety net programme	.869	5
Households' food security	.804	6
Households' social wellbeing	.847	5
Accumulation of productive assets	.741	6

Source: Researcher (2024)

The findings indicate that the overall reliability of the research instrument was 0.954, with each specific objective also achieving a reliability score above 0.7. A Cronbach's alpha coefficient of 0.7 or higher is deemed acceptable (Kothari, 2019). This suggests that the instruments used in this research were highly reliable.

### **3.9 Data Analysis and Presentation**

Qualitative data analysis was carried out using basic descriptive statistics. After entering all responses into a code book, the researcher utilized the Statistical Package for Social Sciences (SPSS) software to generate descriptive statistics such as frequencies, means, and percentages. For the qualitative data, the raw recordings were transcribed, and a deductive coding approach was applied. This process involved the researcher thoroughly reviewing the raw data to identify common words and phrases, which were then categorized into themes and sub-themes that aligned with the research objectives (Pearse, 2019). The coding for these themes was directly tied to the research questions, allowing for a structured and coherent analysis that enhances the credibility of the study's findings (Adu, 2019).

Spearman's rank correlation analysis was examine the relationships between variables under study. The analysis was facilitated by SPSS version 28. The results were presented through various visual aids, including frequency tables and pie charts to effectively communicate the findings. Additionally, verbatim quotes were included to enrich the quantitative results with qualitative insights. By integrating different forms of data, the study not only presents statistical findings but also provides context and depth through participant voices, enhancing the overall validity and reliability results (Creswell & Creswell, 2017).

### **3.10 Ethical Considerations**

An authorization was secured from the Board of Postgraduate Studies at Maasai Mara University (Appendix V). Additionally, the National Commission on Science, Technology and Innovation (NACOSTI) granted a permit to collect data, as indicated in Appendix VI. Before involving participants in the study, the researcher sought informed consent from them (refer to Appendix II). Authorization to collect data was

also obtained from various officials, including the County Commissioner (Appendix VII), the Director of Education (Appendix VIII), and the Office of the Governor of Turkana County (Appendix IX).

Prior to their involvement in the study, participants were explicitly made aware that the research was undertaken exclusively for academic objectives, and that they would not be entitled to any material rewards at any stage of the data collection process. The researcher emphasized that their decision to or not participate would not influence the household's status in the Hunger Safety Net Programme. Strict measures were implemented to ensure the confidentiality of participants' identities and their responses, adhering to ethical research standards. By ensuring informed consent and confidentiality, the study aligns with ethical guidelines that promote participant welfare and data integrity.



## CHAPTER FOUR

### DATA ANALYSIS, PRESENTATION AND DISCUSSIONS

#### 4.1 Introduction

This section provides for analysis of results, presentation, and discussions.. Quantitative data was analyzed using descriptive and inferential forms, while qualitative data was analysed using thematic analysis. These are then interpreted in the discussion section to determine whether they are complementary or divergent. The study findings are presented using frequency tables and pie charts.

#### 4.2 Findings of the Study

This section provides findings on the response rate, demographic variables, and specific objectives.

##### 4.2.1 Response Rate

The results are presented in table 4.1 below.

**Table 4.1: Response Rate**

<b>Response</b>	<b>Frequency (N)</b>	<b>Percentage (%)</b>
Completed questionnaires	352	96.4
Uncompleted questionnaires	13	3.6
<b>Total</b>	<b>365</b>	<b>100</b>

Source: Researcher (2024)

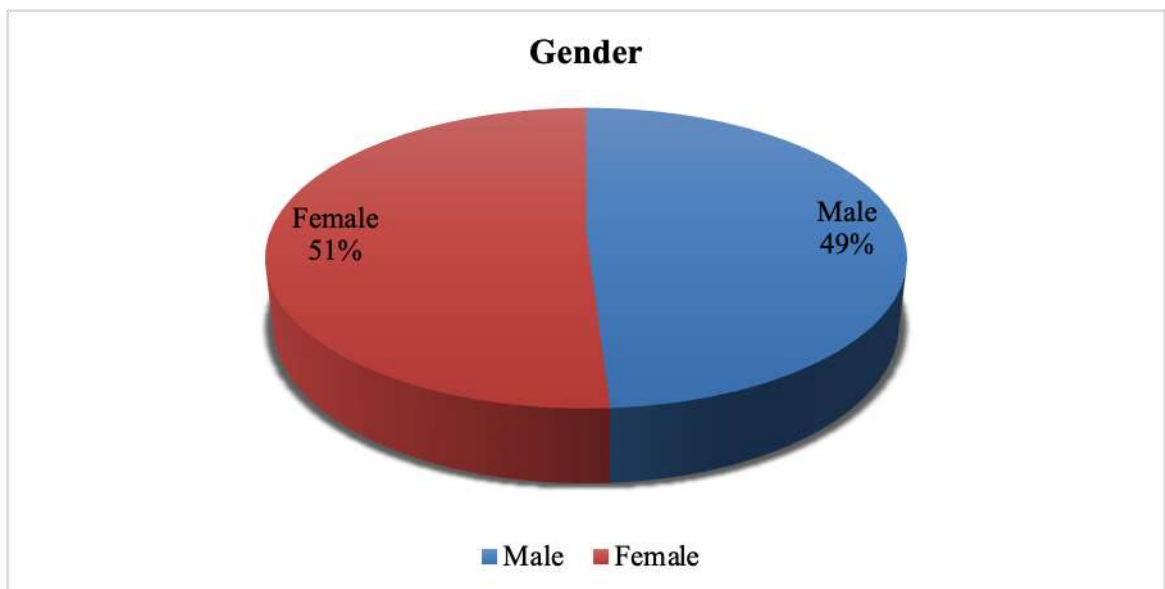
352 out of 365 questionnaires were successfully administered and completed hence a response rate of 96.4%. Regarding key informants, 27 out of 30 interviews (90%) were successfully completed. Kothari (2019) suggests that response rates above 70% are considered appropriate for data analysis.

### 4.3 Demographic Information of Respondents

Data on demographic information of respondents, including gender, age, marital status, household size, and the duration of household participation in the HSNP are presented below.

#### 4.3.1 Gender of Respondents

Gender significantly influences decision-making on critical household issues, as men may have different perspectives on the food security agenda compared to women. (Lawrence & Rotich, 2021).



**Figure 4.1: Gender of Respondents**

Source: Researcher (2024)

The results indicated that the majority of respondents were female (51%), while males accounted for 49%, reflecting the traditional role of women in household management within the Turkana community.

#### 4.3.2 Age of Respondents

Table 4.2 presents the study findings on age distribution.

**Table 4.2: Age of respondents**

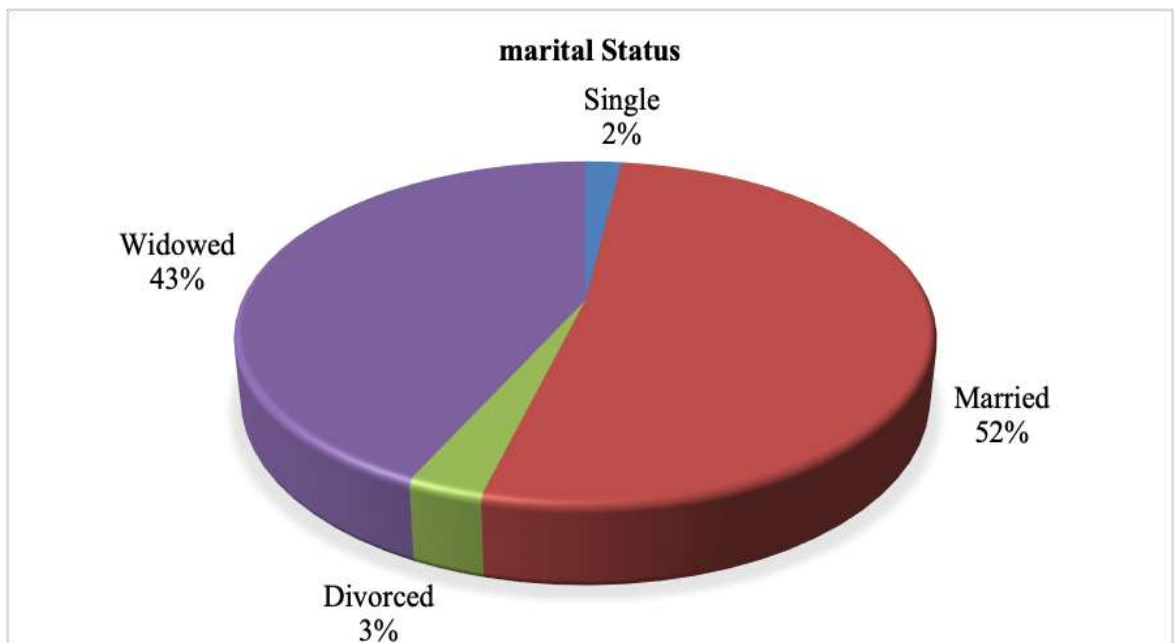
Age	Frequency (N)	Percentage (%)
18 years and below	5	1.4
19-25 years	27	7.7
26-35 years	58	16.5
36-50 years	206	58.5
51 years and above	56	15.9
<b>Total</b>	<b>352</b>	<b>100</b>

Source: Researcher (2024)

The results indicate that most respondents (58.5%) were aged between 36 and 50 years. Furthermore, 16.5% fell within the 26 to 35-year age range, 15.9% were 50 years and older, and 7.7% were between 19 and 25 years. The lowest percentage was among those aged 18 years and below, which comprised 1.4%.

### 4.3.3 Marital Status

Figure 4.2 displays the findings regarding the marital status of the respondents.



**Figure 4.2: Marital Status**

Source: Researcher (2024)

Majority (52%) of the respondents were married indicating they had families. Additionally, 43% were widowed while 2% and 3% represented single and divorced respectively.

#### 4.3.4 Household size

Table 4.3 presents the findings on the number of members in each household.

**Table 4.3: Household size**

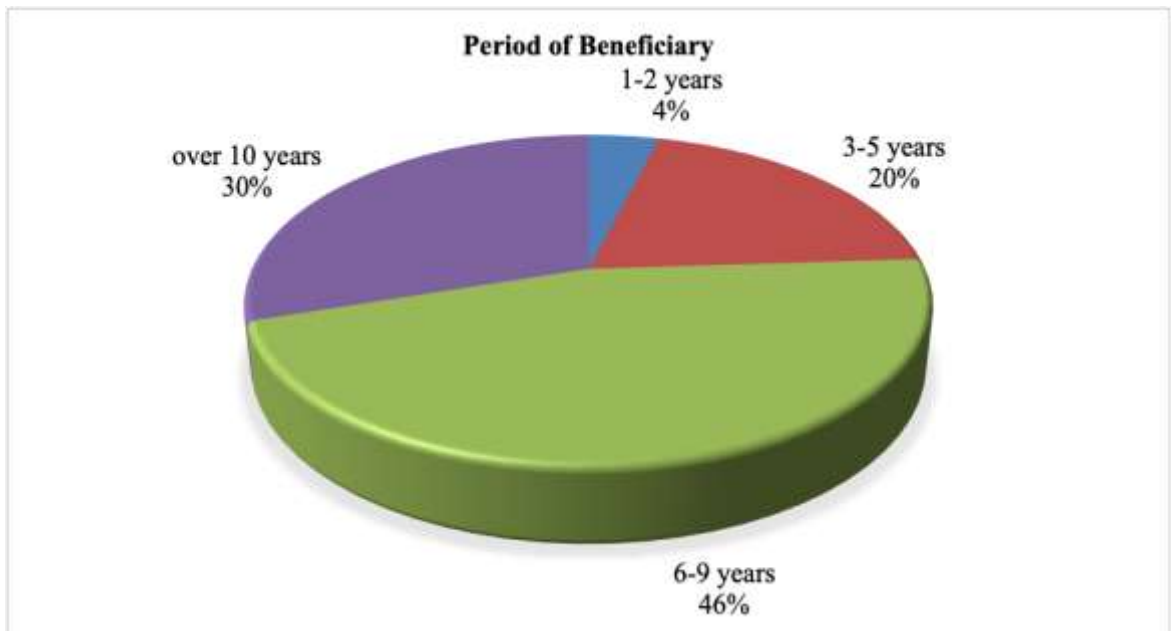
<b>Household size</b>	<b>Frequency (N)</b>	<b>Percent (%)</b>
1-4	23	6.5
5-9	300	85.2
10 and above	29	8.3
<b>Total</b>	<b>352</b>	<b>100</b>

Source: Researcher (2024)

The findings reveal that the majority of respondents (85.2%) belonged to households with 5 to 9 members, while 8.3% were from households with 10 or more members. Only 6.5% of respondents reported a household size of 1 to 4 members. These results suggest that majority of the households enrolled in HSNP cash transfer are large in size. Thus, the ripple effect of the HSNP cash transfers on households can be significantly felt.

#### 4.3.5 Period of Benefiting from HSNP

To assess the duration of household participation in the HSNP, the study presents the results displayed in Figure 4.3.



**Figure 4.3: Period of Benefiting from HSNP**

Source: Researcher (2024)

The findings indicated that a significant percentage (46%) of respondents had been beneficiaries of the HSNP for 6 to 9 years, while 30% had participated in the program for over 10 years. Consequently, 20 % of the respondents indicated having been on the programme for 3 to 5 years. Only 4% of the respondents had been on the program for 1 to 2 years which implies a recent enrolment of new households into the programme.

#### **4.4 Results on the Specific Objectives of the Study**

This section presents results in line with the specific objections. Results from the key informants: NGO officials, NDMA Officials and village administrators. These officials were coded as **NG00x** for NGO officials, **ND00x** for NDMA officials and **VA00x** for village administrators where x represents numeric (1, 2, 3.....n) are added to complement the quantitative data. The findings are shown below. as presented in section 4.4.1, 4.4.2 and 4.4.3.

#### 4.4.1 HSNP Cash Transfer and Food Insecurity

The findings on the impact of HSNP cash transfer on households' food security in the study area are presented in Table 4.4.

**Table 4.4: HSNP cash transfers and Food Insecurity**

Statements	SD	D	NS	A	SA	Mean	S. D
HSNP has enhanced accessibility to food in this household	0	80 (22.7%)	12 (3.4%)	156 (44.3%)	104 (29.5%)	4.00	.813
HSNP has improved diet diversity in this household	0	65 (18.5%)	11 (3.1%)	200 (56.8%)	76 (21.6%)	3.97	.725
Food utilization has improved as a result of provision of HSNP cash to this household	0	58 (16.5%)	16 (4.5%)	181 (51.4%)	97 (27.6%)	4.02	.790
Food availability in the household is influenced by HSNP cash benefits	0	53 (15.1%)	11 (3.1%)	179 (50.9%)	109 (31.0%)	4.10	.760
HSNP cash has enhanced sustainability of food in this household	0	77 (21.9%)	0	209 (59.4%)	66 (18.8%)	3.97	.638
Overall, household's food security has been affected by HSNP provision to the households	0	65 (18.5%)	11 (3.1%)	200 (56.8%)	76 (21.6%)	3.97	.725

Source: Researcher (2024)

The study investigated whether the HSNP has improved food accessibility for households in the study area. Findings revealed that 44.3% agreed, while 29.5% strongly agreed with this statement. Additionally, 22.7% of respondents disagreed, and 3.4% were unsure. This suggests that most respondents believed that receiving HSNP cash transfers enhanced their ability to access food from the market or other sources, thereby reducing food insecurity. Supporting these results, a 47-year-old household head (HH053) with two children stated that:

*"The program has been a significant milestone for the residents in our village. Vulnerable households now have access to food and can at least have a meal each day. It's a vast improvement from the past when some families went days without food."*

Additionally, a village administrator (VA002) commented:

*"This program has been crucial for the residents in our village. The most vulnerable households can now access food, ensuring they have at least one meal per day. It's a considerable improvement compared to the past, where some families went without food for days."*

The study also highlights the impact of HSNP diet diversity among households in Turkana West Sub-County. A significant majority of respondents, including 56.8% who agreed and 21.6% who strongly agreed, supported the statement. However, 18.5% perceived that HSNP had not improved diet diversity, and 3.4% of the respondents were uncertain of the HSNP's impact on diet diversity. This indicates that households receiving HSNP cash transfers are able to consume different types of food. In support to those with divergent perceptions on the impact of HSNP on diet diversity, VA001 stated that;

*"We appreciate the significance of HSNP. It has supported households here. However, there is not much impact on diet diversity since the amount is little and can only be used on cheap foods. Many of the households cannot eat variety of food because the amount received is too little"*

Regarding the impact of HSNP on food utilization, that is, making good use of food accessed, the results established that 51.4% and 27.6% respondents agreed and strongly agreed with the statement, respectively. Conversely, 16.5% felt that provision of HSNP financial aid to households had boosted food utilization. These results indicate that the HSNP has significantly improved food utilization, reflecting enhanced food security among beneficiary households in the study area.

Findings on the impact of HSNP on food availability revealed that majority: 50.9% and agreed and 31% strongly agreed that HSNP cash benefits positively influenced food availability in the household. However, 15.1% of the respondents disagreed, indicating that while HSNP cash benefits enhanced availability of food and reduced food vulnerability, minority thought otherwise.

The study also investigated whether HSNP cash benefits had improved the sustainability of food in households within Turkana West Sub-County. A significant portion of respondents, 59.4%, agreed, while 18.8% strongly agreed that HSNP had enhanced the sustainability of food in their households. However, 21.9% of respondents disagreed, indicating dissatisfaction with the program's effectiveness in ensuring sustainable food security.

Verbatim statements from NGO officials and village administrators, such as NG005, NG011, NG013, VA002, VA003, and VA007, supported these findings. For instance, NG013 expressed:

*"HSNP is beneficial for local households in this area. However, there are delays in payments and the amount received, KES 2,700 monthly per beneficiary, is insufficient in the long run. Even those who have been part of the program for an extended period still face poverty, inadequate food, and water scarcity."*

Similar sentiments were shared by village administrators VA002 and VA007, as well as NDMA official ND001, and NGO officials NG003 and NG012.

The study finally assessed whether household's food security had been affected by HSNP provision to the households. The results showed that 56.8% of respondents agreed, while 21.6% strongly agreed that the provision of HSNP positively affected food security. Nonetheless, 18.5% respondents disagreed, pointing to a proportion of households who had realized impact of HSNP on food security of beneficiaries.

#### **4.4.2 HSNP Cash Transfer and Social Wellbeing**

The research aimed to assess the effectiveness of HSNP cash transfers on social well-being, as illustrated in Table 4.5.



**Table 4.5: HSNP Cash Transfer and Social Wellbeing**

Statements	SD	D	NS	A	SA	Mean	S.D
HSNP cash transfer has influenced access to quality health care among beneficiary households	0	60 (17.0%)	5 (1.4 %)	201 (57.1%)	86 (24.4%)	4.05	.686
HSNP cash transfer has influenced household access to clean water	0	64 (18.2%)	5 (1.4%)	190 (54.0%)	93 (26.4%)	4.05	.708
HSNP cash transfer has influenced access to quality education among beneficiary households	0	59 (16.8%)	16 (4.5%)	173 (49.1%)	104 (29.5%)	4.04	.803
HSNP cash transfer has influenced equal decision-making in this household	0	86 (24.4%)	5 (1.4%)	181 (51.4%)	80 (22.7%)	3.95	.727
Generally, HSNP cash transfer has enhanced household social being through improved income levels	0	60 (17.0%)	11 (3.1%)	204 (58.0%)	77 (21.9%)	3.99	.718

Source: Researcher (2024)

The study aimed to assess whether HSNP cash transfers had influenced access to quality healthcare among beneficiary households in the study area. The findings revealed that 57.1% of respondents agreed, while 24.4% strongly agreed that HSNP had improved their access to quality healthcare. Conversely, 17% of respondents disagreed, indicating that despite notable improvements, some beneficiaries did not experience the same level of benefit from HSNP. These mixed opinions underscore the varied effects of the program on beneficiary households.

The sentiments expressed by key informant ND010 further supported these findings, stating:

*"We are grateful to the government and well-wishers for implementing HSNP. Despite its challenges, beneficiary households in this area have been able to access nearby health facilities for treatment. They can afford basic medication costing at least 100 shillings."*

Similar observations were made by ND004, VA007, and NG005, who also acknowledged the significant impact of HSNP cash transfers on beneficiary

households' access to quality healthcare. However, they also noted challenges faced by some households with larger sizes in utilizing the cash for their healthcare needs.

On whether HSNP cash transfer had influenced household access to clean water in Turkana West Sub-County, the findings showed that 54% and 26.4% respectively agreed and strongly that HSNP cash transfer had improved their access to clean drinking water. However, 18.2% of the respondents disagreed, pointing out that, despite receiving the HSNP cash transfer, a considerable proportion felt that their experiences had not changed.

Key informant VA006 provided further insight:

*"HSNP has significantly improved access to clean drinking water in this area. By providing cash transfers to needy households, families can purchase water from nearby water kiosks. Particularly during the long drought seasons, when all rivers and wells dry up, beneficiary households can afford to pay 50 shillings monthly for water."*

These findings underscore the varied impact of the HSNP on social wellbeing indicators like clean drinking water among beneficiary households.

The research additionally demonstrated that majority of respondents, with 49.1% agreeing and 29.5% strongly agreeing, believed that the HSNP had positively influenced access to quality education among beneficiary households. On the other hand, 16.8% of the participants expressed disagreement with the statement. This suggests that the households acknowledged the benefit the benefit of cash transfer in facilitating enrolment and retention of children in school. However, some of the respondents felt that HSNP had not brought about much difference in relation to quality education for the beneficiary households.

This research aimed to determine the impact of HSNP cash transfer on equitable decision-making within households. The results indicated that a majority of the

participants (51.4%) expressed agreement with the statement while 22.7% indicated strong agreement. However, 24.4% of the respondents expressed disagreement. These findings suggest that enrolment into the HSNP has improved decision-making power at the household level, allowing both women and men equally take part in decision-making.

In support of these findings, NDMA official ND005 noted that;

*“To some extent I can say that women beneficiaries of this program have a voice now. They are now allowed by men to give their views on matters HSNP cash utilization and management. This is a milestone in such male-dominated community...”*

ND005's testimonial suggests a positive change in the dynamics of decision-making within beneficiary households, particularly regarding the utilization and management of HSNP cash. It indicates that women beneficiaries now have an increased level of influence and participation in these matters, which may signify progress towards gender equality and empowerment within the community. This shift in power dynamics is noted as a significant milestone, especially in a context where decision-making has traditionally been dominated by men.

On the contrary, a unique comment was offered by VA004 who stated as below;

*“Unfortunately, women are still not consulted by their male counterparts. In most households here, husbands still control many aspects of the household, including the use of HSNP cash. This exists even in households where women are the primary receiver of the cash for the household. We have handled cases of women who have been beaten up by their husbands for trying to assert control over utilization of funds from the program.”*

The study also aimed to determine whether HSNP cash transfer had enhanced household social wellbeing through improved income levels. The findings revealed that most respondents- 58% agreed and 21.9% strongly agreed that indeed HSNP had enhanced household social wellbeing. However, 17% of the respondents disagreed.

Therefore, these results point out that HSNP cash transfers have increased income and purchasing power, hence, an improvement in their social status and dignity.

#### 4.4.3 HSNP Cash Transfer and Accumulation of Productive Assets

The third objective assessed the effectiveness of HSNP cash transfers on the accumulation of productive assets in Turkana West Sub-County, with the results presented in Table 4.6.

**Table 4.6: HSNP Cash Transfer and Accumulation of Productive Assets**

Statements	SD	D	NS	A	SA	Mean	S.D
Provision of HSNP has promoted this household's savings	0	64 (18.2%)	6 (1.7%)	195 (55.4%)	87 (24.7%)	4.03	.705
HSNP has improved households' livestock management and accumulation for livelihoods	0	80 (22.7%)	16 (4.5%)	142 (40.3%)	114 (32.4%)	4.01	.857
HSNP has improved this household's income generating projects e.g., starting a small or medium enterprise	0	70 (19.9%)	22 (6.3%)	178 (50.6%)	82 (23.3%)	3.91	.822
HSNP has improved this household's levels of cash management and utilization	0	58 (16.5%)	5 (1.4%)	185 (52.6%)	104 (29.5%)	4.10	.713
HSNP has diversified this household's sources of income which have effectively enhanced accumulation of assets	0	70 (19.9%)	0	184 (52.3%)	98 (27.8%)	4.08	.687
Overall, this household has been able to retain, manage and accumulate productive assets since enrolling into the HSNP	0	53 (15.1%)	16 (4.5%)	212 (60.2%)	71 (20.2%)	3.96	.731

Source: Researcher (2024)

The study assessed whether HSNP has encouraged household's savings. The results indicated that majority of respondents- 55.4% and 24.7% agreed and strongly agreed respectively that HSNP had positively impacted their household's savings. However, 18.2% of the respondents disagreed with the assertion that HSNP has promoted household's savings in Turkana West Sub-County. These findings imply that

receiving HSNP cash transfer benefits has enabled them to save money, hence improvement in their financial security, future investments and food security.

The study also aimed to analyze whether HSNP had improved households' livestock management and accumulation for livelihoods. Findings established that most of the respondents (40.3%) agreed and 32.4% strongly agreed that HSNP had improved households' livestock accumulation and retention for livelihoods. However, 22.7% of the respondents had a contrary opinion with this statement. These results imply that beneficiary households experienced an improvement in the accumulation and retention of livestock for better livelihoods outcomes.

The study sought to examine whether HSNP had improved household's income-generating projects like starting small or medium enterprises. Results revealed that 50.6% agreed and 23.3% strongly agreed that HSNP had improved their household's income generating projects like starting small or medium enterprises. However, 19.9% of the respondents disagreed. This indicates HSNP has enabled beneficiary households to start or expand businesses.

NGO officials NG009 noted the following;

*“Currently a good number of the small scale traders in Turkana West Sub- County started their businesses of selling vegetables, charcoal, sugar and other small items after enrolling in HSNP. This helps them to meet for their day to day needs”*

Results on whether HSNP had improved household's levels of cash management and utilization revealed that 52.6% of the respondents agreed and 29.5% strongly agreed with the assertion. On the hand, 16.5% of the respondents disagreed. This suggests that despite majority of the beneficiary households reporting an improvement in use cash and management of their cash, a notably number did not realize any change.

The study further sought to analyze whether HSNP had diversified households sources of income. The results revealed that 52.3% agreed while 27.8% of the respondents strongly agreed that HSNP had enhanced diversification of household's sources of income, leading to enhanced accumulation of assets. Significant 19.9% of the respondents disagreed with this assertion. The findings suggest that beneficiary households have increased their sources of income such as livestock, crops, business, or employment, and improved their asset accumulation as a result of being part of the HSNP.

Lastly, the study aimed to establish whether households have been able to retain, manage and accumulate productive assets since enrolling into the HSNP. According to the results, a majority of participants, comprising 60.2% who agreed and 20.2% who strongly agreed, reported that households have been managed to retain, manage and accumulate productive assets since enrolling into the HSNP. Results also pointed out that 15.1% of the respondents had a contrary opinion on the above statement. This implies that the households perceived that receiving HSNP cash transfer benefit increased their ability to increase their productive assets, such as savings, livestock and businesses, and improved their socio-economic wellbeing. However, a considerable number of respondents were of the opinion that households have not been able to retain, manage and accumulate productive assets since enrolling into the HSNP.

The following excerpt of testimonial by NGO official NG010 supports the findings:

*“HSNP has enabled beneficiary households to buy goats, chicken and sheep. Owning livestock comes with a lot of respect in this community. It is their way of life. Some of these animals are sold at the local livestock markets here. However, droughts are frequent here, posing a great threat on these livestock.”*

A unique comment was noted from village administrator VA007 who stated as follows;

*“The beneficiaries here appreciate the cash they receive from the HSNP. Some households have been buying livestock. However, the government and the implementing agencies have never been keen in training beneficiaries on some key aspects such as management skills for sustainability of the impacts of the program. It will be a plus if we focus on sustainability of this program on the lives of vulnerable households.”*

#### 4.4.4 The Hunger Safety Net Programme

The findings related to the level of agreement with specific statements on HSNP are presented in Table 4.7.

**Table 4.7: The Hunger Safety Net Programme**

Statements	SD	D	NS	A	SA	M	S.D
The amount of HSNP cash transfers is adequate to aid in covering the nutritional needs of beneficiaries.	25 (7.1%)	30 (8.5%)	25 (7.1%)	157 (44.6%)	115 (32.7%)	4.33	.603
The amount of HSNP cash transfers is disbursed exactly as expected, i.e., the promised amount is received.	2 (0.6 %)	7 (2%)	14 (4%)	208 (59%)	121 (34.4%)	4.40	.595
Beneficiaries regularly receive HSNP cash transfers without delay.	30 (8.5%)	70 (19.9%)	0	168 (47.7%)	84 (23.9%)	4.47	.579
Community members are actively involved in design and implementation of HSNP	63 (17.9%)	89 (25.3%)	0	177 (50.3%)	23 (6.5%)	4.49	.555
The selection criteria used in selecting beneficiaries of HSNP cash transfers are appropriate.	0	68 (19.3%)	41 (11.6%)	201 (57.1%)	42 (11.9%)	4.53	.500

Source: Researcher (2024)

According to the results, 44.6% of the participants were in agreement, 32.7% indicated strong agreement that the amount of HSNP cash disbursements is adequate to aid in covering their nutritional needs. However, 8.5% of respondents disagreed and 7.1% strongly disagreed with the statement of adequacy of cash received. A minority 7.1% were uncertain about whether the cash received was enough for their nutritional needs.

The results were reinforced by the comments of interviewee NG007, who stated:

*“As development partners, we are keen supporting government efforts to support vulnerable communities. The amount provided is adequate to address the most essential needs of my 2 children and myself. However, we are aware of the challenges especially among large size households- the amount is little and cannot support all human needs.”*

The same sentiments were also echoed by VA004 and ND006, who said that the amount received by households was better than spending nights without food and other basic needs.

The research aimed to investigate whether households receive the anticipated amount of cash from the HSNP. The findings revealed that 59% participants agreed, while 34.4% strongly agreed that they received the exact amount cash from the HSNP. On the contrary, 4% were unsure whether they received the exact amount. A notable 4% expressed disagreement, while 0.6% indicating strong disagreed with the statement. The results are supported with sentiments from NDMA officials ND002 and ND009, NGO representatives NG008 and NG012, and village administrator VA001 and VA005. For instance, VA008 stated as below;

*“Since was employed in this village as an administrator, I have not heard or handled any case of an HSNP cash beneficiary complaining of receiving less or more amount. I must say, that is a plus for the program...”*

On whether the HSNP cash transfers are regularly disbursed to recipient households, the findings noted that majority (47.7% and 23.9%) agreed and strongly agreed



respectively that beneficiary households regularly receive HSNP cash transfers monthly. However, 19.9% and 8.5% disagreed and strongly disagreed, suggesting that HSNP cash transfer disbursements were not regular.

On whether HSNP cash transfers are usually sent on specific days/dates without delays, the study results established that most the respondents represented by 52% and 45.2% agreed and strongly agreed respectively with the statement. Only 2.8% of the respondents were not sure whether HSNP cash transfers are usually sent on specific days/dates without delays or not. Results clearly indicate that many households received their cash benefits on time without delays.

Findings on whether community members are involved in design and implementation of HSNP show that 50.3% and 6.5% expressed agreement and strong agreement respectively. A significant 25.3% and % disagreed and strongly disagreed respectively, suggesting that community members are not actively engaged in the design and implementation of HSNP.

The mixed results were echoed by village administrator VA006 who stated as below;

*“The implementation of HSNP involves active engagement of community members. I have participated in village-level activities conducted by NDMA officials who are leading implementers of HSNP in Kenya. One such activity is during selection of beneficiaries.”*

On the other hand, an NGO representative NG011 had a unique comment as below;

*“Not much is done on community participation on the key aspects of HSNP. In fact, I sometimes feel like the communities are just treated as passive recipients. There is no voice of community members in HSNP. As partners, we are working to solve this challenge for long-term gains to be realized.”*

The study aimed to assess the appropriateness of the criteria employed in the selection of beneficiaries for HSNP cash transfers. The results showed that 57.1% of respondents were in agreement and 11.9% strongly supported the notion that the selection criteria were appropriate. However, 19.3% disagreed while 11.6% were

unsure on the appropriateness of the recruitment methods. Sentiments of NG001 and ND004 were in support of the mixed findings on the selection criteria for households into the program. Their verbatim is as below;

*“We admit that during selection of the neediest households to be enrolled in HSNP, the criteria sometimes misleads. To put it straight, poverty is multi-dimensional and there are no specific measurements. We sometimes end of selecting some individuals who are much better off. We need to go the drawing board if we really need to realize the impact on most vulnerable households.”*

Generally, the above findings on the indicators of HSNP present the key realities on the challenges facing effectiveness of the HSNP. These findings also provide a clear understanding that for a positive and significant impact of HSNP to be realized, there is need to increase the amount of cash, public involvement the program implementation cycle, and timely disbursements.

#### **4.5 Correlation Analysis**

The study explored the relationship between HSNP and food security (FS), social well-being (SW), and productive assets (PA) using Spearman’s rank correlation (r). The discussion of the Spearman’s correlation analysis can be found in section 4.5.1.

##### **4.5.1 Analysis of Spearman's Correlations**

The Spearman’s Correlation, as described by Harris (2020) assesses the linearity between variables to make population-wide inferences. The relationships were tested at a 95% confidence level. A correlation was deemed strongly significant if  $r > 0.6$  and  $p < 0.05$ , moderate if  $0.5 < r \leq 0.6$ , and weak if  $r \leq 0.5$ . Table 4.8 details the results.

**Table 4.8: Spearman's Correlations Analysis**

		HSNP	FS	SW	PA	
Spearman's rho	HSNP	Correlation Coefficient	1.000	.912**	.873**	.854**
		Sig. (2-tailed)	.	.000	.000	.000
		N	352	352	352	352

**\*\*.** Correlation is significant at the 0.01 level (2-tailed).

Source: Researcher (2024)

Correlation measures the strength and direction of relationships between variables, ranging from -1 to 1. When there is a positive correlation, it implies that an increase in one variable is accompanied by an increase in another variable. Conversely, a negative correlation indicates that an increase in one variable is linked to a decrease in the other. HSNP shows a highly significant positive correlation with food security ( $r = 0.912^{**}$ ), social wellbeing ( $r = 0.873^{**}$ ), and productive assets ( $r = 0.854^{**}$ ), indicating that HSNP has significantly improved household wellbeing in Turkana County. Effective implementation of HSNP is linked to higher levels of productive assets, improved food security, and enhanced social wellbeing. This suggests a strong association between productive assets and positive social wellbeing, with households investing extra income into productive assets and experiencing better social conditions. Thus, HSNP is effective in mitigating food insecurity and improving living standards in the study area.

Spearman's correlation analysis results confirms strong positive relationships between the study variables. The strong correlations indicate that the Hunger Safety Net Programme enhances food security, development of productive assets, and social wellbeing, playing a critical role in mitigating food insecurity in Turkana West Sub-

County. Since these variables significantly correlate with reducing food insecurity, addressing them collectively can improve food security in the area.

#### **4.6 Discussion of Findings**

This section offers discussions of results, clarifying the converging and diverging aspects between the literatures reviewed and this study's findings. The discussions of the study are done as shown in the subsequent sections below.

##### **4.6.1 Hunger Safety Net Programme and Households' Food Security**

The study's first objective was to assess the role of the HSNP in improving households' food security. The analysis revealed that the HSNP has influenced food security status of beneficiary households in the study area. These results imply that receiving HSNP cash transfer improved households' abilities to obtain food from the market or other sources and reduced their food insecurity. The results also depicted that many beneficiary households were able to diversify food requirements in the study area. Further, receiving HSNP cash transfer made households to increase their food stocks which aided them in reducing their food vulnerability.

The research's findings concur with Bastagli *et al.'s* (2019) study, which established that various global studies show beneficial effects of cash transfer initiatives in reducing food insecurity. The findings also align with Raghunathan *et al.'s* (2017) study, which established that a cash transfer scheme in India positively affected household food security.

The study aligns with these findings, emphasizing the importance of improving the quantity and standard of food for the households. However, Bastagli *et al.'s* (2019) study contradicts with responses of some key informants who noted that while HSNP has been in existence for many years, the problem of food insecurity persists in

Turkana West and this has minimized dietary of the residents. A significant number of the key informants remarked that the impact of HSNP program was not sustainable. They noted that even those who have been on the HSNP program for long still complain about its effectiveness to promote dietary diversity.

Key informants also noted that HSNP has been effective in mitigating household food insecurity in Turkana West Sub-County but to the minimal extent. The results revealed a division among respondents, with some affirming that the HSNP contributed to reducing food insecurity in the study area, while others argued that it may have intensified the problem. They noted that in some households, expenditure on food was not enough as many households had other needs like education, water, medicine amongst other needs and it also brought about unnecessary conflicts between husband and their wives.

The data from key informants above agree with Falb *et al.* (2020), who found mixed and inconclusive results of cash assistance or humanitarian assistance programs on food security outcomes in Syria. The researcher noted that some of the households have many issues that the proceeds of the cash transfer program may not be able to solve to entirety and they may not give these households power to improve on their purchasing power parity. The study by Falb *et al.* (2020) also highlight the need for comprehensive evidence on the influence of cash transfers on food security in contexts of acute food insecurity like in Turkana County.

Furthermore, the findings support Karakara and Ortsin (2022) study, which found that cash transfers in Ghana increased food expenditure and consumption. The study supports this study by underscoring the link between cash transfers and food security outcomes. Additionally, the findings confirm Eyase's (2015) study, which found that

cash transfers in Kenya positively influenced wellbeing, including education and food availability for orphans and vulnerable children. The study confirms these findings and expands on the effectiveness of HSNP in arid and semi-arid settings.

The findings contrast with the study of Jeong and Trako (2022), who found mixed or inconclusive results of cash assistance or humanitarian assistance programs on food security outcomes in Ethiopia. These studies suggest that efficiency of cash transfers relies on size, frequency, duration, and modality of the transfers, the market and financial conditions, the household and community characteristics, and the complementary interventions and policies. The study summarily shows that HSNP has mixed results on food insecurity in the study area since food security had not been achieved fully for the many years the program has been in existence. The changes that have been brought about by the above programme have been minimal for the time the program has been in existence.

In light of these findings, the SLA emphasizes the importance of diverse assets and strategies for improving livelihoods. The HSNP has enhanced access to financial assets (cash transfers), allowing households to improve food security. However, the mixed results suggest that solely financial interventions may not be sufficient. A comprehensive approach addressing human (education, health), natural (water, land), physical (infrastructure), and social (community networks) assets is necessary for sustainable livelihood improvement.

#### **4.6.2 Hunger Safety Net Programme and Households' Social Wellbeing**

The second objective assessed whether HSNP has improved social wellbeing of households in Turkana West Sub-County. The findings revealed that recipients of HSNP cash transfers realized an improvement in social wellbeing, including access to clean water, improved income levels, better education quality, and increased

household dignity. This aligns with Devereux (2016), who noted that cash transfers promote sustainable human capital improvements through children's education, health, and nutrition, thereby reducing intergenerational poverty.

However, some respondents felt that their situation had not significantly improved; citing that the cash amount of Ksh 2700 was insufficient to effect substantial changes. The study area faces numerous urgent issues, making the HSNP package inadequate to improve overall well-being. This is consistent with findings from the LEAP program in Ghana, where Dordaa, Cheabu, and Sulemana (2023) found that cash transfer programs often do not significantly increase healthcare utilization due to the low amounts provided, thus failing to substantially improve health conditions.

Data from key informants indicated that in 30% of households, decision-making involved collaboration between husbands and wives, showing that the program has promoted joint decision-making. However, in many households, the head or main provider still primarily controls the cash transfer's use. This suggests the need for further sensitization to ensure that all household heads can effectively influence how the cash transfers are utilized.

A significant challenge noted was that cash is a diminishing asset, and healthcare expenses are often unavoidable. Households often have no alternative but to cover these expenses, sometimes turning to harmful coping strategies like cutting back on food consumption or selling assets to manage health-related shocks. This finding contrasts with researchers who view HSNP as an effective poverty mitigation strategy. Jeong and Trako (2022) argue that the effectiveness of cash transfers relies on the size, frequency, and modality of transfers, household characteristics, and complementary interventions and policies.

Additionally, the study found that many beneficiaries started or expanded businesses using HSNP cash as working capital. Some individuals transitioned from casual labor to trading, while others set up kiosks to sell food and groceries, improving their income and saving abilities.

These findings appreciate the theoretical foundation offered by the Sustainable Livelihoods Approach. According to the findings, the capital from HSNP can increase human capital by increasing capacities of beneficiary households to invest in quality education, health care and clean drinking water, and promote equal decision-making power between all genders at the household level. Apart from the immediate income to beneficiary households, HSNP also significantly contributes to social wellbeing, resilience and sustainable development. The varied perceptions on the influence of the programme on beneficiary households can be explained by the influence of factors such as individual personalities, attitudes and traditional norms, as explained by the SLA.

#### **4.6.3 Hunger Safety Net Programme and Accumulation of Productive Assets**

The third objective examined the extent to which the HSNP influenced accumulation of productive assets in Turkana West Sub-County. These findings are consistent with Ambelu et al. (2017), who observed that households with more assets are better equipped to handle shocks. This impact was particularly significant in smaller, female-headed households that had benefited from the program for a longer period. The HSNP helped these households manage trade-offs between immediate needs and future livelihoods, supporting capital accumulation and investments in livestock. Many families now keep animals like sheep, cattle, goats, and camels, which provide a buffer in emergencies.



The results are also in line with Bastaglia et al. (2016), who observed that cash transfers in Malaysia helped households retain livestock as assets. The positive impact of HSNP cash transfers on asset accumulation is further confirmed by Ambelu et al. (2017), highlighting the importance of asset accumulation and capital formation in building resilience and improving food security outcomes.

Further analysis showed that HSNP cash transfers allowed residents to increase their savings, particularly empowering women, who have traditionally held less decision-making power within households. This aligns with findings from similar studies, indicating that cash transfer programs can enhance financial agency among women. The HSNP funds supported diversification into non-farm microenterprises, such as selling pottery and investing in livestock like goats, sheep, and camels. Such savings enabled low-income rural households to invest in income-generating activities, fostering a cycle of earnings that contributed to future savings. This finding is consistent with research suggesting that cash transfers help build economic resilience by promoting savings and productive asset accumulation, especially among marginalized groups.

It is therefore evident from these findings that HSNP contributes significantly to the sustainable improvement of livelihoods through enhancing accumulation and retention of productive assets. These findings align with the tenets of the sustainable livelihoods approach which posits that capital from programmes such as HSNP enhances household's ability to accumulate and retain assets, hence reducing vulnerability to food insecurity and promote robust livelihood strategies.

The study results show that correlation analysis has validated strong positive relationships between the independent and dependent variables. This strong

correlation demonstrates that an effective Hunger Safety Net Programme significantly enhances food security, ownership of productive assets, and social well-being. These factors are crucial in mitigating food insecurity in Turkana West Sub-County. Since these variables are significantly correlated with efforts to reduce food insecurity, addressing them collectively can substantially improve food security for beneficiaries.

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 Introduction**

The chapter articulates the key findings, conclusions, and recommendations of the research. It also outlines prospective areas for future investigation that were revealed through the data analysis, thereby enriching the field with opportunities for continued study.

#### **5.2 Summary of Findings**

In this section, a summary of the demographic characteristics and objective-driven results is presented.

##### **5.2.1 Summary of Demographic Data**

With a response rate of 96.4%, the study meets the threshold established by Kothari (2019) for appropriate data analysis. A high response rate lends credibility to the study findings and allows for meaningful analysis and generalization of the results. Additionally, the response rate for key informants was also robust at 90%, with 27 out of a possible 30 key informants interviewed.

The demographic data from the study shows that females constituted the majority of respondents at 51%, which emphasizes the established role of women in overseeing household management in the Turkana community. Most respondents (58.5%) are aged between 36 and 50 years, suggesting a mature population able to handle household responsibilities. Majority of the respondents (52%) are married, while a significant portion (43%) are widowed, suggesting family structures within the community. The study also highlights that the majority of households enrolled in HSNP have large household sizes (85.2%), with 46% of respondents being beneficiaries for 6 to 9 years and 30% for over 10 years, indicating a long-term

reliance on the program. However, 4% of respondents represent new enrolments, signaling ongoing efforts to expand program coverage.

### **5.2.2 Hunger Safety Net Programme and Beneficiary Households' Food Security**

The results of the study show that HSNP positively affects food security for households in Turkana West. Most respondents believed that HSNP cash transfers increased food accessibility, with 44.3% agreeing and 29.5% strongly agreeing, while 56.8% agreed and 21.6% strongly agreed that it enhanced dietary diversity.

Additionally, respondents reported improvements in food utilization (51.4% agreed, 27.6% strongly agreed), availability (50.9% agreed, 31% strongly agreed), sustainability (59.4% agreed, 18.8% strongly agreed), consumption (54.3% agreed, 24.7% strongly agreed), and overall food security (56.8% agreed, 21.6% strongly agreed) since enrolling in the HSNP. However, a notable minority disagreed with some of these statements, indicating that there are still households facing challenges despite the program's implementation.

### **5.2.3 Hunger Safety Net Programme and Households' Social Wellbeing**

Findings from the study suggest that the HSNP cash transfers exert differing effects on multiple aspects of household wellbeing within Turkana West Sub-County, Kenya. A majority of respondents reported improved access to quality healthcare (57.1% agreed, 24.4% strongly agreed), clean drinking water (54% agreed, 26.4% strongly agreed), and quality education (49.1% agreed, 29.5% strongly agreed) due to HSNP. Additionally, many respondents perceived enhanced decision-making within households (51.4% agreed, 22.7% strongly agreed) and improved social wellbeing through increased income levels (58% agreed, 21.9% strongly agreed). However, there were dissenting opinions on some aspects, highlighting the need for continued

monitoring and targeted interventions to ensure equitable benefits for all beneficiary households.

#### **5.2.4 Hunger Safety Net Programme and Accumulation of Productive Assets**

The findings reveal a compelling narrative of the positive impact of HSNP on households' livelihoods in the area under investigation. A significant majority of respondents reported that HSNP positively influenced their household savings (55.4% agreed, 24.7% strongly agreed), livestock management and accumulation (40.3% agreed, 32.4% strongly agreed), income-generating projects (50.6% agreed, 23.3% strongly agreed), cash management and utilization (52.6% agreed, 29.5% strongly agreed), and income diversification (52.3% agreed, 27.8% strongly agreed).

Additionally, most respondents believed that HSNP enabled households to retain, manage, and accumulate productive assets (60.2% agreed, 20.2% strongly agreed). These findings indicate that the HSNP is essential for improving financial security, livelihood opportunities, and socio-economic well-being among beneficiary households. Despite some differing views, the overall consensus is that HSNP significantly boosts the resilience and prosperity of communities in the region.

### **5.3 Conclusions of the Study**

Based on the results obtained from the study, a number of conclusions can be articulated.

#### **5.3.1 Hunger Safety Net Programme and beneficiary households' food security**

The evidence reveals a marked positive contribution of the HSNP to food security in the Turkana West Sub-County. While a majority of respondents reported positive impacts across various aspects of food security, there remains a notable minority facing challenges. These findings emphasize the need for ongoing support and

targeted interventions to address disparities and ensure equitable benefits for all households. It underscores the importance of sustained efforts to combat food insecurity and maximize the effectiveness of the HSNP in improving the lives of vulnerable communities in the region.

### **5.3.2 Hunger Safety Net Programme and Households' Social Wellbeing**

The research highlights the varied impacts of HSNP cash transfers on the wellbeing of households in Turkana West Sub-County, Kenya. While many respondents experienced positive impacts in areas such as healthcare, water access, education, decision-making, and social wellbeing, dissenting opinions highlight the need for ongoing monitoring and targeted interventions. Ensuring equitable benefits for all households remains crucial, emphasizing the ongoing necessity for support and interventions to address underlying challenges in the community.

### **5.3.3 Hunger Safety Net Programme and Accumulation of Productive Assets**

The findings demonstrate the profound positive impact of the HSNP on households' livelihoods in Turkana West Sub-County, Kenya. Through enhancing savings, livestock accumulation and retention, income projects, cash utilization, and income diversification, the HSNP plays a pivotal role in promoting financial security and socio-economic advancement among beneficiary households. While acknowledging dissenting views, the overwhelming consensus underscores the program's significance in fostering resilience and prosperity within communities, emphasizing the critical need for sustained support and improvement of such initiatives to ensure lasting and sustainable development.

## **5.4 Recommendations of the Study**

The following recommendations are derived from the findings of the study.

- i. The Government of Kenya and development partners should consider implementing targeted support programs within the HSNP framework should be developed to address specific needs identified in the study, such as providing financial and livestock literacy training to enhance savings and cash management skills among beneficiaries.
- ii. The National Drought Management Authority should foster community engagement and participation in the design and implementation of HSNP initiatives to ensure a responsive and need-based programme.
- iii. The Government of Kenya should provide capacity-building initiatives to empower beneficiaries with the skills and knowledge necessary to maximize the benefits of HSNP cash transfers. This could include financial literacy training, healthcare education, or vocational skills development, enabling them to better support and sustain the gains achieved from HSNP.

### **5.5 Areas for Further Research**

The conclusions drawn from this study highlight several areas that would benefit from further inquiry.

- i. Longitudinal research should be undertaken to assess the sustained effects of HSNP on households' food security, wellbeing and accumulation of productive assets over time. This will help to understand whether the initial positive impacts observed in this study persist or change over the long term.
- ii. Comparative studies can be conducted to assess the effectiveness of HSNP relative to other social protection interventions of addressing household food security. Evaluating the outcomes of the HSNP in various geographic locations or demographic groups can highlight best practices and pinpoint areas for improvement.

- iii. Gender-sensitive Conducting gender-sensitive research can provide insights into how the HSNP affects intra-household dynamics between men and women, as well as any differences in outcomes between male-headed and female-headed households.



## REFERENCES

- Abay, K. A., Berhane, G., Hoddinott, J., & Tafere, K. (2023). COVID-19 and food security in Ethiopia: do social protection programs protect?. *Economic Development and Cultural Change*.
- Abonyo, W. (2017). *Effect of older persons' cash transfers on household economy in Butula Sub-County, Busia County, Kenya*. [Master's thesis]. [United States International University].
- Adato, M., & Hoddinott, J. (2019). *Cash transfer programs in Latin America: A review of the evidence*. *Journal of Development Effectiveness*, 11(1), 1-28.
- Adu, P. (2019). *A Step-by-Step Guide to Qualitative Data Coding*. London: Routledge
- Akall, G. (2021). Effects of development interventions on pastoral livelihoods in Turkana County, Kenya. *Pastoralism*, 11(1), 1-15.
- Alawode, A., Ajani, O., & Akinbode, M. (2020). The role of gender in household dynamics and its impact on socio-economic outcomes. *Journal of Gender Studies*, 29(2), 182-197.
- Almeida, F. (2018). Strategies to perform a mixed-methods study. *Journal of Education and Practice*, 9(13), 91-96.
- Amaya, A., & Prain, G. (2017). The impact of cash transfers on food security. *Journal of Development Economics*, 25(3), 123-135.
- Ambelu, A., & Gies, W. (2017). The role of cash transfers in enhancing resilience: Evidence from Ethiopia. *Journal of Development Studies*, 53(7), 1143-1159.
- American Institutes for Research. (2015). Zambia's child grant program: 24-month impact report. *Washington DC*
- Asige, M. L., & Omuse, O. D. (2022). Influence of Post-Harvest Technology on Food Security in Narok East sub-County, Kenya.
- Babajanian, B. (2016). Governance of Social Protection for Informal Sector Workers in Asia. *SW Handayani. Social Protection for Informal Workers in Asia and the Pacific*. Manila: ADB.
- Bagnetto, L. A. (2022). Food insecurity hits hard in Kenya's urban and rural centres
- Barrett, C. B., & Palm, C. (2016). Meeting the global food security challenge: Obstacles and opportunities ahead. *Global Food Security*, 100(11), 1-4.
- Bastagli, F., Hagen-Zanker, J., Harman, L., Barca, V., Sturge, G., Schmidt, T., & Pellerano, L. (2016). Cash transfers: what does the evidence say. *A rigorous*

*review of programme impact and the role of design and implementation features. London: ODI, 1(7).*

- Bauer, L., Brantley, E., & Weinberg, D. (2020). SNAP matters: How food stamps affect health and well-being. Brookings Institution.
- Beegle, K., Coudouel, A., & Monsalve, E. (Eds.). (2018). Realizing the full potential of social safety nets in Africa. *World Bank Publications*.
- Bell, A., Warren, H., & Schmidt, L. (2022). *Research design in social sciences: A pragmatic approach*. Sage Publications.
- Béné, C., Davies, M., Newsham, A., & Wood, R. (2012). Resilience: new utopia or new tyranny? Reflection about the potentials and limits of the concept of resilience in relation to vulnerability reduction programmes', *IDS Working Papers*, Vol. 2012, pp. 1– 61
- Bonilla, J., Carson, K., Kiggundu, G., Morey, M., Ring, H., Nillesen, E., ... & Michel, S. (2017). *Humanitarian cash transfers in the Democratic Republic of the Congo: evidence from UNICEF's ARCC II Programme*. American Institutes for Research Final Report.
- Bowen, T., Del Ninno, C., Andrews, C., Coll-Black, S., Johnson, K., Kawasoe, Y., & Williams, A. (2020). *Adaptive social protection: building resilience to shocks*. World Bank Publications.
- Burchi F., d'Agostino G., & Scarlato M. (2018). Addressing food insecurity in Sub-Saharan Africa: The role of cash transfers. *Poverty & Public Policy*, Vol. 10, No. 4
- Busse, M. (2017). Challenges in applying the Sustainable Livelihoods Approach in diverse development contexts. *Development Policy Review*, 35(6), 711-731.
- CALP Network. (2021). *The impact of smartcard production and management on the timeliness of payments under the Hunger Safety Net Programme (HSNP)*.
- Centre for Public Impact. (2020). Bolsa Família in Brazil. Retrieved from <https://www.centreforpublicimpact.org/case-study/bolsa-familia-in-brazil>
- Chaaban, J., Salti, N., Ghattas, H., Moussa, W., Irani, A., Jamaluddine, Z., & Al-Mokdad, R. (2020). Multi-purpose cash assistance in Lebanon: Impact evaluation on the well-being of Syrian refugees. *American University of Beirut Press*.
- Chowdhury, T. A. (2021). Applying and extending the sustainable livelihoods approach: Identifying the livelihood capitals and well-being achievements of indigenous people in Bangladesh. *Journal of Social and Economic Development*, 23(2), 302-320.

- Cochrane, L., & Tamiru, Y. (2016). Ethiopia's productive safety net program: power, politics and practice. *Journal of International Development*, 28(5), 649-665.
- Coll-Black, S., Gilligan, D. O., Hoddinott, J., Kumar, N., Taffesse, A. S., & Wiseman, W. (2011). Targeting food security interventions when “everyone is poor”: The case of Ethiopia’s Productive Safety Net Programme. *ESSP II Working*, 24.
- Constitution of Kenya. (2010). Article 43(1)(c): Right to food. Government of Kenya.
- Costella, C., van Aalst, M., Georgiadou, Y., Slater, R., Reilly, R., McCord, A., ... & Barca, V. (2022). Can social protection tackle risks emerging from climate change, and how? A framework and a critical review. *Available at SSRN 4206401*.
- Creswell, J. W., & Creswell, J. D. (2017). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. SAGE Publications.
- Creswell, J. W., & Creswell, J. D. (2023). *Research design: Qualitative, quantitative, and mixed methods approaches* (6th ed.). Sage Publications.
- Creswell, J. W., & Plano Clark, V. L. (2018). *Designing and conducting mixed methods research* (3rd ed.). Sage Publications.
- Darling, N. (2007). Ecological systems theory: The person in the center of the circles. *Research in human development*, 4(3-4), 203-217.
- Davis, B., Handa, S., Hypher, N., Rossi, N. W., Winters, P., & Yablonski, J. (2016). *From Evidence to Action: The Story of Cash Transfers and Impact Evaluation in Sub-Saharan Africa*. Oxford University Press.
- De Hoop, J., Morey, M., & Seidenfeld, D. (2019). No lost generation: Supporting the school participation of displaced Syrian children in Lebanon. *The Journal of Development Studies*, 55(sup1), 107-127.
- Department for International Development (DFID). (2020). *Sustainable livelihoods guidance sheets*. DFID.
- Devereux, S. (2016). Social protection for enhanced food security in sub-Saharan Africa. *Food Policy*, 60, 52–62.
- Devereux, S., & Sabates-Wheeler, R. (2020). *Social Protection for the Poor and Poorest: Concepts, Policies, and Politics*. Palgrave Macmillan.
- Dordaa, F., Cheabu, B. S. N., & Sulemana, M. (2023). Barriers to health care access and utilization among aged indigents under the Livelihood Empowerment Against Poverty Programme (LEAP): The perspective of users and service providers in north-western Ghana. *Primary Health Care Research & Development*.

- Economic Commission for Latin America and the Caribbean (CEPAL). (2020). *Social Panorama of Latin America*.
- Ellis F. Rural Livelihoods and Diversity in Developing Countries. *Oxford, UK: Oxford University Press*; 2000:10.
- Eyase, K. K. (2015). Influence of cash transfer grant for orphans and vulnerable children on wellbeing of households in Kakamega Central: *Kenya (Doctoral dissertation, University of Nairobi)*.
- Falb, K. L., Blackwell, A. H., Stennes, J., & Annan, J. (2020). Cash assistance programming and changes over time in ability to meet basic needs, food insecurity and depressive symptoms in Raqqa Governorate, Syria: evidence from a mixed method, pre-posttest. *PloS one*, 15(5), e0232588.
- FAO, IFAD, UNICEF, WFP, & WHO. (2023). *The State of Food Security and Nutrition in the World 2023: Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum*. Rome: FAO.
- Fitzgibbon, C. (2016). “*Shock-Responsive Social Protection in Practice: Kenya’s Experience in Scaling up Cash Transfers*.”
- Food and Agriculture Organization (FAO). (2023). *State of food security and nutrition in Kenya*. FAO.
- Food and Agriculture Organization of the United Nations, International Fund for Agricultural Development, United Nations Children's Fund, World Food Programme, & World Health Organization. (2022). *The state of food security and nutrition in the world 2022: Repurposing food and agricultural policies to make healthy diets more affordable*. FAO.
- G20 Development Working Group. (2015). *G20 inclusive business framework*. United Nations Development Programme Istanbul International Center for Private Sector in Development (UNDP IICPSD).
- Galvani, F. & Juergens, F. (2018). Impacts of Malawi’s Social Cash Transfer on Older People and their Households: A mixed method evaluation of the Social Cash Transfer and discussion of a universal old age social pension for Malawi.
- Group of Twenty (G20). (2018). *Seoul Action Plan of 2018-2020*.
- Hagen-Zanker, J., Bastagli, F., Harman, L., Barca, V., Sturge, G., & Schmidt, T. (2016). *Understanding the impact of cash transfers: the evidence*. London, UK: *Overseas Development Institute*.
- Handa, S., Peterman, A., Huang, C., Halpern, C., Pettifor, A., & Thirumurthy, H. (2018). Impact of the Kenya cash transfer for orphans and vulnerable children on early pregnancy and marriage of adolescent girls. *Social Science & Medicine*, 220, 41-50.

- Harris, P. (2020). *Research Methods for Business Students* (8th ed.). Pearson Education.
- Haushofer, J., & Shapiro, J. (2016). The short-term impact of unconditional cash transfers to the poor: experimental evidence from Kenya. *The Quarterly Journal of Economics*, 131(4), 1973-2042.
- Hertler, S. C., Figueredo, A. J., & Penaherrera-Aguirre, M. (2018). *The Role of Ecological Systems in Human Adaptation*. *Human Nature*, 29(1), 1-20.
- Hirvonen, K., Hoddinott, J., Minten, B., & Stifel, D. (2016). Children's diets, nutrition knowledge, and access to markets. *Journal of African Economies*, 25(4), 526–557. <https://doi.org/10.1093/jae/ejw004>
- HLPE, C. (2012). Social protection for food security. *A Report by the High-Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security*.
- Hoffmann, V., Alonso, S., & Kang'ethe, E. (2023). Food safety in Kenya: Status, challenges, and proposed solutions. In *Food Systems Transformation in Kenya* (p. 105).
- Holling, C.S. (1973). Resilience and stability of ecological systems. *Annual Review of Ecology and Systematics*, 4: 1–23.
- International Labour Organization. (2016). *Oportunidades programme in Mexico: Conditional cash transfers for food security and nutritional improvement* [Research brief]. International Labour Office. <https://www.ilo.org/global/topics/social-protection/>
- International Labour Organization. (2019). Social protection in the Middle East and North Africa: A review of policies and recent developments. Retrieved from [https://www.ilo.org/beirut/publications/WCMS\\_723174/lang--en/index.htm](https://www.ilo.org/beirut/publications/WCMS_723174/lang--en/index.htm)
- International Labour Organization. (2021). *The impact of MGNREGS on food security and rural livelihoods in India* [Policy report]. <https://www.ilo.org/global/topics/social-protection/>
- International Labour Organization. (2023). *Social protection for food security: Lessons from Bolsa Família, MGNREGS, and Oportunidades* [Research report]. International Labour Office. <https://www.ilo.org/global>
- International Policy Centre for Inclusive Growth (IPC-IG). (2023). [socialprotection.org](https://www.socialprotection.org). Retrieved [20<sup>th</sup> May, 2023], from <https://www.socialprotection.org>
- International Policy Centre for Inclusive Growth. (2018). *Evaluation of the HSNP pilot phase*.
- IPC (2023). Integrated Food Security Phase Classification.

- Jeong, D., & Trako, I. (2022). Cash and in-kind transfers in Humanitarian settings.
- Karakara, A. A.-W., & Ortsin, E. A. (2022). Assessing the Livelihood Empowerment Against Poverty (LEAP) program as a conditional income transfer: A search for a conceptual framework. *International Journal of Social Economics*.
- Kenya Food Security Steering Group. (2024). *The 2023 Short Rains, Food and Nutrition Security Assessment Report*.
- Kenya National Bureau of Statistics (2016). Kenya Integrated Household and Budget (KIHBS) Survey 2015/16 data. Nairobi: KNBS.
- Kerr, R. (2022). "Cash transfers in food insecurity contexts: Impacts on food security and coping strategies." *World Development*, 157, 105882.
- Killen, B. (2015). Capturing the “can do” spirit of the Sustainable Development Summit. *Organisation for Economic Cooperation and Development. The OECD Observer*, (303), 9.
- Kirton, J., & G20 Research Group. (2013). A Summit of Substantial Success: Prospects for the G20's St Petersburg Summit.
- Kothari, C. R. (2019). *Research methodology: Methods and techniques*. New Age International Publishers.
- Krejcie, R. V., & Morgan, D. W. (1970). Determining sample size for research activities. *Educational and Psychological Measurement*, 30(3), 607-610.
- Larson, N. I., Story, M. T., & Nelson, M. C. (2019). Neighborhood environments: Disparities in access to healthy foods in the US. *American Journal of Preventive Medicine*, 36(1), 74–81.
- Lawrence, S., & Rotich, K. (2021). Gender as a critical variable in household analysis: Implications for policy and practice. *Development Studies Research*, 8(1), 45-59.
- Lombardini, S., & Mager, F. (2019). Livelihoods in the Za'atari Camp: Impact evaluation of Oxfam's Cash for Work activities in the Za'atari camp (Jordan).
- López, A. (2022). The impact of hunger safety net programs on health and nutrition in Latin America: Addressing poverty and wealth inequality. *Journal of Latin American Studies*, 54(2), 123-145.
- Machado, A. C., Bilo, C., & Helmy, I. (2018). *The role of zakat in the provision of social protection: A comparison between Jordan, Palestine and Sudan* (No. 168). Working Paper.
- Matata, M. (2022). *Effects of cash transfers on household livelihoods and resilience to climate shocks in the arid and semi-arid counties of Northern Kenya* (Doctoral dissertation, Egerton University).

- Maxwell, D., Caldwell, R., Langworthy, M., & Sim, A. (2022). *Food insecurity in Kenya: Assessing the impact on arid and semi-arid regions*. *Journal of Food Security*, 15(3), 124-138.
- Mohajan, H. K. (2018). Qualitative research methodology in social sciences and related subjects. *Journal of economic development, environment and people*, 7(1), 23-48.
- Monteiro, A., Ankrah, J., Madureira, H., & Pacheco, M. O. (2022). Climate Risk Mitigation and Adaptation Concerns in Urban Areas: A Systematic Review of the Impact of IPCC Assessment Reports. *Climate*, 10(8), 115.
- Morrison, M. L., & Kahn, J. (2021). The role of interviewer characteristics in qualitative interviews with vulnerable populations. *Journal of Qualitative Research*, 8(2), 24-39.
- Muthoni, L., Kamau, S., & Otieno, J. (2021). *Evaluating the impact of cash transfer programs on household welfare in arid regions of Kenya: A case study of the Hunger Safety Net Programme*. *Journal of Social Welfare and Development Studies*.
- National Drought Management Authority (2019). *Ending Drought Emergencies Framework*. Nairobi. Ministry of Devolution and ASALs National Drought Management Authority.
- National Drought Management Authority (NDMA). (2021). *Hunger Safety Net Programme (HSNP) Overview*. Government of Kenya.
- National Drought Management Authority (NDMA). (2023). *Drought resilience and adaptation strategies in ASALs*. *NDMA Annual Report*.
- National Drought Management Authority. (2021). *Annual Report on the Hunger Safety Net Program (HSNP)*.
- National Drought Management Authority. (2023). *Report on the Hunger Safety Net Program (HSNP)*.
- National Drought Management Authority. (2024). *National Short Rains Assessment Report 2023/2024*.
- National Population Census. (2019). *2019 Kenya population and housing census, volume I: Population by County and sub- County*.
- Ndoka, C. N. (2020). *The Effects of Hunger Safety Net Cash transfers on economic inclusion of women beneficiaries in Wajir* [Thesis, Strathmore University]. <https://suplus.strathmore.edu/handle/11071/10200>
- Ng'ong'a, T. (2020). *The influence of cash transfer programmes on socio-economic wellbeing of recipient households in Migori County, Kenya* (Doctoral dissertation, Maseno University).

- OCHA (2023). United Nations Office for the Coordination of Humanitarian Affairs Situation Report.
- Otulana, S., Hearle, C., Attah, R., Merttens, F. and Wallin, J. (2016). Evaluation of the Kenya Hunger Safety Net Programme Phase 2: Impact Evaluation Final Report. *London. Oxford Policy Management*
- Oxford Policy Management (2013). The impact of the Kenya Cash Transfer Program for Orphans and Vulnerable Children on household spending. *Journal of Development Effectiveness*, 4(1), 9-37.
- Oxford Policy Management. (2018). *Evaluation of the Kenya Hunger Safety Net Programme*.
- Patten, M. L. (2017). *Understanding research methods: An overview of the essentials*. Routledge.
- Pearse, N. (2019, June). An illustration of deductive analysis in qualitative research. In *18th European conference on research methodology for business and management studies* (p. 264).
- Peng, W., & Berry, E. M. (2018). The Concept of Food Security. *Encyclopedia of Food Security and Sustainability*, 1, 1-7.
- Peprah, P., Maabora, E.K., Afful, H., Mawulim E.A.& Agyemang-Duah, W. (2017). Does the Ghanaian livelihood empowerment against poverty programme lead to an increase in household productive livelihood assets? Analyzing the Ashanti scenario. *Cogent Social Sciences*.
- Peterman, A., Schwab, B., Roy, S., Hidrobo, M., & Gilligan, D. O. (2017). Measuring women's decision-making: Indicator choice and survey design experiments from cash and food transfer evaluations in Ecuador, Uganda, and Yemen. *World Development*.
- Plano Clark, V. L., Ivankova, N. V., & Creswell, J. W. (2021). *Foundations of mixed methods research: Integrating quantitative and qualitative approaches in the social and behavioral sciences*. Sage.
- Pruce, K., & Hickey, S. (2019). Beyond the poverty reduction agenda: The significance of social cash transfers in Zambia. *Development and Change*, 50(5), 1249-1276.
- Raghunathan, K., Chakrabarti, S., Avula, R., & Kim, S. S. (2017). Can conditional cash transfers improve the uptake of nutrition interventions and household food security? Evidence from Odisha's Mamata scheme. *PLoS One*, 12(12)
- Ralston, L., Andrews, C., & Hsiao, A. J. Y. (2017). The impacts of safety nets in Africa: what are we learning? *World Bank Policy Research Working Paper*, (8255).



- Ralston, L., Colin, A., & Allan H. (2017). A Meta-Analysis of Social Safety Net Programs in Africa. *Policy Research Working Paper 8255, Washington, DC.*
- Roelen, K., Palermo, T., & Prencipe, L. (2018). 'Cash Plus': Linking Cash Transfers to Services and Sectors.
- Runde, M. (2020). Validation of perception of some Nigerians on the origin and use of phyto-remedies in management of COVID 19; An overview of social media respondents. *Communication in Physical Sciences, 6(1).*
- Rutenge, J. (2023). Hope on the Horizon: Cash Transfers Fueling the Fight against Hunger and Poverty. *World Food Programme, Tanzania.*
- Sati, V. P., & Vangchhia, L. (2017). Sustainable livelihood approach to poverty reduction. *A sustainable livelihood approach to poverty reduction: an empirical analysis of Mizoram, the eastern extension of the Himalaya, 93-100.*
- Schwab, B. (2019). Comparing the productive effects of cash and food transfers in a crisis setting: Evidence from a randomized experiment in Yemen. *The Journal of Development Studies, 55(sup1), 29-54.*
- Siachiwena, H. (2021). The politics of welfare policy reforms: A comparative study of how and why changes of government affect policy making on social cash transfer programmes in Zambia and Malawi.
- Smith, A., & Johnson, B. (2020). *Methods of data collection in social research: Interviewing.* Sage Publications.
- Smith, L. C., & Franken Berger, T. (2018). Resilience and asset accumulation in rural areas. *Global Food Security, 16, 105-112.*
- Song, X., & Imai, K. S. (2019). Assessing the impact of conditional cash transfer on education and health using exogenous variation in program eligibility: The case of Malawi's Mtukula Pakhomo. *Economics of Education Review, 35(1), 90-101.*
- Song, X., & Imai, K. S. (2019). Assessing the impact of conditional cash transfer on education and health using exogenous variation in program eligibility: The case of Kenya's Hunger Safety Net Program. *Economics of Education Review, 35(1), 90-101.*
- Stoeffler, Q., Mills, B., & Premand, P. (2020). Poor households' productive investments of cash transfers: quasi-experimental evidence from Niger. *Journal of African Economies, 29(1), 63-89.*
- Story, D. A., & Tait, A. R. (2019). Survey research. *Anesthesiology, 130(2), 192-202.*
- Taherdoost, H. (2016). Validity and reliability of the research instrument; how to test the validation of a questionnaire/survey in research. *How to test the validation of a questionnaire/survey in research (August 10, 2016).*

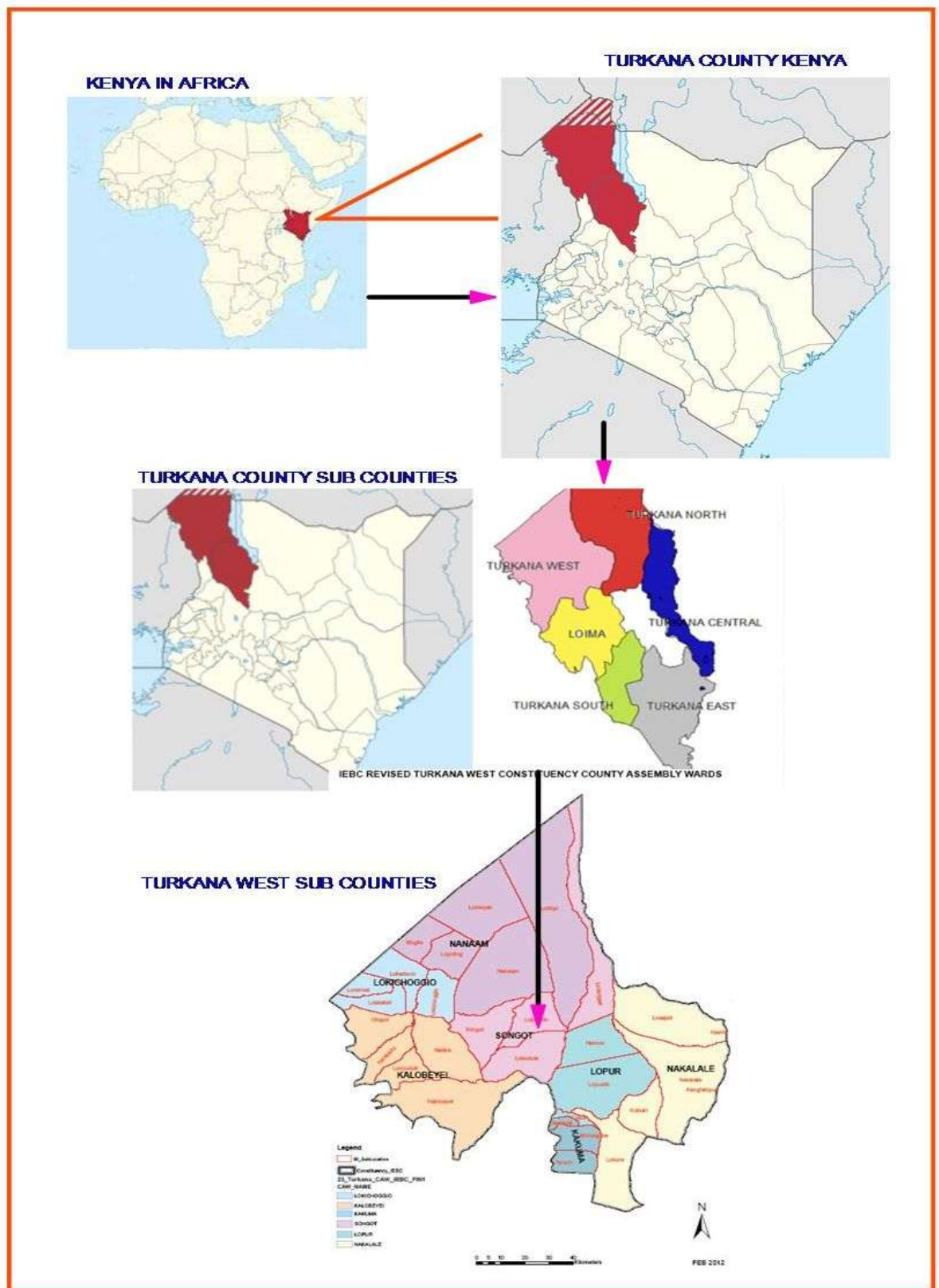
- Thome, K., Filipski, M., Kagin, J., Taylor, J. E., & Davis, B. (2016). *Agricultural spillover effects of cash transfers: The case of Mexico*. *Food Policy*, 68, 42-52.
- Tiwari, S., Daidone, S., Ruvalcaba, M. A., Prifti, E., Handa, S., Davis, B., ... & Seidenfeld, D. (2016). Impact of cash transfer programs on food security and nutrition in sub-Saharan Africa: A cross-country analysis. *Global Food Security*, 11, 72-83.
- Tovar, L. M. (2021). The impacts of Mtukula Pakhomo on food security: Evidence from a cluster-randomized control trial in Malawi. *Food Policy*, 95(2), 102059.
- UNICEF (2023). UNICEF Emergency Report: Nutrition and Health in Turkana County.
- UNICEF. (2021). The state of food security and nutrition in the world 2021.
- United Nations Development Programme, (2019). Annual Report, Kenya. *United Nations*
- Urbina, D. R. (2020). In the hands of women: conditional cash transfers and household dynamics. *Journal of Marriage and Family*, 82(5), 1571-1586.
- Wang, J. (2021). Validity in qualitative research: Conceptualization and implications for practice. *International Journal of Qualitative Methods*, 20, 1-10.
- WFP (2022, March). WFP Country Brief. <https://www.wfp.org/countries/kenya>
- WFP (2023). World Food Programme Report on Turkana County.
- WFP, W., & UNICEF. (2022). The state of food security and nutrition in the world 2022.
- World Bank. (2016). World development indicators. *World Bank database*. USA
- World Bank. (2018). Kenya Poverty and Gender Assessment 2015/16. "Kenya Poverty and Gender Assessment 2015/16. *"A decade of Progress and the Road Ahead,"*. Nairobi
- World Bank. (2018). The State of Social Safety Nets 2018. *World Bank Publications*. USA
- World Bank. (2019). The Impact of Bolsa Família Program on Poverty and Inequality: An Analysis.
- World Bank. (2020). Social protection and resilience building in Kenya. *World Bank*.
- World Bank. (2020). The Bantuan Langsung Tunai (BLT) Temporary Unconditional Cash Transfer. *Washington, DC*.

World Bank. (2021). Social protection sector strategy: From safety net to springboard.  
*The World Bank.*

World Food Programme. (2022). Drought in Kenyan arid and semi-arid regions:  
Impact on food security and traditional nomadic populations.

# APPENDICES

## Appendix I: Map of the Study Site



## **Appendix II: Consent to Participate in Research**

*Dear Respondent,*

I am Echukule Losinyen Jeremiah, a Master of Social Work student of Maasai Mara University. I am currently conducting a study titled, “*Effectiveness of Hunger Safety Net Programme in Mitigating Food Insecurity in Turkana West Sub- County, Turkana County, Kenya.*” I kindly request you to spare not more than an hour of your time to participate in this study. Confidentiality will be adhered to, and there will be no perceived risks for participating in the study. Please note that this research is conducted solely for scholarly purposes.

Please read the questionnaire attached carefully and share your opinion by rating each statement on the provided scale of 1-5, where; **1- Strongly Disagree, 2- Disagree, 3- Not Sure, 4- Agree, 5- Strongly Agree**, indicate appropriately by ticking the extent to which you agree with statements in section B, C, D and E of the questionnaire. If you agree to participate, kindly sign in the space provided here below. We greatly appreciate your participation in this study.

Signature: .....

Date:.....

### Appendix III: Questionnaire for the Study

Household No: -----

Date: -----

#### Section A: Demographic Data

Please tick (√) below appropriately.

<b>1. What is your Gender?</b>				
Male <input type="checkbox"/>	Female <input type="checkbox"/>		Transgender <input type="checkbox"/>	
<b>2. How old are you?</b>				
18 years and below <input type="checkbox"/>	19-25 years <input type="checkbox"/>	26-35 years <input type="checkbox"/>	36-50 years <input type="checkbox"/>	51 years and above <input type="checkbox"/>
<b>3. Please indicate your marital status</b>				
Single <input type="checkbox"/>	Married <input type="checkbox"/>	Divorced <input type="checkbox"/>	Widowed <input type="checkbox"/>	
<b>4. Total number of people living in the household</b>				
1-4 <input type="checkbox"/>	5-9 <input type="checkbox"/>		10 and above <input type="checkbox"/>	
<b>5. How long has your household been a beneficiary of HSNP?</b>				
1-2 years <input type="checkbox"/>	3-5 years <input type="checkbox"/>	6-9 years <input type="checkbox"/>	Over 10 years <input type="checkbox"/>	

#### Section B: HSNP cash transfer and Food Insecurity Mitigation

Statement on Beneficiary households' food security	5	4	3	2	1
HSNP has enhanced accessibility to food in this household					
HSNP has improved diet diversity in this household					
Food utilization has improved as a result of provision of HSNP cash to this household					
Food availability in the household is influenced by HSNP cash benefits					
HSNP cash has enhanced sustainability of food in this household					
Overall, household's food security has been affected by HSNP provision to the households					

### Section C: HSNP Cash Transfer and Social Wellbeing

<b>Statement on Beneficiary Households' social wellbeing</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
HSNP cash transfer has influenced access to quality health care among beneficiary households					
HSNP cash transfer has influenced household access to clean water					
HSNP cash transfer has influenced access to quality education among beneficiary households					
HSNP cash transfer has influenced equal decision-making in this household					
Generally, HSNP cash transfer has enhanced household social wellbeing through improved income levels					

### Section D: HSNP Cash Transfer and Accumulation of Productive Assets

<b>Statement on Beneficiary Households' Productive assets</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Provision of HSNP has promoted this household's savings					
HSNP has improved households' livestock management and accumulation for livelihoods					
HSNP has improved this household's income generating projects e.g., starting a small or medium enterprise					
HSNP has improved this household's levels of cash management and utilization					
HSNP has diversified this household's sources of income which have effectively enhanced accumulation of assets					
Overall, this household has been able to retain, manage and accumulate productive assets since enrolling into the HSNP					

### Section E: The Hunger Safety Net Programme

<b>Statement on Hunger Safety Net Programme</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
The amount of HSNP cash disbursements is adequate to aid in covering the nutritional needs of beneficiaries.					
The transfer size of HSNP cash transfers is as expected, i.e., the promised amount is received.					
Beneficiaries regularly receive HSNP cash transfers (on specific days/dates without delays)					
Beneficiary households are actively engaged in the design and implementation of the HSNP.					
The criteria used to identify beneficiaries of HSNP cash transfers is appropriate.					

## **Appendix IV: Interview Guide for Key Informants**

Interview No: -----

Interview Date: -----

### **Introduction**

*Greet the interviewee.*

I am conducting a study on *Effectiveness of Hunger Safety Net Programme in Mitigating Food Insecurity in Turkana West Sub-County, Kenya*. Your insights will be of great help to this study. This interview will take approximately 30 to 45 minutes, and your responses will remain confidential. Thank you for participating in this interview.

### **Section A: Personal Information**

1. Respondent's gender .....
2. In what capacity do you serve in this organisation?.....
3. How long have you been in your current position in this area?.....
4. What is your opinion on the amount, frequency of disbursement, community involvement, and selection criteria of beneficiaries?
5. Please provide your views on the effect of HSNP cash transfer on food accessibility, availability, diet diversity and sustainability among beneficiary households in this area?
6. Share your views on how HSNP cash transfers affect the social well-being of households, specifically regarding access to healthcare, education, clean water, and equitable decision-making within the household in this area.
7. In your own opinion, do HSNP cash benefits affect accumulation of productive assets like savings, livestock, and business?



8. Please comment on how the traditions of this community influence the implementation of the HSNP and affect household food security, social well-being, and the accumulation of productive assets in this area.

Appendix V: Research Approval Letter from Board of Postgraduate Studies



**Maasai Mara University**  
**BOARD OF POSTGRADUATE STUDIES**  
**OFFICE OF THE DIRECTOR**

P.O. BOX 861 – 20500  
Narok, Kenya [www.mmarau.ac.ke](http://www.mmarau.ac.ke)

Tel: +254 – 20 -2066042  
+254 – 20 - 8081874

28<sup>th</sup> August, 2023


RESEARCH PERMITS SECTION  
NACOSTI  
UTALII HOUSE

**REF: ECHUKULE LOSINYEN JEREMIAH (REG.  
AM12/SP/MN/10802/2019)**

We wish to confirm that the above named is a *bona fide* Master's student at Maasai Mara University pursuing M.A.in Social Work in the School of Arts, Humanities, Social Sciences & Creative Industries. His proposed research is "*Effectiveness of Hunger Safety Net Programme in Mitigating Food Insecurity in Turkana West Sub-County, Turkana County, Kenya*". He would like to apply for a research permit from NACOSTI before he can proceed for field work and data collection.

We further confirm that the candidate has adhered to all research protocol requirements of Maasai Mara University and the proposed research has been rated as having no known adverse impacts on the environment and does not pose any ethical concerns.

This is therefore to request your office to issue him with a research permit.

MAASAI MARA UNIVERSITY  
P.O. BOX 861, 20500  
Narok, Kenya  
Faithfully yours,  


**Prof. Romulus Abila, PhD.**

**Director, Board of Postgraduate Studies**

[abila@mmarau.ac.ke](mailto:abila@mmarau.ac.ke), <https://orcid.org/0000-0001-8762-7153>

**Appendix VI: Research Permit by NACOSTI**

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: <b>919474</b>	Date of Issue: <b>12/September/2023</b>
<b>RESEARCH LICENSE</b>	
	
<p>This is to Certify that Mr., Echukule Losinyen Jeremiah of Maasai Mara University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Turkana on the topic: Effectiveness of Hunger Safety Net Programme in Mitigating Food Insecurity in Turkana West Sub-county, Turkana County, Kenya for the period ending : 12/September/2024.</p>	
License No: <b>NACOSTI/P/23/29427</b>	
<b>919474</b> Applicant Identification Number	 Director General NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
	Verification QR Code 
<p>NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.</p>	
See overleaf for conditions	

## Appendix VII: Research Authorization by Turkana County Commissioner



### OFFICE OF THE PRESIDENT MINISTRY OF INTERIOR AND NATIONAL ADMINISTRATION

Telegraphic address "DISTRICTER" LODWAR  
Telephone: LODWAR  
Telex:  
Fax:

COUNTY COMMISSIONER  
TURKANA COUNTY  
P.O BOX 1-30500  
LODWAR

REF: TC.CONF. ED.12/VOL.IV (111)

15<sup>th</sup> September, 2023

DEPUTY COUNTY COMMISSIONER  
TURKANA WEST SUB COUNTY

RE: RESEARCH AUTHORIZATION: MR. ECHUKULE LOSINYEN JEREMIAH  
LICENCE NO: NACOSTI/P/23/29427

The above mentioned has been authorized to carry out research on "Effectiveness of Hunger Safety Net Programme in Mitigating food insecurity in Turkana West in Turkana County, Kenya". The research period ends on 12<sup>th</sup> September, 2024.

Any assistance accorded to him will be appreciated.



PATRICK WAIKE  
FOR: COUNTY COMMISSIONER  
TURKANA COUNTY

Copy to:  
The Director of Education  
TURKANA COUNTY

MR. ECHUKULE LOSINYEN JEREMIAH

**Appendix VIII: Authorization by the Turkana County Director of Education**



REPUBLIC OF KENYA  
MINISTRY OF EDUCATION  
**STATE DEPARTMENT OF BASIC EDUCATION**

Telegram 'ELIMU', Lodwar  
Telephone 'Lodwar' 054 21076  
Fax/No: 054 21076  
Email: cdeturkana@gmail.com  
When replying please quote  
REF: TC/CONF/ED. 12/1/VOL.IV/228

TURKANA COUNTY EDUCATION OFFICE,  
P.O. BOX 16- 30500,  
LODWAR,


15<sup>th</sup> SEPTEMBER, 2023

**RE: RESEARCH AUTHORIZATION: MR. ECHUKULE LOSINYEN JEREMIAH  
LICENSE NO: NACOSTI/P/23/29427.**

This is to authorize the above named researcher to carry out research on "*Effectiveness of Hunger Safety Net in Mitigating food insecurity in Turkana West in Turkana County, Kenya.*" The research period ends on 12<sup>th</sup> September 2024.

Any assistance accorded to him will be highly appreciated.

Thanks in advance.

  
MR. HENRY AKOLO LUBANGA  
COUNTY DIRECTOR OF EDUCATION  
TURKANA COUNTY

COUNTY DIRECTOR OF EDUCATION  
TURKANA COUNTY  
P. O. BOX 16 - 30500  
LODWAR

CC: -The County Commissioner Turkana County.  
- Director General  
NACOSTI

## Appendix IX: Research Authorization by Turkana County Government

### COUNTY GOVERNMENT OF TURKANA



#### OFFICE OF THE GOVERNOR

Telegraphic address  
County Governor,  
E-mail: countysecretary@turkana.go.ke  
Fax .....  
REF: TCG/CS/RSC/VOL.1 (19)

The County Secretary  
Turkana County Government  
P.O. Box 11-30500  
Lodwar  
15<sup>th</sup> September, 2023

Sub-County Administrator  
Turkana West

RE: RESEARCH LICENSE NO. NACOSTI/P/23/29427  
MR. ECHUKULE LOSINYEN JEREMIAH

The above mentioned person is a student from Maasai Mara University and has been granted authority by the National Commission for Science, Technology and Innovation to conduct research in Turkana County on the topic: **Effectiveness of Hunger Safety Net Programme in Mitigating Food Insecurity in Turkana West Sub-County, Turkana County**. The research periods ends on 12<sup>th</sup> September, 2024.

Please accord him the necessary assistance and ensure that the researcher share a copy of his findings with us for our future reference.


HON. JOSEPH NYANG'A  
FOR: COUNTY SECRETARY/ HEAD OF COUNTY PUBLIC SERVICE

Copy to:

CCO – Administration and Disaster Management