The constraints limiting women's contribution to household food security in Yathui Division Machakos County- Kenya

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SPUIR

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ABSTRACT

The role of women in enhancing food security cannot be overlooked in any society. This is because the responsibility that surround women in third world economies coupled with culture put women at a dilemma with no choice of whether to conform or not. The study aimed at bringing out the challenges that hinder women from taking their proper roles in contributing to food security by focusing on female respondents in Yathui division of Machakos County who are active in farming. The key research instruments included questionnaires, interviews and focus group discussion. Through data analysis the study brought out the challenges that women faced in food production and or security which included social cultural, economic, and religious. The study concluded that in order for women to be fully engaged in food production and or security, the challenges named had to be confronted in wholesome. The study made the following recommendations: the Legal systems be reviewed to allow women own and inherit land, even if the Kenyan constitution now offers the above, the study recommends that policy makers to provide for policies that will ensure that the constitution is followed to the letter as far as land, food production and security are concerned. All forms of discrimination should be eliminated in all sectors of economy through gender mainstreaming and finally people should be evaluated and judged by merits, capabilities, potential and not by gender. There is need for further investigation on the role of culture in improving household food production in Kenya.

Key words: food security, gender, gender mainstreaming, women empowerment and Patriarchy.

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