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**PARALLEL STUDENT**

**TITLE: THE ROLE OF NGOS IN IMPROVING FOOD SECURITY AND  
LIVELIHOODS: THE CASE OF CARITAS IN MASVINGO PROVINCE.**

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**SUBMITTED IN PARTIAL FULFILMENT OF A B A HONOURS DEGREE IN  
DEVELOPMENT STUDIES**

## **DECLARATION**

I hereby declare that “The role of NGOs in improving food security and livelihoods: “The case of Caritas in Masvingo province,” is my own work. It is submitted for the Bachelor of Arts Honours Degree in Development Studies. I the under signed, declare that this thesis is my original work and I also declare that this dissertation has not been submitted for any degree or examination at any other institution of higher learning, and that all references have, to the best of my knowledge, been correctly reported.

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## **DEDICATION**

My dedication goes first to the Almighty God for guiding me to the completion of this research study and I also dedicate this dissertation to my mother, who has been very supportive throughout the period of my studies at Midlands State University, my sister, Talent Machafa and my friends Munyaradzi Nzvimba and Edwell Mazhetese. The work is also dedicated to my beloved supervisor Dr. G. Chikowore who has been very supportive throughout the whole project.

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## **ABSTRACT**

Many attempts have been made to improve food security and livelihood in Masvingo province. Although the researcher showed that Caritas managed to improve food security and livelihoods in Masvingo province but a lot needs to be done since food insecurity remained the main problem in the province especially in rural areas. The study sought to evaluate the impacts of Caritas through food security and improving livelihoods. The research was undertaken in Masvingo province. According to the total number of beneficiaries, they were approximately 1000 but only 64 representing 6.4% were randomly selected in collecting the required information both qualitative and quantitative methodologies were adopted. Also observations, structured interviews and document review were used by the researcher in acquiring information. The main programmes which improving livelihoods includes Goats, pass on gifts, nutritional and incoming gardens, food relief, trainings on rain water harvest and Conservation Farming, mechanisation of Agriculture, borehole drilling, agro ecology, women empowerment, educational initiatives. The results showed that Caritas succeeded in improving food security and livelihoods security and it helped in response to disaster. Challenges involve no or lack of constant monitoring, limited funds, poor targeting, dependence syndrome and duplication of projects. The researcher also recommend that NGOs should source more funding and do partnerships with other organisations. Monitoring and evaluation should be done properly which means before, in due course and after the programme. The bottom up approach should be used in selecting beneficiaries so that the vulnerable groups will benefit from the projects and programmes. Lastly NGOs should not come up with programmes and projects that cause increased dependence ratio. NGOs need to adopt an integrated approach with other stakeholders which specialised on agriculture and animal rearing like AREX.

**Key words:** Improving, Food security, livelihoods.

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## ACRONYMS

AIDS	Acquired Immune Deficiency Syndrome
NGOs	Non Governmental Organisations
ZIMVAC	Zimbabwe Vulnerability Assessment Committee
HIV	Human Immune Virus
GMB	Grain Marketing Board
FTLRP	Fast Track Land Reform Programme
CF	Conservation Farming
CA	Conservation Agriculture
WASH	Water, Sanitation and Hygiene
WFP	World Food Programme
SDGs	Sustainable Development Goals
SL	Sustainable Livelihoods
SRD	Sustainable Rural Livelihoods
EMA	Environmental Management Act
FFS	Farmer Field Schools
SLA	Sustainable Livelihood Approach
RUDO	Rural Unity for Development Organisation
DFID	Department For International Developments
EU	European Union

## CHAPTER 1: INTRODUCTION AND BACKGROUND

### 1.0 Introduction

Food shortages and poor livelihoods remained a significant problem in Southern Africa. Households in Sub Saharan Africa faces many challenges which includes climate change, low rainfall, infertile soil, high poverty and HIV/AIDS, economic instability, liquidity challenges, limited employment and of all these challenges hinders access to enough food for the peoples. Food security is not easy to define, FAO (2011) defined food security as, when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life, but this is not the situation in most of sub Saharan Africa. Many recent studies agrees that food security has three central concepts which are food availability, food access and food utilization (Webb et.al.,2006).Agricultural sector which is the primary livelihood in Zimbabwe for 70 percent of the population, was dominated by commercial farmers until the 2000 Fast Track Land Reform (FTLR).The situation changed since the early 2000 with the declining of food as a result of the impacts of land reform programme. Those who gained the land they lacked knowledge of farming and some of them they did not have equipment to grow properly. Due to the radical land reform programme, abuses and torture and human rights abuses illegal economic sanctions were imposed on Zimbabwe by the western countries which result in deteriorating economy since 2000 according to the (ZIM ASSET). There was a series of drought from 2000-2008. In 2008 there was social, economic and political crisis and it can be described by a hyperinflation, failures of industries which leads to the overall decline in Gross Domestic product (GDP) by 50% (ZIM ASSET). Now small holders farmers which is characterized by low production, limited access to extension services and inputs, finance and experience to weather changes and poor soil, owned 73% of the agricultural land (Moyo 2009 et al). Women are given a small portion of agricultural land. This is another barrier to production. Only 20% of the majority women involved in agriculture are landowners or leaseholders, which places them at disadvantage because they don't have collateral security for accessing credit (Chingarande 2009).From 2009 to 2014 an average of 1 million people (8.3 percent of the population)were food insecure ,of whom 38 percent were chronically food insecure (Chingarande et.al (2020).An analysis of food security in Zimbabwe showed that the number of food insecure people have been increased from 2,629,159 people in the 2015/16 season to 4,071,233 people in the 2016/17 season. Although the 2017/18 season has a drop to 1,052,768, and it was followed by an increase to 2,423,568 and 5,529,209 in the 2018/19 and 2019/20 seasons,

respectively (SADC, 2019) This research present findings that there is food insecurity and poor livelihoods in Masvingo province. The research mainly focused on improving food security and livelihoods in Masvingo province. The findings from the research suggested that there are a plethora of factor why Caritas targeted the province which includes, low rainfall in the province, a series of droughts, poor farming methods, lack small livestock poverty, limited agricultural extension services, malnutrition and malnourishment, unfair pricing mechanisms of farm produces and inputs as well as farm machineries, shortage of capital for starting income generating activities, lack of access to markets, dependence ratio which are higher and other factors like poor governance at national level. Caritas come up with different roles to improve food security and livelihoods in the province. Some of the findings includes that Caritas implemented many projects and programmes in the province which address the challenges of food insecurity and poor livelihoods. These projects includes the goats pass-on gifts, giving food hand-outs and cash to the peoples, construction of dams, boreholes and nutritional garden, empowerment of women, Farm mechanisation and commercialisation, construction of irrigation schemes, people were trained on new farming method and conservation agriculture, and also people were taught methods of water harvesting during rainy season. Although Caritas was successful in implementing the projects there are some failure and challenges faced in operating. These includes, no or lack of constant monitoring, limited funds, poor targeting, dependence syndrome, duplication of projects. The researcher come up with the recommendation to the challenges and failures found. The recommendations includes, that NGOs should source for more funding and partnership with other organisations, monitoring and evaluation should be done properly which means before, during and after the program, the bottom up approach should be used in selecting beneficiaries so that the vulnerable groups may be benefited to the programmes, NGOs should not come with projects and programmes that increased the dependency ratio.

## **1.2 Background of the Study**

Food security and livelihood become two major aspects of major concern and draws much attention of most of the sub Saharan African states. Although the government of Zimbabwe is the main institution paying attention to food security and monitoring food outcomes, other organisations like NGOs, insurance firms, civil societies and scholars always put much attention. NGOs compliment the government in ensuring food security at all levels (Barret 2002). Religious NGOs become the very important in feeding the worldwide (Barret 2002). According to (Zimstat 2011/12) Zimbabwe is classified a low income country by the World

Bank as suggested by the World Bank. In Zimbabwe there are many factors causing poverty and food insecurity which includes, low rainfall, shift in climate, increasing population, HIV and AIDS, limited Agricultural Extension Services, lack of access to markets to buy inputs and to sell outputs. Dependence syndrome and unfair pricing mechanisms. The country's economy is growing slowly than what it was during the independence era due to many factors. In Zimbabwe Agriculture is the main economic activity done by most of the peoples especially in rural areas. The challenges of food insecurity and poverty in Zimbabwe are developed since independence. The country's poverty can be linked to its pre-colonial history. During the colonial era the whites benefited socially, economically and politically at the expense of black people. The blacks were settled in poor, and unproductive soils while the whites were occupied productive and fertile lands. Although the white were the minority they occupied a large portion of land as compared to the majority of blacks. They created a prazo system which was the large farms for colonialists. There were different education opportunities between blacks and whites. The livelihoods of black rural dweller was characterised by poverty since pre colonialism although food was available. The situation changed since the early 2000 with the declining of food as a result of the impacts of land reform programme. Those who gained the land and prazo they lacked knowledge and some equipments and machineries to do commercial agriculture. As a result of land reform programme and other cases of human rights abuses illegal economic sanctions were imposed on Zimbabwe by the western countries and as a result the country experienced a deteriorating economy since 2000 according to the ZIM ASSET. There was a series of drought from 2000-2008 although there was not serious like the 2008. In 2008 there was a deep of social, economic and political crisis and it can be described by hyperinflation, failures of industries which leads to the overall decline of the Gross Domestic Product (GDP) by 50% ZIM ASSET (2013). Some of the causes of food insecurity and drought in 2008 includes the flee away of Operational NGOs who helped the people with food in emergency time. Also there was sabotage from the local producers, Commercial Farmers union (CFU), warehouses and other business personnel who owned big companies as they claimed that the elections were manipulated by the ZEC and the ruling party. Also most of the commercial farmers Union are against the ruling party. Some of the pillars of food security are lacked during this time that is food accessibility and availability to the majority. Although the government tried to enable food access and availability and also to improve the livelihoods of the people they failed. The government of Zimbabwe tried by all means to come up with programmes, projects and policies to develop rural areas. The main targets of these programs was to improve food security and livelihoods. Some of these programmes like the Operation Maguta, rural

electrification, the growth pole policy, Pfumvudza and Command Agriculture were target to improve rural people's life. In addition all rural development initiatives were guided by the Rural Development Plan of 1987. Although the government tried its best but there is still a gap between rural and urban areas. According to Alix (1998), the government formulates perfect development policies in the countries although it lacks the resources to put them into practice, therefore the government should work with donor agencies in order to achieve sustainable development in rural areas. Although the food insecurity and poverty are the main challenges facing in the country to such an extent that they pay attentions of NGOs, religious organisation, churches, government and other external organisations, the county also faced other challenges like the outbreaks of diseases, disaster and pandemics like the Corona virus, cyclone Idai and heat wave. They climate challenges have a greater impact on food security and livelihood of Zimbabweans. As a result of social, economic and political as well as environmental factor, Zimbabwe failed to feed the people approximately 13 million people. Nhundu and Mushanje (2 008) suggested that region V and IV are the most food insecure region. The province under study is in region IV and V. According to Sasson (2012) food insecurity is not about insufficient food production, availability and utility but is about the poor quality and nutritional contents. According ZIMVAC (2015), the reduction of cereal crops in (2014/15) resulted in reduction of food security as 16% which is (1.49 million people) were food insecure in rural areas. In 2013 May 16 the former president of Zimbabwe R.G. Mugabe launched the food and nutrition security policy with commitments and some of them suggested that poverty may be reduced by increasing economic growth with a wide base of Agriculture and other suggested that adequate national food availability is important (Food and Nutrition of Zimbabwe 2013).In the year 2008/19 there was improved food security due to the command agriculture. The area under study is Masvingo province. The agricultural activities in the area sometimes affected by low rainfalls, climate change, poor soil fertility, lack of inputs, lack of access to markets etc. There is poor road networks in the province, shortages and high prices of fuel and as a result of this these factors, NGOs targeted the area. It is very difficult to distribute food during rainy season due to poor road networks which leads to shifting of distribution points and beneficiaries moved a long distance. According to Mufuka (1991), Masvingo province is in the lowveld of the pattern varies to 23, 4 to 114,3cm centimetres per year and there is very little surface. The province has an average annual rainfall of 500 millimetres. The province faced severe dry spells during rainy season and also periodic droughts. Chivi and Mwenezi districts received low erratic rainfall and have few livelihoods activities. The province is suggested to grow drought resistance crops and early maturity cereals. Other suggestions includes construction of dams

and more irrigation schemes like the Manjinji Irrigation, Mushandike, Malipati, Citrus Estate Chiredzi and Panganai. The peoples valued cattle to determine the status of men in a village. A large number of cattle symbolised wealth although on the other hand food materials and poverty level are high levels (ZIMSTATS 2003). Although the province grow maize but they mainly grow small grains like sorghum. According to Agriculture sector survey (2019) the province contributed 16% of sorghum in 2019. Also the province is affected by prevalence of disease on both livestock and crops. According to IPC (2009) the province experienced the highest prevalence rate of 35% livestock disease. Also according to (ZIMVAC,2019) Maize were affected by Fall Amy Worm (FAW) in 2018/19 season and it reduced the food availability in the province. According to Chingarande et al (2020) the province lost cattle due to tick-borne disease mostly in Masvingo district, Foot and Mouth Disease in Chiredzi and Mwenezi as cattle and buffaloes interact. According to WFP (2019) the price of food remained stable in USD but in ZWL dollar are very high due to inflation. According to ZIMVAC (2019) the people in the province selling more livestock and begging as coping strategies to their stresses and shocks. They also practise mining especially gold in Ranco owned Rio Tinto, Bikita mineral which produced gold and lithium. Some people practised illegal and unproven mining (Makorokoza) as a way of life. People from Mwenezi and Bikita also involved in selling of Mupane worms (*Harurwa*) as an edible insect with high levels of essential nutrients and antioxidants. These people earn a living by selling *Harurwa*. Muzvidziwa (2005) suggested that since 2000 cross boarder traders has beginning as more people across all age groups and ethnicities to migrated to South Africa because the province is nearer and on the route to South Africa. Women have increased in the cross boarder business. They bringing goods to Zimbabwe by selling different products like round nuts (nyimo) and ground nuts (nzungu), mopane worms (harurwa) and dried vegetables (mufushwa). As a result of all the stated challenges Caritas stated to help the province to address their challenges of food insecurity and poor livelihoods.

### **1.3 Statement of the problem**

Since the post independent year, Zimbabwe faced two major challenges which are food insecurity and poverty. Policies have been temporarily implemented to tackle long repeated droughts. In the year 2008, food prices increased from the real food prices. Prices of staple food like maize mealie meal, rice, beans and vegetable oil doubled its prices. Also prices of farming equipments and fertilizers increased to such an extent that most small scale farmers were not afford. Although food insecurity and poor livelihoods are the main challenges facing the country and are the main inherently observable phenomenon which draws the attention of

government, churches religious institution, NGOs and media, the country also facing other challenges like disease like corona virus, HIV and AIDS, environmental degradation conflicts, poverty and political and economic instability.

In Zimbabwe agricultural activities is hindered by poor farming methods, high prices of inputs like fertilizers and seeds, poor livestock production, poor intervention of extension services. In the year 2011- 12 food security and a better livelihood increased in the sub Saharan African but food insecurity and poor livelihood increased in 2014 as stated earlier that the farming and livestock production is the main activities in Masvingo province as their livelihoods and food security bases. Due to changes in climate change. The area received poor rainfall which caused lack of water for livestock and humans and pastures to dry. Also in these drought years there is high diseases prevalence livestock. Small scale farmers sell their livestock at a very low prices in drought season and sometimes often exchanged it with bags of food staffs especially bags of maize. This reduced the carrying capacity of small holder farmers in Masvingo province. This necessitates the research to assess the role played by NGOs in improving food security and livelihoods in Masvingo province mainly basing on the role played by Caritas Masvingo.

### **1.3.1 Major Research Questions**

The objective of this study requires one to answer the question “what are the major role played by Caritas in improving food security and livelihoods in Masvingo province.”

### **1.4 Research Sub Questions**

The sub questions below are the key factor used to collect data from the targeted population at the research area.

- What was the food security situation and livelihood before Caritas?
- What is the nature and extent of food security and livelihood in Masvingo province?
- Which intervention strategies used by Caritas in enhancing food security and livelihoods?
- How effective are the intervention strategies used by Caritas in enhancing food security and livelihood?
- What are the main challenges faced by Caritas in implementing projects and delivering quality training and the desired outcomes and what they need to do to overcome them?

### **1.5 Objectives of the study**

- To analyse the background of the study and to do a deep analysis to the research problem.
- To analyse different literatures around the topic of food security and livelihood and to analyse the experience of food security and livelihood at a global level, within the African context and finally within the Zimbabwean context.
- To discuss the research methodology that the researcher used in doing research.
- To discuss the how data analysis and presentation was done for the research.
- To discuss the research finding in detail
- To give the summary of the research, conclusions of the research as well as recommendations to the problems of the research.

## 1.6 Assumptions of the Study

This research study will be built on the following assumptions

- Food security persist although there is NGOs intervention.
- In areas where projects installed, food sustainability has been realized.
- External intervention are crucial in enhancing community participation as well as ownership.
- Climate change, low rainfall, poor agricultural technology, lack of financial are the main obstacle to food security and livelihood in Masvingo province.
- Therefore an integrated approach to be used to improve food security and livelihoods.

## 1.7 Significance of the Study

The research aims to unpack the role of Caritas's project towards the improvement of food security and livelihoods in Masvingo province. This study is very important for academics, general researchers, policy makers, environmentalists and the government who are interested in the issues of food security and livelihoods situations in general. The study also helps in policy making especially in the field of food security as it helps the food security desk in policy making and become aware on what really need to be done in order to come up with development in the province and also scheming mainly towards rural development programmes and policies. It will help NGOs to come up with projects which capacitate the people of this province which are related to those that have been already installed by Caritas. The research is going to show clear evidence that programmes of Caritas led to the improvement of food security and livelihood as well as participation and economic empowerment of the communities. Also this will help them in reviewing and assessment of the effectiveness of already existing programmes and the new ones.

## **1.8 Limitation of the Study**

The researcher faced challenges as, in adequate funds to cater for stationary, survival and travelling cost during research due to the researcher was not funded by an organization. Due to illiteracy, questionnaires were somehow difficult to administer even though they were asked in Shona and English, thus the research turned to interviewing which are time consuming.

## **1.9 Delimitation of the Study**

The research covers partly the role of NGOs in Zimbabwe particularly Masvingo province. This study is limited to the information pertaining the role of NGOs in food security and livelihoods in Masvingo province. The researcher was born and grew up in Masvingo province so this made it easy to carry this research. The accuracy and credibility of the findings of the researcher as high as the researcher could strive to make it.

## **1.10 Methodology**

According to Rajasekar et.al (2006) a research is a systematic and logical search for new and crucial information on a particular topic. It is the discovery of new information about matters. The researcher used the qualitative research method. The researcher used the qualitative method as it is the best answer to the research questions and to solve the problem under investigation. The qualitative methods suited to this research is the case study approach. In most cases a case study selects a very small geographical area. A case study is an empirical research method for the purpose of investigate a contemporary phenomenon, focusing on the dynamics of the case, within its real life context, Yin (1984). Caritas in Masvingo province in Zimbabwe was used as a case study to understand the role of NGOs in addressing issues of food insecurity and poor livelihoods. Qualitatively and quantitatively were both used to make it easy to conduct field information. Semi structured questionnaires were used to a sample population of 40 respondents that was conveniently selected which involves project beneficiaries and project implementing committees in Masvingo province, the email and cell phone were mainly used.. The case study approach was used as it uses a number of different methodologies (triangulation method). Face to face interviews were used by the researcher to collect the project beneficiary's ideas on the research topic although the researcher mainly embrace online interviews due to Covid 19 restrictions which was implemented later.

The researcher also carried out interviews with 18 targeted beneficiaries and 10 responsible Caritas project implementing committees in Masvingo province. This was done for the purpose of understanding the contribution of Caritas towards improvement food security and livelihoods, understanding the situation of the province before and in due course of Caritas.

Open ended questions were used in interviewing the participants. Using all the five senses, the researcher also made use of observations by gathering information. Although the case study was for Caritas in Masvingo province the recommendations and the way forward that were drawn have a broader relevant since they can apply to any other provinces in Zimbabwe and NGOs since the whole country faced the challenges of food insecurity and poor livelihoods. The researcher used focused group discussion as a method of gathering information from individuals on the role played by Caritas in improving food security and livelihoods. Only one focus discussion was held in Masvingo district as it is the centre of all the districts. The researcher done this using focused group discussion guide. Documentary review was used this involves the reading and analysing secondary data that is related written researches in the form of books, magazines, journals and internet data. Finally the role played NGOs in improving food security and livelihoods was seen in Masvingo province although many other institution are looking on it.

### **1.11 Ethical Considerations**

Ethical consideration have become crucial aspect in conducting a meaningful and effective research. De Vos et al (2009) suggested that ethics are a set of moral principles that are suggested by a group or an individual. The researcher used the local language during questionnaires and interviews so that participants understand and feel comfortable. Pseudo names was used in the answering of the questionnaires and participants were also assured that their names were not going to be disclosed to anyone during and after research. The local customs were also considered for instance there were some days which were scared to go to their fields like Thursdays. Participants consent was also considered before starting interviews and questionnaires.

### **1.12 Organisation of the Study**

The dissertation is divided into 6 chapters and each chapter begins with an introduction and end with a summary which are as follows.

#### **Chapter 1: Introduction and Background of the study**

This is an introductory chapter of the study. The chapter introduced the background of the study, the statement of the problem, significant of the study, definition of key terms, assumptions of the study, limitations and delimitation of the study.

#### **Chapter 2: Literature Review**

Chapter two discusses the theoretical frameworks which involves the discussion of the theories

relevant to the research topic. Literature surrounding the topic under discussion that is the experience of livelihoods and food security within different countries worldwide.

### **Chapter 3:** Research Methodology

The third chapter highlights the methods used by the researcher to collect and record data from the area of research. The chapter involves the research methodology, research design, Justification, sampling procedures, research instruments, data collection procedures and data analysis produces.

### **Chapter 4:** Data Presentation and Analysis

This chapter focus on the presentation and analysis of the data obtained during the research. Different form of data presentation such as tables, graphs and charts shall be used to illustrate the results obtained during the research.

### **Chapter 5:** Findings and Discussions

This chapter mainly focuses on the finding of the research. In this chapter the results of the investigation are discussed that are the role of Caritas in enhancing food security and livelihoods.

### **Chapter 6:** Conclusion and Recommendation

This chapter gives the conclusions, recommendations and summaries of the study. It marks the end of the research study.

## **1.13 Key Terms and Definitions**

### **1.13.1 Food Security**

Ensuring that all people at all times have both physical and economic access to the basic food that they need, FAO (1983). During the early 1900 the concepts of food security was concerned at the availability of food and price stability of basic foods (Berry et.al 2015). Food security have four crucial dimensions which are food availability, accessibility, utilization and stability, (FAO 2009). Although most recent studies emphasizes sustainability as the fifth and long term time dimension of food security Berry et.al (2019).Food security is a complex sustainable development issue which can be linked to improving livelihoods. The world summit of 1996 defined food security as"when all people at all times have access to sufficient, safe, nutritious

food to maintain a health and active life”.

### **1.13.2 Livelihood**

A livelihood are set of activities or a way, whereby one lives. Are bundles of activities that people undertake to provide for their basic needs? According to Chambers (1989:7) “Livelihood is adequate stocks and flows of food and cash to meet basic needs”. A livelihood comprises of capabilities, assets and activities required for the living. A livelihood can be sustainable if it can cope with and recover from stress and shocks, maintaining capabilities for future use and not undermining resource base (Chambers and Conway 1992).

### **1.13.3 Food Insecurity**

Food insecurity exist when the communities has insufficient or inadequate quality and quantity food at household or individual level for their needs or is at risk of lacking access to food (Maxwell et al, 1999). (Webb et al.,2006) suggested that household food insecurity is first felt by women as are the one who purchase food and preparing food for the family. The area suffer food insecurity due to less rainfall received. Drought resistant crops such as sorghum millet and Rapoko grew in the province. Currently an estimate of 868 million people suffering from food and nutrition insecurity in the world and 2.61 million rural peoples 27% of the analysed population are facing acute food insecurity. This evidenced that food insecurity has become a threat in Zimbabwe.

## **1.14 Chapter Summary**

This is an introductory chapter of the study. The chapter introduced the background and some important elements like the statement of the problem, significant of the study, definition of key terms, assumptions of the study, methodology, limitations and delimitation of the study have also been discussed. The next chapter will focus on literature review.

## **CHAPTER 2: LITERATURE REVIEW**

### **2.0 Introduction**

In this literature review, the main aim of the researcher is to acquire previous findings made by other researchers on the issue of role of NGOs in enhancing food security and livelihoods to address the problem of food shortages in drought prone areas and poverty. This section offers a review of literature surrounding the concept of food security and livelihoods and its applicability as well as its experiences within different contexts that are the Zimbabwean and African context as well as globally. Different scholarly views concerning this topic have been analysed through using different sources of information like journals, textbooks, research papers and many others. The chapter also gives a theoretical framework where different theories from which the topic under discussion was adopted. The theories include the sustainable livelihoods approach, dependency theory, Human Development Theory and Basic Needs theory. The conceptual framework is also discussed. This discussion helps to identify the gaps which the previous scholars left in their previous researches and how the researcher intent to address the gaps.

### **2.1. Theoretical Framework**

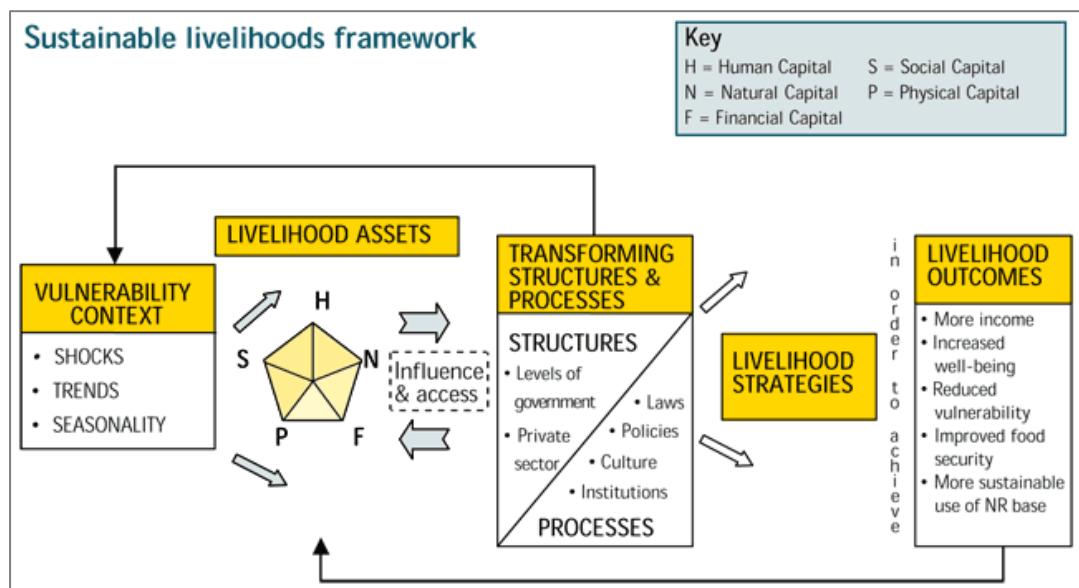
#### **2.1.1 Sustainable Livelihood Approach**

The researcher employed the Sustainable Rural Livelihoods approach which was put forward by Ian Scoones in 1998 to define poverty and unemployment causes in Zimbabwe. This approach is at the central of poverty reduction, environmental management and rural development. Chambers and Conway (1992) defined livelihood as the comprising of capabilities, activities and assets (stores resources) needed for a means of living. Sustainability of a livelihood depends on its ability to cope with and recover from shocks and stresses, maintain its assets and capabilities over a time. This approach pointed out that to achieve rural development and poverty people should first identify the important asserts in livelihood, their impacts of shocks and stresses upon these assets and trends over time. People should use the available livelihood resources in a sustainable manner to achieve sustainable outcomes. This means in drought prone areas people should use the natural resources available like land and which they have control in order to promote food security. This theory can be applied from individuals, household and national level. Therefore this approach was used in this study to measure the sustainability of the role Caritas in improving food security and livelihoods in the stated community. In order to achieve sustainable livelihood and make it a practical framework

interventions of political, legal, economic and institutions is needed to address any vulnerability by diversification of income streams. Some report tried to take a critical stance for the feasibility of SLA and the ability to transform the people in developing world. (Morse,McNamara and Acholo,2009).It is not an easy task to put SLA in practice. Sustainable livelihood can be achieved through a variety of livelihood resources (natural, economic social and human capital which are combined in three broad types of livelihood strategies which includes agricultural intensification or extensification, livelihoods diversification and migration, Scoones (1998).

Rural people are the main concern of SLA, how these people create a livelihood for themselves and their household. Carney (1998) Suggested one of the advantage of the livelihoods approach as it mainstreams the environment with a holistic framework. The SLA is used to identify and address challenges faced by poor people. The implements of Caritas was in line with the theory under study as Caritas tried by all means to intervened in all sectors that causes food insecurity and poor livelihoods in Masvingo province from social, economic and institutions but the did not intervened in political and legal as the codes used in Zimbabwe does not permit external interventions in those sections. Also Caritas worked hand in glove with extension workers and veterinary services. Most of Caritas's projects are sustainable like the conservation agriculture to conserve water, soil and all other determinants of soil.

**Fig. 1 Sustainable livelihoods framework**



Source: DFID (1999)

### **2.1.2 Dependency Theory**

This study will borrow guidance from one of the familiar social sciences theory, the dependency theory, which explains the economic developments of states. Theory which was developed in the 1950s by Raul Prebisch the Director of (UNECLA) United Nations Economic Commission for Latin America and Andre Gunder Frank, Pual A Baran and Paul Sweezy as well as World Systems like Immanuel Wallerstein in Latin America and the US. This theory was suggested by Raul Prebisch, Gunder and Peter Evans (1979). According to Dos Santos (1971) dependence is "...a situation in which the economy of a certain group of countries is conditioned by the development and expansion of another economy, to which their own is subjected". Sunkel (1969) suggested that "dependency can be defined as an expansion of the economic development of a state in terms of the external influences political, economic, and cultural on national development policies". This theory focused on the historical of underdevelopment or the development of underdevelopment. In this case the researcher used one of the characteristics of the theory characterises that is the international system is comprised by two sets of states which are (dominant) core or centre and periphery (dependent). The dominant countries is comprised of the powerful, developed and those with advanced industrial and technology while the dependent is comprised of the developing countries such as states in Africa and of Latin American states. The world is one, but in the relationships others benefits more than others. The situation in which another state depend on other clearly suggested that the state that depend on other become superior. This is in line with the food availability of Africa at large depended on external intervention from INGOs, NGOs and Humanitarians. It becomes difficult for the province of Masvingo and Zimbabwe to produce their own food and to make food availability as dependency syndrome or disorder is installed by the external interventions. Communities from dependence syndrome situation faced the challenges like they look down upon themselves in maintaining their food security and livelihood, they found it difficult for them to upgrade and implementing in income Generating Activities and Projects, develop their talents and interests without external intervention. This theory is in line with the study as food security particularly food availability in Zimbabwe, Masvingo province is depended on the external interventions. In this study the researcher shows that the strategies and measures taken by NGOs and other external stakeholders do not lead to community ownership, and sustainability. The food relief programmes is only for state of emergency and not permanent. According to Thomas Sankara, "he who feeds you, control you". Secondly, this study assumes that the External intervention hinders and damage the local policies and framework towards food security and increasing food insecurity and poverty.

Lastly the External intervention should come up with sustainable projects and programmes that uphold and upgrade community ownership and participation in measures and strategies in improving food security and livelihoods and sustainable development. This theory in line with NGOs performance in Zimbabwe and African wanted to analyse that is the aid comes from external benefited the local, that who benefited from the aid and in spite of the aid from the external organisation why food insecurity and poverty persists.

### **2.1.3 Human Development Approach**

The human development approach focused on the ends not the means of development. This is in line with Caritas' Projects approaches and tenets. The Human development approach aims at expanding people's choices and improving their wellbeing. This is in line with what Caritas Masvingo aims to do in Masvingo province. The theory has three pillar of principals and these three principals has the same idea and point to the same direction with what Caritas Masvingo does in Masvingo province. These three pillars are healthy life, a good Standard of living and access to knowledge. Like the Human Development wants Caritas achieved all the three principals. Firstly healthy life was achieved by constructing dam and some projects like Goats keeping which increase diet. The access to knowledge was achieved by contacting workshops in the province giving people knowledge about how to ensure food security and improving livelihoods of the rural peoples. A good living standard was achieved by the rest of the projects and programmes implemented by Caritas which bring income generating activities which boost the livelihoods of rural people and food security. The combination of all projects implemented can lead to access to healthy life, access to knowledge and a good life. In all of Caritas' Projects the community members were participatory and that is needed by the Human development. During the construction of Dams the developed the knowledge of local builders. Also in constructing goats pennies it boosted the ideas and knowledge to the local peoples. The concept of Human Development put people at the centre of all aspects of development activities and it is holistic in manner.

### **2.1.4 The Theory of Sustainable Development**

The theory identified the importance of long lasting strategies and measures to include the communities in the purpose of attaining ownership. According to (WCED) Ward Commission on Environment and Development, Sustainable Development is "development which meets the needs of the present without compromising the ability of future generations to meet their own needs'. Warhurst (2001).According to ibid (2001) UNDP suggested that sustainable development is a process of realising people's development in an inclusive, connected, secure

and prudent manners. Community development including the activities done by the community in collaboration with the external organisations and stakeholders. Community development empower groups of people with skills and knowledge used in transforming their own areas. According to Ismail (2009) in order to achieve sustainable development communities should use the local resources, building power through large groups of people and should work on a common goal. The theory pointed to the same direction with the research study as it recognised the initiatives taken by the community in Masvingo province in partnership with external organisation. Caritas empowers the communities by implementing projects which provides skills they used to transform their own province. The external organisation put long-lusting measures to the communities for the purpose of attaining ownership.

### **2.1.5 Basic Needs Approach**

In this research the Basic needs theory coined by Burton (1990) was used to analyse the role played by Caritas in improving food security and livelihood in Masvingo province. According to Burton (1990) this theory endeavours to promote the attainment of Basic Human Needs. Burton's argument is very crucial to conceptualise basic human needs and know their useful and important elements, how they manifest themselves and how they are identified. This Basic Human Needs theory was borrowed and extent from Abraham Maslow (1909-1970) who theories the hierarchy of needs. The main argument of this theory suggested that there are some needs which if denied can lead to deep rooted conflict. The term conflict will refer to structural conflict not violent conflict while food which is a central concern is regarded as a basic human need. To Maslow (1978) the basic needs are food, water and shelter that human cannot survive without these. (Burton, 1990) suggested one cannot see the existence of food by only the symptoms of frustrations caused by lack of the need According to Burton, (1990), protracted conflicts are necessitated by the denial of basic needs and frustration of basic human needs. A society must work together in order to achieve human basic needs and should help each other in accessing the basic needs.

The Theory of Basic Human Needs is in line with this study as it emphasises on the attainment of Basic Human Needs to those people in conflict. This study considered food insecurity and vulnerability of food insecurity of some households in Masvingo province as they highly need the basic needs that is the food for survival.

## **2.2 Food security and livelihood situation and the role of NGOs at global level**

### **2.2.1 American and European food security and livelihoods experiences**

In the history of security Europeans and Americans has perfect policies and implementation. Although some of the parts faced food insecurity and poor livelihoods. In Europe there are two main models helped to improve food security during the food crisis errors. The models helped to improve food security, agriculture and rural development, support agricultural markets. The policy is called the Common Agricultural Policy which includes different functions of the European agricultural sector to achieve sustainable production of food and it is also useful for providing environmental services. It was mainly formed for the production of basic food staffs. The European Union adopted many policies and frameworks to improve agriculture, food security and livelihoods of the people. After the success of agriculture the European Union fighting to reduce poverty in developing countries and promoting rural development in other countries like in Cameroon. According to Guariso et al (2014) When EU and its allies come to the developing nations they targeted to develop Food and Nutrition Security (FNS) has increased since the genesis of food crisis. Cockx and Francken (2016) criticised the food aid of EU as they suggested that it is inconclusive and it causes dependence. EU used food aid to squeeze local production out of the local markets.

According to USA government more than 49 million people in America lived in poverty and struggling to put food on the table. More so, more than 45 million live below the poverty line ibid (2013). The food security of America varies with time and depending with place. In 2019 the percentage with household which was food secure was 89.5% throughout the year. And the left that is 10.5% were food insecure. In US the prevalence of food insecurity is most in principal states (13.2% and in rural areas 12.7% and it is better in suburban and other metropolitan cities with 8.9%. Food insecurity in USA varies like in (2000) it was 10.5%.12% in (2004),11% in (2005-07),14.6% in (2008) and 14.9% in (2011). The food in USA differs depending on states ,policies, population size and economic conditions.

### **2.2.2 The role of NGOs and food security and livelihood situation in Africa**

Generally in Africa there is food shortages .Although some countries are satisfactory like Mozambique. Although there is food shortages in southern provinces. Zambia reduced its food production and now there is poor supply. In the eastern Africa food production is less than in the Southern Africa. Somalia and Ethiopia are already in need of emergency food assistance. There is relatively good in the West Africa but in Liberia and Guiana there is crop failure. South Sudan faces severe disruption of livelihoods and famine due to conflicts, wars, new-

found statehood, large number of internal displaced peoples (IDPs) and refugees are returning to their homes. There are large number of returnees in a short period which causes food insecurity and poverty to increase. Thus NGOs are coming to help people to meet their needs for example the Bangladesh Non -Governmental Organisation (BRAC) coming with micro finance project as source of finance to the local people to start different Income Generating Projects.

South Africa ones faced food insecurity in the past years and even now there is food insecurity to some of the poor households. According to the US Foreign Disaster Assistance (2009), the challenges of food insecurity crisis started at global level following the global economic meltdown. The report of FAO (2004), suggested that in developing countries especially sub Saharan Africa more than 814 million people were food insecure and undernourishment and from the people 204 million people are from sub Saharan Africa, including South Africa. Although South Africa has the better political, and economic advances since 1994 there was poverty and unemployment USAID (2009).In 1999 Eastern Cape has the highest prevalence of food insecurity with 83%. Also according to FAO (2004) households in South Africa found it difficult to secure food and millions of dollars are going to supplement South African food security programmes from the government. The South African government tried by all means to reduce food insecurity like the to insert the right to food bill in the constitution, Gordhan (2009).More policies where implemented by the government of South Africa in improving and supplementing food security like the school feeding programmes day care centres schemes. According to Kallman (2005), the National School Nutrition Programme (NSNP) in conjunction with NGOs tried to improved livelihoods and education system by paying school fees for children and providing a sustainable approach to hunger. This program helped in boosting nutrition of the peoples. Ibid (2005), suggested that in 2001 the Peninsula NSNP fed 368 primary schools with a total of 64 392 children. Most of the people in South Africa found it difficult to sustain income. Also there is over population as most of the African people fled in, because it is one of the African states with better industries. Also the majority of the South African people lacked access to land such that the survived by buying food.

Also, the food insecurity in Ethiopia comprised of low food intake, variable access to food, poor livelihoods strategies and they did not have coping or resilient against shocks .The results are chronic and cyclical food insecurity. Also there is transitory food insecurity caused by drought and wars. Poverty is both a cause and a result of food insecurity in Ethiopia, delicate natural resource base, weak institutions and poor government policies and land tenure systems. According to Befekadu and Berham (2000), Ethiopia has food insecurity since 1980. Although

tons of food aid were delivered the food insecurity continues .The people suffered from seasonal hunger, malnutrition and bad weather conditions .There is poor agricultural activities which worsen soil infertility .Although agriculture is the major economic activity, there is limited off farm activities and employment. The restriction measures to employment .pull people back to agriculture. There is lack of agriculture inputs although the agricultural extension workers tried their best to deliver fertilisers ,it does not adopt the Ethiopian variable rainfall, Ayelegk and Shirega (2000).Studies shows that livestock is owned as a source of wealth and only killed on social ceremonies, Baley and Baley (1998). In Ethiopia according to (FAO 2001) about 60% of population lived below the poverty data line. Also in Ethiopia it is affected by chronic diseases. In Somalia there is food insecurity which was described by WFP (2006) as it is caused by varied and multiple hazards. The first reason ids the 15 years of war and bad climatic conditions. Fishing is both source of food and income in the country, Most of the people approximately 3,5% are poor pastoralists survived by eating poor diets food .According to WFP (2006) meat is only eaten one per month. The climatic conditions in Somalia changed from arid to semi-arid and the country received low rainfall of (400-600 mm) per annual.

In addition to that food security in Nigeria increased in 2017 although the situation still concerning at the three northeast part that is Adamawa, Borno and Yobe. Although there is increase in food production there is still over 1.7 million people food insecure in 2014 in the northeast of Nigeria.In areas like Sambisa forests households faced elevated food insecurity and malnutrition as a result of conflicts .According to FEWS NET12/2017 The northeast Nigerian food security situation in recent years is better than of decades ago as food access and availability improved. Agricultural activities and livelihoods in conflicts zones of Adamawa, Yobe and Borno are negatively impacted. Also the northerner faced high food prices and limited availability of food like maize and Rice.

In south Sudan the conflicts between the government and opposition forces, inter communal fighting, a collapsing economy and hyperinflation are the primary causes food insecurity, Ocha (2018). In 2017 up to now there is increase in Food security. In Yemen approximately 61% of the population are food insecure. Also blockage from entrance into Saudi Arabia by land, sea and air exacerbated the food insecurity situation and fuel shortages.

### **2.2.3 Food Security Situation in Zimbabwe**

Zimbabwe has experienced food shortages and poor supply due to reduction in cereal production and general collapse of income. The food income level worsened both the urban

and the rural as the result of the reduction in availability and access to staple cereals and the increase of the cost of living. During hunger seasons that is from September to February stocks of food run very low. According to the Zimbabwe Vulnerability Assessment Committee (ZIMVAC) 3.3 million people in rural areas are food insecure. The causes of food insecurity in the country are shortage of rainfall, lack of agricultural inputs, poor farming methods, climate change and poor soil fertility. There is shortage of water during the productive stage of the crops life that is from January to February when there is dry spells which stressed the crops. Also the price of staple seeds like maize made it very difficult for farmers. Planting of major crops like maize, sorghum, millet and Rapoko is a major activity in the country. From 2004 up now it was a series of drought. Animals and livestock died due to water and grazing shortages like in 2007 and 2008. The government, the private sector and other humanitarian communities made an effort to feed the hungry country.

GMB is the major source of proving cereals like maize in the country to different districts and provincials and to the open markets. The economic conditions in the country weakened the role of GMB as it faces shortages in supplies and this means poor availability of food because rural market are not function well and are not maintained. Death of cattle during the drought of 2004 -2006 increased the situation. In this drought farmers lost the cattle that used for ploughing the land. This also increased the food insecurity situation and increased the shocks and stress of drought. In the year 2017 onwards there was climatic change which resulted in low rainfall starting in January. Also cyclone Idai in 2017 worsened the situation of food security and other natural disasters like heat waves in 2017 and currently corona virus which reduced the Income Generating Activities (IGAs). There is shortage of clean water for in some parts of the country like Gokwe, some parts of Masvingo and in Matebeleland provinces. People people walked long distance to find drinking water. All the challenges in food security and poverty led to the intervention of NGOs like Caritas, Rudo, Christian Care, Care International, Oxfam and Goal International. All these NGOs come with different ideas and projects to improve people's life choices by implementing divergence of projects and programmes.

### **2.3 Chapter summary**

This chapter gave an overview of the literature surrounding food security and livelihoods and its importance to rural communities. The literature surrounding the concept of food security and livelihoods and the experience of different nations in the globe with this phenomenon and the issues has also been explained in greater detail. Different experience of countries with the food security and livelihoods has been analysed in order to see if they are effective ways of

ending poverty and developing rural and urban communities. The chapter ended by analysing the Zimbabwean experience with the food insecurity and poor livelihood which is the major aim of this study. The chapter analysed the policy in Zimbabwe from its implementation period to date and different challenges as well as achievements in enhancing food security and livelihood in the country has been analysed using different scholarly views and literatures.

## **CHAPTER 3: RESEARCH METHODOLOGY**

### **3.0 Introduction**

This chapter describes the procedures that the researcher followed in doing the research. According to Irny and Rose (2005) a research methodology is a path to systematically address the research problem. The researcher used the qualitative research methods. It is a research tool used for collecting data needed to find solution to the problem under investigations. The researcher used various methods and techniques for data collection like observations, interviews and many others are discussed in the chapter. The chapter also discussed the philosophy guiding the research as well as the research design employed in doing the research which is the case study or descriptive survey design. Primary and secondary sources of data were also analysed in this chapter. The primary source of data involves interviews, questionnaires, and field observations amongst others whilst the secondary source involves online sources, books, journals and others. All these sources were combined to give the researcher adequate information around everything to do with food security and livelihoods in the province and in Zimbabwe and to obtain specific information from the case study area. Ethical considerations, research design, and sampling procedures, methods of ensuring trustworthiness, data analysis procedures and an analysis plan of information will be outlined in this chapter.

### **3.1 Research Design**

According to Mouton (2001) views a research design as a plan used by the researcher to conduct a research. The researcher used the qualitative approach as the main paradigm and triangulated it with the quantitative approach so that these methods can support each other to overcome the weaknesses associated with using a single method. Creswell (2009) acknowledged the two main research methods that is the qualitative and quantitative research methods. The researcher used the case study in doing this research. The case study was used since it is very cheap. Caritas in Masvingo province and was selected as a case study for this research and it will represent the rest of the NGOs in other provinces in Zimbabwe. The researcher using different Qualitative techniques such as a survey, interviews and others. Quantitative research method was used as it helps to gather data that are projectable to a larger population and it's easy to translate data into quantifiable charts and graphs.

### **3.2 Sampling Procedures and Sample**

Sampling can be defined as a procedure of data collection where by few units from the whole population of interest are studied and the results obtained are generalized to represent the whole population, (Frankfort-Nachimias, 1996). Kerlinger, (1986) suggested that sampling is the selection of subset of individual from a population to estimate characteristics of the total population. In this current research the researcher made use of three sampling methods that are stratified, purposive, and convenient sampling as the researcher was not able to test every member. In dealing with purposive sampling the researcher took his time to select the best participants who have knowledge and who are concerned with the day to day running of the Caritas programmes. Sampling enables a researcher to draw conclusions of the whole set using examination of subset. In the areas where Caritas operates, random sampling selected to identify the sample population of the household informants. In order to identify key informants purposive sampling was used in considering the information relevant to the objectives of the study. Mugenda et al (2003), suggested that Purposive sampling is a technique that allows a researcher to use cases with the information required by the objectives of the study. The researcher used purposive sampling because the researcher choose people with information needed by the purpose of the study. Data gathering was made easier since, since Caritas is the only local NGO which have impacted greatly on the livelihood and food security in the province. The researcher selected 44 peoples to contribute the sample and only 58 participants constituted the sample on both interviews and questionnaires.

The researcher interviewed people from 1 household from each of the seven districts in Masvingo province namely Gutu, Masvingo, Chivi, Zaka, Bikita, Mwenezi and Chiredzi, totalling to 7 households who benefited from Caritas' programmes. One household from each of the seven districts were people who were not benefited but were aware of the Caritas programmes, totalling to 7. The remaining 4 includes local leader and Caritas cadres. Purposive sampling was used in identifying key informants among them, Caritas staff, Agricultural Officer (A.O), chiefs and the District Development Officer (D.D.O). In areas where Caritas operates, sampling frames will be obtained from local administrators. The sample size included 28 households, one Focussed Group Discussion of 8 people each, 2 Caritas staff, District Officer, Chief, 2 village heads, District Development Officer (D.D.O) and Agricultural Officer. The total sample of respondents (N =64). Stratified sampling is a type of sampling method in which the whole population is divided into smaller groups or strata to complete the sampling

process (Kothari, 2004). The researcher stratified the participants into 3 groups that consist of (first group) beneficiaries, (second group), Caritas cadres (third group) local authorities.

### **3.3 Population**

A target population is the whole number of respondents from which the data can be gathered, Parahoo (1997). The researcher targeted the population in Masvingo province. The population in research consist of individuals with knowledge of this research and which are concerned about Caritas's day to day activities. The researcher used sample frame. In this case population is referred to as a sample frame. In this research beneficiaries like orphans, disabled, elders, youths who are out of school, married people, household heads, church leaders and local leaders like councillors, headmen, chiefs and cluster facilitators constituted the sample frame. The total target population in Masvingo province was 300 persons but for this research a sample of 64 people was selected for data collection. This can be converted to 21 % of the whole population.

### **3.4 Data collection Methods and Instruments**

Data collection is an important aspect in every type of research. The researcher used different methods and techniques of collecting data. Inaccurate data collection can lead to invalid results. The researcher made the use of both primary and secondary methods in the whole research. The data collection tools used in this research includes primary methods like interviews, questionnaires, observations and others were used for the purpose of this research. Secondary techniques include the use of desktop research, internet, journals, books and others discussed below. The researcher used online methods most of the time in interviews and questionnaires. The researcher used all these methods to obtain information concerning the role of Caritas in enhancing food security and livelihoods in Masvingo province. The sources especially Secondary sources were used to obtain information concerning food security and livelihood at national, regional and global context.

#### **3.4.1 Questionnaires**

A questionnaire is any document that is used as research instrument consisting of a series of questions for the purpose of capture data generated by asking questions to respondents. According to Bakaro (2004) a questionnaire is a research instrument with a number of questions and other prompts for the purpose of gathering information from the respondents. The questions can be closed or open-ended. Closed-ended questions require an answer (yes or no), whilst an open-ended questions need further explanation and details. Each question was explained or translated into shona before participants responded. To acquire more data the researcher made the use of

more open ended question than closed questions, although it may have some challenges in data analysis process. Closed questions are very difficult to construct but easy to analyse whilst open ended questions are easy to construct but very difficult to analyse. Closed-ended questions were used to help the illiteracy levels of the respondents as it provides short answers. Questionnaires were used to complement interviews. The researcher constructed the questionnaire referring to the objectives and research questions of this project. The questionnaires were obtained from the sample population in Masvingo province. The instrument have several weaknesses which include taking too much researcher's time (Patton, 2001). Although some were done physical the researcher do much of the questionnaires online.

### **3.4.2 Interviews**

Interviews are very common research technique used in social sciences to conduct quality research design and they attract a great deal of discussion and comments. Interviews were used in this research to gather information from key respondents such as the beneficiaries of Caritas and local leaders. In this study the main aim of the interviews is to assess the feeling and perspectives of the respondents related to the contribution of Caritas towards the enhancement of food security and livelihoods in the province. The interviews were done in the respondent's language that is Shona. Closed-ended questions were used to help illiteracy participants as well as to generate short answers. Interviews and questionnaires used to corroborate each other in this research. In research they are 4 main types of interviews used which includes, telephone, internet, face to face and MSN messenger interview. This research mainly used internet and telephone in adherence with Covid 19 regulations. According to (Opdenakker, 2006) suggested the interviewee can give the interviewer extra information that can be added to the verbal by the social cues such as voice, intonation, body language of the interviewee. There is no time to waste in a face to face interviews as the questions are directly from the interviewer to the interviewee. The researcher used this data collection tool to interviewing 7 chiefs, 7 councillors and 4 Caritas cadres as a targeted population sample and were purposively selected to obtain valuable information. Interviews helped the researcher to gather in-depth data from the interviewees on their understanding, thoughts and meanings of situations under study. This data collection tool also enables the researcher to weigh the attitudes of respondents on the role of Caritas in ensuring food security and livelihood in Masvingo. In this research the researcher used open ended interviews questions. Unstructured strategy was used in this study as it the ideal approach used in qualitative research.

### **3.4.3 Observations**

Direct observation was used by the researcher to collect information. During field trips, the researcher observed situations relevant to the research using an observation checklist to guide him. Observations was used by the researcher to validate the data collected from both interviews and questionnaires. In this study observation was used in observing physical settings in Masvingo province and to see what Caritas do and the changes brought by Caritas. The researcher made use of questionnaires, interviews and other methods to compliment the data recorded through observations for the data to make sense. The researcher used overt and non-participatory observation. During workshops in the province the researcher attended with different groups observing what Caritas was doing in the area. The researcher also taking advantage by asking the beneficiary questions on the certain issues need clarity.

### **3.4.4 Desktop Research and Internet.**

Desktop and internet researcher method were used by the researcher to obtain data concerning food security and livelihood at national level and around the world. (Quinch, 1999) suggested that desktop research is the collection of secondary data that has already been collected. The method is very crucial as it provides broader statistics. The researcher done this using a computer device and a mobile phone. The researcher accessed online books, journals other materials with the objectives of the study and question in chapter 1. The major weaknesses of this data collection tool is that it can be affected by power cuts especially in developing countries like Zimbabwe which experiencing heavy load shedding system. Information posted on other website is false. The method need network to connect of which it is very costly.

### **3.4.5 Focus Group Discussions**

The researcher conducted only one focus group with the Participants and the Caritas cadres. A Focus Group discussion is a planned discussion aimed to obtain information on a defined area of study. In the Focus Group Discussion the researcher monitors and facilitates the programmes and taking notes. FGDs allows the cross pollination of ideas, feelings and it allows people to participate in a friendly manner. According to Liamputong (2009) The primary aim of the Focus Group is to interpret, describe and understanding the meaning of special issues from participants' perspectives. One FGDs was held comprised of 8 people. The discussions takes 45 minutes on average .The researcher enable to gather a lot of data that was used in the results of this study as the participants were very cooperative and knowledgeable about the activities of Caritas in the province.

### **3.4.6 Journals and Books**

The researcher also made use of books and journals in collecting data for the research. The researcher selected Journals and books with the information concerning food security and livelihood and the role of NGOS in this study. Journals are secondary data or scholarly publication of articles written by researchers, professors and other experts. Journals focus on a specific discipline or field of study. The researcher used periodic and non-periodic books and journals since they were easily accessed in the library. The researcher accessed some of the books through the online packages of the university at institution repository. This research tool takes more time of the researcher to find relevant books and journals for the study.

### **3.5 Research Approach**

The researcher used the descriptive survey or a case study to investigate the problem under study. It can be defined as an empirical research method used to investigate a contemporary phenomenon, focusing on the dynamics of the case, within its real life context (Yin, 2003). Different sampling methods were used in order to collect data in the province. In this study, researcher used three methods of sampling to collect information. The sample population was used and purposively selected for and interviews questionnaires. This whole sample was divided into smaller groups to make easy collection of data. In this study sample in the province was stratified into groups of beneficiaries, local leaders and Caritas cadres. Those who were purposively sampled includes beneficiaries, local leaders and Caritas cadres and were interviewed because the researcher assumed they have rich knowledge and crucial information about the province. Questionnaires were administered to samples of beneficiaries and local leaders. Convenient sampling permitted the researcher to access the respondents who were easily accessible in the province and it saves the researchers' time.

### **3.6 Data analysis procedures**

The researcher needs to develop a better data management and analysis system since the process is so crucial and enormous. The researcher collected data from questionnaires and FGDs and interviews through observations. These data was first organised and then analysed. Responses to the closed ended tools were coded for easy analysis. In this research tables and graphs were used to present most of the findings. In this research, the researcher studied the responds and put them into categories. Lastly the findings were summarized and a general conclusions was drawn. The use of a computer was very important in all these data management techniques and tools since it made the study easy and faster.

### **3.7 Steps to Ensure Trustworthiness**

Trustworthiness in qualitative research address that the study finding are conformable, dependable, transferable and credible. Strategies must be taken into account to ensure trustworthiness of research project in qualitative research. A study is trustworthy if and only if the reader of the research report judges it to be so, Gunawan (2015). Below is the 4 criteria proposed by Guba .He suggested that a qualitative researcher should consider this in order to pursuit trustworthiness of the study. Below is an analysis of Guba's 4 criteria which are, dependability, credibility, transferability and comfortability.

#### **3.7.1 Credibility**

This shows how the confident Qualitative researchers is and the truth in the study findings. This seeks to ensure how you know that your research study are accurate and true and test what is actually intended. To show that the research finding are credible the qualitative researcher used the triangulation. Internal validity is one of the key criteria addressed by positive researcher. According Merriam (1998) the credibility, deals with the question, “How congruent are the findings with reality?” Lincoln and Guba (1985) suggested that ensuring credibility is another most important

Factors in establishing trustworthiness. According to Shenton (2003), a lot of provisions may be made available by researchers to promote confidence that they have accurately recorded the phenomenon under scrutiny (Shenton, 2003). In this research, the researcher made these provisions available for credibility. These credibility provisions includes, the adoption of research methods well established in qualitative investigation in general. According to Yin (1994) recognising the advantage of incorporating correct operational measures for the concepts being studied. This led to the adoption of specific procedure such as line of questioning followed in data collection sessions and methods of data analysis should be derived where possible from those that have been successfully used in previous comparable projects. Also, another provision that allows credibility to be achieved is the development of an early familiarity with the culture of participating organisations before the data collection dialogues takes place. The researcher pursued this by interacting with participants like family, village heads and councillors and Caritas cadres in Masvingo province. It was easy as the Province is the home town of the researcher. According to (Shenton, 2003) triangulation involve the use of different data collection methods especially observations, focus group discussion and individual interviews. In this study the researcher adopted this method by using a lot of data collection methods to complement each other thus credibility followed. The researcher used

different respondents during data collection method for data triangulation purposes. According to Cuba (1981) and Hunder and Brewer (1989) Using of different methods in concert compensates for their individual limitations and exploits their respective benefits. Therefore credibility was achieved and therefore trustworthiness of the research was made possible.

### **3.7.2 Transferability**

Transferability is how the qualitative researcher show that the findings are applicable to similar phenomena. According to (Merriam, 1998) external validity is concerned with the extent to which the findings of one study can be applied to other situations. In positivist work, the concern often lies in showing that the results of the research can be applied to a bigger population. However some scholars criticised this suggesting that it is impossible to demonstrate that the findings and conclusions can be applied to any other situations and population, as the findings of a qualitative project are just for a small population, Shenton (2004).A contrasting view is offered by Stake, (1994), cited in Shenton, 2004) who suggested that although each case is unique, it is an example within a broader group and as a result the prospect of transferability should not be immediately rejected. Gomm, Hammersley and Foster (2000) believe that it is the responsibility of the researcher to ensure that sufficient contextual information about the field work sites is provided to enable the reader to make such a transfer. Some important information like the number of respondents involved in the fieldwork, data collection methods and tools that were employed and others need to be considered before any attempts at transference are made. In this research study the names of the organisations taking part in research are mentioned and the data collection methods used are highlighted to making transferability possible.

### **3.7.3 Conformability**

Conformability is another strategy in achieving trustworthiness by the researcher is in preference to objectivity of the research. According to Patton (1990) in Shenton (2003), he recognises the difficulty of ensuring real objectivity, since the questionnaires are designed by the researcher and the intrusion of the researcher's biases is inevitable.(Shenton, 2003)suggested that the concept of conformability is the qualitative investigator's comparable concern to objectivity and also steps must be taken to ensure that the work's findings are the result of the experiences and ideas of informants rather than characteristics and preference of the researcher. To promote conformability the researcher made the use of Triangulation data collection skills that is to make the use of multiple data collection methods to reduce biases. However in this study the researcher used many data collection methods to promote

triangulation and to ensure conformability is achieved as well as to promote trustworthiness. Also, fully described methodologies enables the reader to determine how far the data and constructs emerging from it may be accepted. In contrast to this, the audit trail can also be used in addressing conformability, which allows any observer to trace the path and procedures described.

### **3.7.4 Dependability.**

The last way to ensure trustworthiness of the research is dependability. To assess the dependability of the study the positivist employs techniques to show that if the work were repeated in the same context with the same methods and with the same participants similar results would be obtained. However, Sandelowski (1993) in Gunawan (2015), regarded dependability as a threat to credibility, and questioned many of the usual qualitative reliability tests like member checking that is to returning to the participants following data analysis and peer checking using a panel of experts or an experienced colleague to reanalyse some of the data as ways of ensuring that the researcher has analysed the data correctly. Lincoln and Guba (1985) stress the linkages between credibility and dependability arguing that credibility goes some distance in ensuring dependability. Therefore the use of overlapping methods here is also possible for example focus group and interviews. This study is dependability as the researcher make the use of overlapping methods of data gathering like focus discussions and interviews.

### **3.7.5 Ethical procedures.**

Ethics have become the basis and a necessity for conducting a meaningful and effective research, whether qualitative or quantitative. Research ethics is a complex set of standards, moral principles, values and institutional schemes that help in carrying out a scientific research and to govern personal behaviour. De Vos et al (2009) notes that ethics are a set of moral principles that are suggested by the community. Ethics offer rules and behaviours that are expected on the most acceptable conduct towards subjects that are experimental, respondents, employers, other researchers and students before carrying out the research. Research ethics follow morally and legally right in study. These are norms and values that distinguish between right and wrong, and acceptable and unacceptable behaviour (Parveen and Showkat, 2017). Researchers should be aware of the difference ethics in the community of study. Ethics are very important in the research as they protect both the researcher and the participants. According to (Parveen H and Showkat, 2017), One of the importance of ethical consideration is that, it take into consideration the responsibilities of a researcher that is to consider the safety, dignity, rights and well-being of the participants. Researchers need to value and follow all the different

ethics at different stages and levels during conducting a research. In this research confidentiality and protection of individual dignity was observed for each participants and respondents. The researcher also promoted confidentiality and privacy of respondents through anonymity like not writing names on the questionnaire and using pseudo names to protect the privacy of the participants and respondents. The researcher clearly notified the respondents that the information they provide was used for academic purposes.

### **3.7.6 Participants Protection**

In this study the researcher take into consideration of measures to promote and protect highest standards of ethics and to promote himself and respondents during the research process. The researcher must seek consent from the participants to do a research (Parveen H and Showkat, 2017). In this research, the researcher seeks permission from Caritas as an organisation, beneficiaries, chiefs, District Officer, District development officer, agricultural extension Officer and other participants. Participants values, cultures beliefs were observed as the researcher is grown up in the province. Participants were free to withdraw from the study whenever they feel not interested in participating. The researcher avoided sharing of data, identifiable and personal information for purposes of confidentiality. The researcher clearly told the participant important information like the aim, objectives and nature of the research, duration of the study, sponsors and other important information was revealed to the participants. Like in this study participants were told that this research is for academic purposes. According to (Jensen, 2002) the privacy, anonymity and confidentiality of the participants and data must be given due consideration. In order to enable privacy the researcher made use of pseudo names. The researcher made the research convenient and easily understandable by designing the questionnaires and interview questions in the native language of the participants in the province that is Shona language. The researcher used data collection techniques and methods that does not harm or irritate any respondents. In order to address and sort out all the issues of conflict, a clear and ethically sound plan for data management was carried out. The researcher avoided ethical and other conflicts to collect quality data and truthful data. Also the researcher by all means avoid data capturing.

## **3.8 Chapter summary**

The chapter discussed the research methods and design used by researcher and methods of data collection. The researcher has employed qualitative methodology. The researcher used sampling, sampling techniques and methods and techniques used in collecting data in this research like interviews, observation FGDs and others were used in this chapter. This chapter

discussed both primary and secondary sources used in this study, research designs used in the research which is the case study. Primary source data involves FGDs, interviews, questionnaires, observations and others whilst secondary sources involved journals, internet, books and others. The researcher combined and used all these sources to produce concrete information around all aspects of food security, livelihoods and NGOs around the country and also to get information from the case study area. This chapter also explore some basic items like data analysis procedure, ethical considerations, methods of ensuring trustworthiness and sampling procedures.

## **CHAPTER 4: DATA COLLECTION, ANALYSIS AND INTERPRETATION**

### **4.1 Introduction**

In the previous chapter the researcher availed research methodology which includes the research tools and techniques used by the researcher during data collection. The main aims of this chapter is to presenting and analysing of data. In this chapter the researcher analysed data collected in Masvingo province through questionnaires, interviews and observations is analysed. This research was geared towards examining the role played by NGOs, particularly Caritas in improving food security and livelihoods in Masvingo province. In this chapter this data was presented and analysed using charts, bars graphs and tables for reader to quickly understand. Analysis was done using Statistical Package version 21.0 and Microsoft Excel. Data analysis was done lastly after the completion all used data collection techniques and tools like interviews and questionnaires and after thorough cross check of errors to promote consistence. In this chapter the researcher presented and analysed the data collected showing

the questionnaires and interviews respondents rate as well as demographic characteristics of respondents like age composition, sex composition and levels of education.

#### **4.2 Response rate**

Responded rate is the percentage of the people who participated in the survey divided by the number of targeted sample. The response rate is the one that determines the credibility of the research findings. A higher response rate means the findings are more credible and valid and the lower the response rate means the research is less credible. In this research questionnaires and interviews were used to collect data. The response rate for both the interviews and questionnaires are presented and analysed below.

##### **4.2.1 Interview Response Rate**

The researcher aimed to conduct interviews with a total sample of 20 participants. The interviewees consisted of participants of different districts and workers, these includes 9 chief, 7 councillors and 4 caritas cadres in Masvingo province. All of the participants are literacy and their level of education and understanding are higher so that they managed to provide the data required by the interviewer. The interviewer gave interviewees time to prepare for the interviews for them to provide valid, coherent and reasonable information which is very important for the study. However from the total sample of 20 targeted respondents the researcher successfully had interviews with only 18 participants. This is because other 2 from chiefs were doing other meetings on the day the interviews were commenced. In this case the interview response rate is 18 divided by 20 multiplied by 100 which is 90 and the response rate become 90%. Fig 1 below shows the interview response rate

**Fig. 2** Interview response rate.

Interviews	Questionnaires
Scheduled	20
Conducted	18
Response rate	90%

**Source:** Inserted by the researcher from the interviews

##### **4.2.2 Questionnaire Response Rate**

The questionnaires were conveniently administered to a total sample of 44 respondents in the province. From the total sample of questionnaires only 4 were not available and the remaining 40 were well responded. The researcher delivered questionnaires to a population sample that included beneficiaries, church leaders and village heads in the province. The researcher gave

the respondents enough time to respond, without hurry and on their time. This made questionnaires very useful in obtaining information. In this case the response rate is 40 divided by 44 multiply by 100. Therefore the response rate for interviews is 90%

**Fig 3.** Questionnaire response rate.

Questionnaires	Questionnaires
<b>Distributed</b>	44
<b>Returned/conducted</b>	40
<b>Response Rate</b>	90%

**Source:** *Questionnaires*

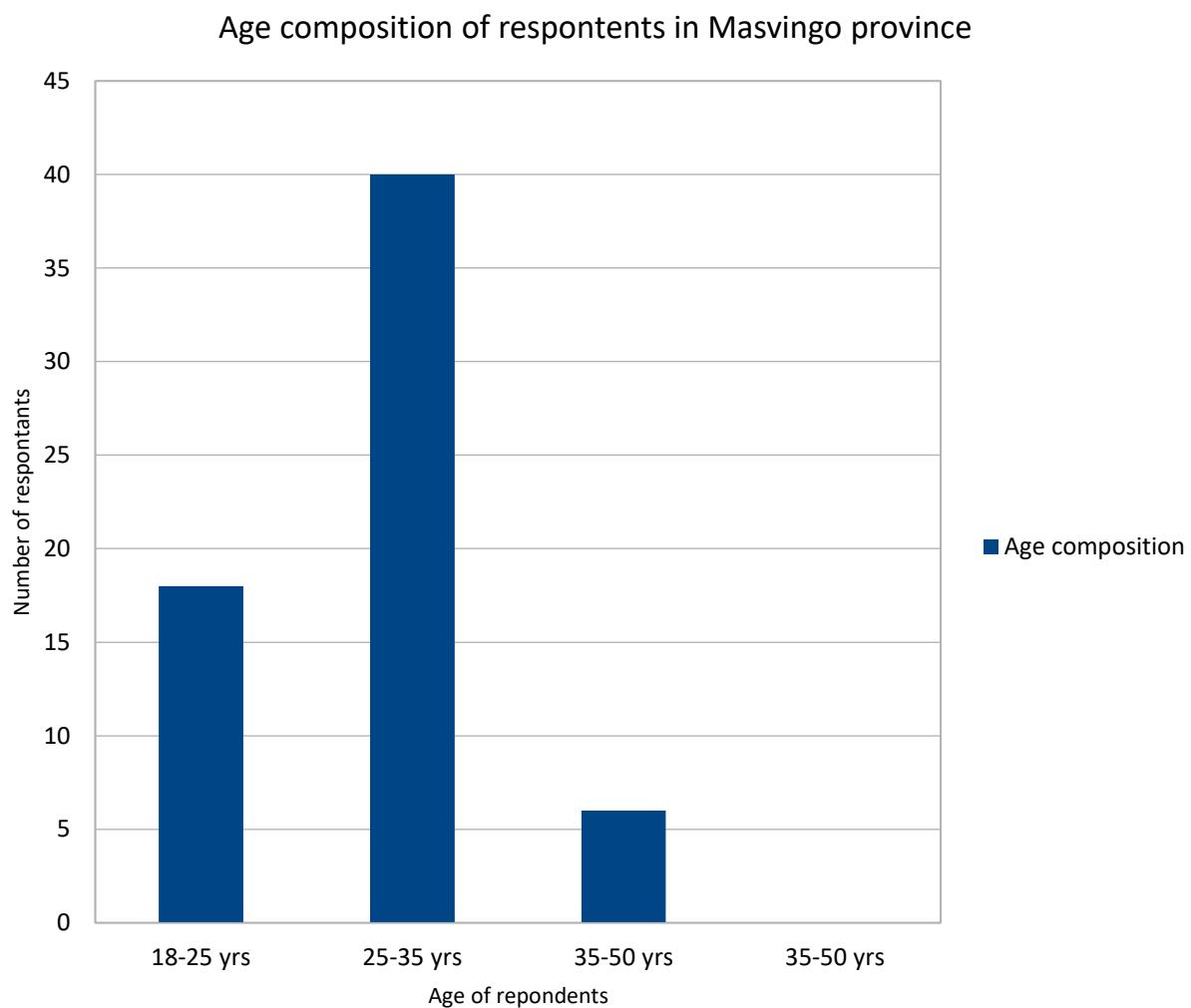
#### **4.3 Demographic characteristics of the respondents**

This is demographic profile of the interviewed persons basing on sex, age, levels of education and marital status of the respondents were presented and analysed. In this section demographic variables of respondents for both questionnaires and interviews are analysed. Also in this research the oldest respondent was 50 years old while the youngest was 18 years old.

##### **4.3. 1 Age Composition**

In this research the whole number of questionnaires respondents was 64 which represents 100%. The largest percentage of the sample ranges from the age of 25-35 years old. This range has a total of 40 respondents which is equivalent to 63% of the total sample. This group has the largest number of respondents because it contained very important respondents like the working class and all of them are educated and are literacy so that they produced quality and useful information. Most of the respondents in this group are very mature which include Caritas cadres, beneficiaries, local authority members (counsellors) and Caritas local committee. Beneficiaries has a greater number as the researcher choose those who can read and write and target the ones which have first-hand information on food security, livelihoods issues and the role of Caritas, in the province. The second group ranges from 18-25 years constituted a total of 18 respondents which is equivalent to 28% of the total respondents This group included respondents with better information historical background and understanding of the province. Also it constituted of young and shape minded individuals with the knowledge of Caritas from the beginning. The respondents in this age group range from Caritas cadres, family members and beneficiaries especially youth. The last age group ranging from 35 -50. This group has 6 respondents which is 9% of the total sample of respondents. This group constitute of most people how are busy with their business most of the time and has a little information about the issues and Caritas. Although the effort was put to ensure all ages group are involved in the study.

**Fig. 4** Age composition



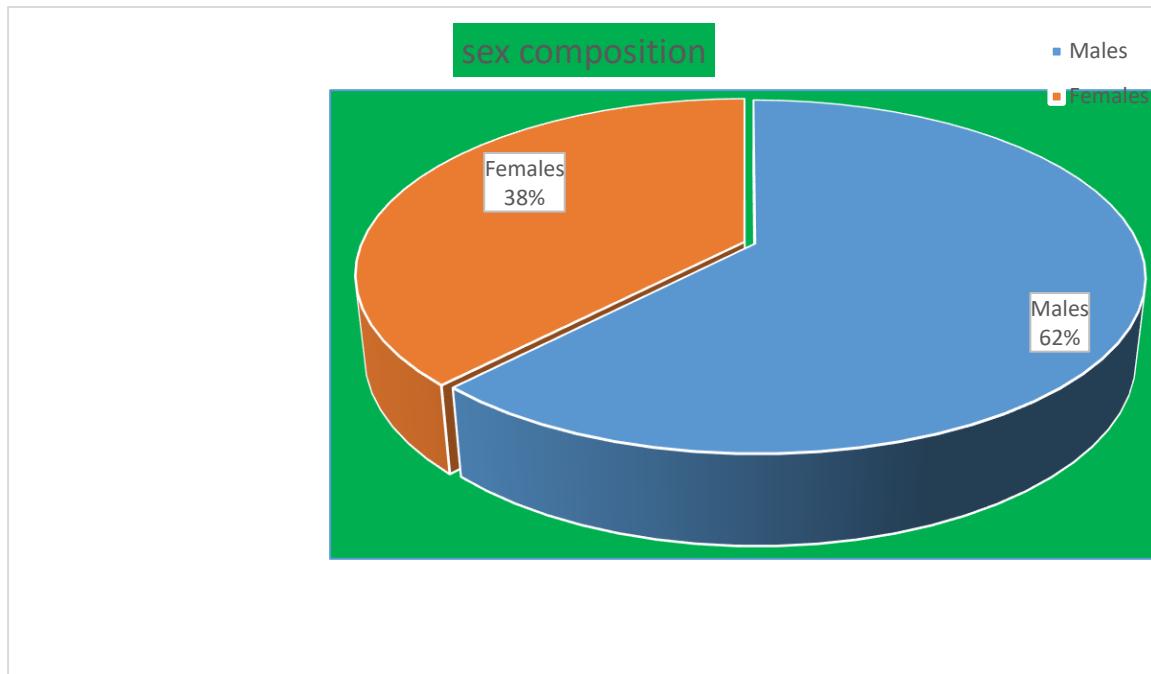
Source: *Adopted from questionnaires*

#### **4.3.2 Sex composition.**

Due to the gender equality factor the researcher tried to balance both males and females. The questionnaires was delivered to 44 sample of respondents and the researcher conducted 15 females and 25 male to make a total of 40 conducted respondents. Although males were more than female but the researcher tried to balance both sexes. In this case female were mainly active because most of them were the beneficiaries targeted female headed families, windows and girl child. Males have no much information as most of the time they spend in their hustles. Women has much knowledge as they are the beneficiaries and the ones who can easily identify food security and livelihoods issues, role and activities done by Caritas in the province. Also on the interviews conducted the total number of female were more than that of males. Males were 11 whilst female were 7 to make a total of 18 respondents conducted interviews. The total people respondent both interview and questionnaires were 58 which is 100% and 22 were

female which is 38% whilst 36 were male which is 62%. The researcher put more effort to balance the respondents, as were purposively selected.

**Fig. 5** Sex composition



Source: *Adopted from questionnaires and interviews*

#### **4.3.3 Levels of Education.**

This section tried to analyse level of education attained by targeted respondents. Level of education is important to consider in selecting of the respondents in any research. Level of education shows many things about the respondents like the literacy level, general understanding and maturity level of the respondent in responding to interviews and questionnaires. The researcher interviewed beneficiaries like village head, church leaders and family heads and questionnaires to chiefs, councillors and Caritas cadres. Majority of the respondents attained secondary school. Respondents with secondary level has the highest number with the total of 33 respondents which is equivalent to 52%. Respondents with primary level of education was at the second highest with the total of 20 respondents which is equivalent to 30%, followed by University graduate with 5 respondents which is 5%. Respondents which was never been to school was 4 which represents 6%. Lastly was those attained to tertiary college with 2 respondents which was equivalent to 3%.

**Fig 6.** Educational levels of respondents

<b>Educational level</b>	<b>Number of respondents</b>	<b>(%)Percentage of respondents</b>
Never been to school	4	6%
Primary	20	31%
Secondary	33	52%
Tertiary college	2	3%
University	5	8%
<b>Total</b>	<b>64</b>	<b>100%</b>

*Source: Adopted from questionnaires*

#### **4.4 Chapter Summary**

This chapter was aimed at presenting and analysing data. In this chapter the data which the researcher collected in Masvingo province through interviews, questionnaires and observations was analysed and presented. The research is the role of NGOs in improving food security and livelihoods basing on the role played by Caritas in Masvingo province. The aim of this study was to explore the strategies and intervention measures used by Caritas in improving food security and livelihood in the province. The researcher presented and analysed data collected showing the respondents rates of both questionnaires and interviews. Showing the demographic characteristics of the respondents that is their ages and sex compositions and levels of education.

## CHAPTER 5: FINDINGS AND DISCUSSION

### 5.0 Introduction

The main aim of this chapter is to discuss the research findings. This study sought to analyse the role of NGOs in improving food security and livelihoods. The study used the case of Caritas in Masvingo province to represent all other NGOs in other provinces that also played an important role in improving food security and livelihoods. The researcher started by exploring food security situations in Masvingo before and after Caritas interventions. The research discussed the causes of food insecurity and poor livelihoods in the province. Also the researcher discussed ways of coping with food in security and improve livelihood (internal and external) in the area were explored. Also intervention measures taken by Caritas to enhance food security were discussed, the number of meals taken by people per day, the livelihoods and sources of income in the province

### 5.1 Why Masvingo province became one of the provinces targeted by Caritas.\Food security and livelihood Situation before Caritas

In this section the researcher will discuss the challenges faced by the people of Masvingo province before the coming of Caritas. It is this challenges that enabled Caritas to target Masvingo province. Caritas come to solve and mitigate the problems which were faced in the province. Also, the food security and livelihood of the area before Caritas will be discussed as it leads to the introduction of Caritas. This will show the impacts of Caritas by comparing the livelihood and food security status before and after Caritas. This section also shows what Caritas has done to improve food security and livelihood in the area. The province was characterised by food shortages, poverty and poor livelihoods.

#### 5.1.1 Poverty

Before the coming of Caritas the province was characterised by poverty livelihoods. There are many evidence which shows that the people especially the rural people's lives was very poor. Few families was able to own livestock. Only few families owns goats, cattle and sheep. Also very few people has their own income generation projects. They lacked the knowledge in selecting IGAs and those with it they lacked how to manage it and develop it. Some of the disadvantaged groups like the orphans, widows, old age and the disabilities were suffering from poor livelihoods and poverty. Some of the orphans and widows were involved in sex work or survival sex as a way of survival like in Gutu Mpandawana growth point. There was absolute poverty were people cannot afford basic need like safe water for drinking, food, health, shelter, information, education and access to sanitation facilities. Absolute poverty is not only on

income but it is also on access to services (Gordon,2005). Some had no resource to ensure sustainable livelihoods and suffering from malnutrition. Also other were homeless and livelihoods in poor house of mud, stones and glass. The vulnerable groups like the orphans and widows faced social exclusion and discrimination from the haves. Thus before Caritas people were suffering from all forms of poverty as a result of lack of unity, skills. Knowledge and development minds.

#### **5.1.2 Drought and Hunger**

The province is a food deficit area according to Chingarande et al (2020).The province experienced hunger and drought due to a number of factors to be discussed in this section which includes low rainfall, lack of livestock, unfair pricing mechanisms food access was one of the challenge faced by the province affected by policy and infrastructures. There was high transport cost to move to and from the markets and long distances. During rainy season some areas were isolated due to lack of good roads and bridges. Caritas come to address some of these challenges faced by the people in Masvingo province. Hunger and drought were addressed by giving of emergency food relief and teaching of members new farming methods and technologies.

#### **5.1.3 Low Rainfall**

The province received low rainfall. Thus Caritas wanted to educate the rural people in Masvingo province to grow drought resistance crops which suit low rainfall received in the province. Also they taught how to manage water and conserve water. They taught to construct dams, wells, contour ridges. Also the zero tillage or diga udye practised in the province conserve moisture. Conservation farming taught to them to put manure which also conserve moisture.

#### **5.1.4 Limited Availability of Agricultural Extension services**

Like the researcher said earlier Caritas cadres come to compliment the role Agricultural Extension services they come to asses and implement farming related projects. At the same time they gave knowledge to the rural farmers by taught them new farming methods and how to keep goats. Also in some cases they complement Agricultural Extension workers.

#### **5.1.5 Unfair Pricing Mechanisms**

Prices of food stuffs hiked everyday as the demand was so high, Most of the rural poor were not affording it. Caritas come to help the vulnerable groups which cannot afford to buy food stuffs. They came with money foreign currents and the switched to mobile phone transactions on ecocash. They also come with emergence food aid to the people like beans, peas, maize and

cooking oil. Also there was unfair farming inputs prices like fertilisers, seeds and agricultural tools were very expensive. Most of the rural poor people were not afford. Most people planted seeds which were not verified. Caritas come with a solution on that by bringing inputs to the farmers both for crops and for nutritional gardens like rape, tomatoes and carrots. As the soil is infertility the rural people need fertilisers so Caritas come with teaching on how to regain soil fertility by using locally available resources like manure and taught people how to make compost. Also another issues was crop disease which was solved by giving knowledge to the farmer about how to use indigenous knowledge system like Nhundurwa for pesticides, ashes for worms and other disease. Also mulching and zero tillage improved soil fertility and it does not disturb the organisms in the soil.

#### **5.1.6 Cash Shortages**

The province experience the shortage of cash like any other provinces in Zimbabwe without strong economic activities done. In Masvingo agriculture is the major economic activity done. Changes in climate and rainfall patterns exacerbated the economy which was already collapsed. There are less resource extracted in Masvingo and little big companies like the Mashava mining, Bikita minerals and estates in Chiredzi. These companies enrolled only a limited number of people as compared to the total number of people. Also the land is densely populated to such an extent that some people did not have land. In responding to cash shortages Caritas come with the programme of giving people money to start businesses and by basic commodities. Also Caritas come up with (IGP) Income Generating Projects like Goat passing, nutritional gardens and dams. This products generating income like the selling of garden produces or goat selling and selling fish from the dam.

#### **5.1.7 Lack of Access to Markets**

Most of the rural people facing challenge like lack of access to market. This is cause by food policies and law in Zimbabwe which Forbade selling of maize at household level. The government on recognise the GMB for selling maize and other individuals with licensee. This become a challenge as people can't afford to go and by maize to the growth point. Also some markets are political oriented so they only sell to those who share the same part with them. Like towards election food was used as vote buying items. Political officials come with maize to sell and give to their follower as a way of campaigning. To address Caritas gave the people relief food in conjunction with the WFP. Also as people were taught the increased their yields.

#### **5.1.8 Dependence Syndrome**

The province was characterised as high dependent. The people in the province were mainly

depended on aid, food relief and government inputs. The area was highly dependence to such an extent that were not able to do any other income generating activities as they lack knowledge and skills training. The result of this was theft, drug abusing and sex workers to women. Women depended on their husbands and children working abroad. This people failed to send their children to school and can't afford medical bills unless one is admitted to the government hospital. Most of children drop out of school at secondary level as their parents could not afford school fees. Researches from questionnaires and interviews suggested that girls under the age of 16 were involved in forced marriages, prostitution and mostly orphans were engaged in survival sex in Gutu and Chivi district. This increased the spread rate of HIV and AIDS. According to the Human Development Index this one of the indicators of underdevelopment as they strongly agreed to the development of human beings first. This situation increased early marriages as suggested by the respondents and this shows poor livelihoods in the province. Thus Caritas come with different projects to help the people with income generating projects to reduce the dependence ratio. The SASA Faith come to empower women against gender based violence and HIV and AIDS. Also people were given cash to upgrade themselves so that they can afford different bills needed in their livelihood like school fees for children, health bills and buying food stuffs.

### **5.1.9 Poor Farming Methods and Agricultural Techniques**

Farming is the major economic activity in the province. They practised small scale farming were small portion of land were cultivated every year. This type of farming caused many problem like crop and livestock disease, Soil erosion and washing away of nutrients. This farming methods causes soil infertility. This resulted in poor yields. Also the people were not able to buy fertilisers. Most of them produce inadequate food for their family consumption and this lead families to be prone to droughts. During rainy season water passes through the field and causes soil erosions in the fields. In addressing the challenges above Caritas come with the conservation agriculture in Gutu and Bikita as a way to conserve soil, water and nutrients as well as increasing productivity. Also Caritas come with a new way of sharing ideas called filed trips were Indigenous Knowledge were shared. In responding to livestock death and disease Caritas come up with the pass on goats gifts to the people and gave them lessons on how to keep it as well as diseases prevention, control and cure.

### **5.1.10 Malnutrition and Undernourishment**

Before the coming of Caritas the province was characterised by poor nutrition and food insecurity as the people were not able to diversify their diet and were not able to detect good

nutritional diet. The people does not even know food to give to children, pregnant woman and to the sick. There were little nutritional gardens as water was could easily dried up so they grow vegetable only soon after harvesting in fields. The coming of Caritas helped many local people as people were given food like maize, beans, peas and cooking oil. Also people were helped with borehole, dams and solar pipes system. This helped the nutritional garden which enabled diversification of food and diet. As people produce beans, vegetables like, Tsunga, rape, covo, carrots tomatoes in the garden. Also dams enabled fishing activities to be done in the province hence dietary change.

## **5.2 Measures put in place by Caritas in food security and improving livelihoods of the people**

The second sub question of the research need to find out the intervention measures put in place by Caritas in improving food security and livelihoods in Masvingo province. With regard to address this research question, the role of Caritas in the province will be looked at and how it works into, analyses and presentations of the programmes and project installed in the province.

## **5.3 The role of Caritas in Masvingo Province**

Caritas operated in Masvingo since 2015 Caritas has a plethora of actives and roles in Masvingo province.

- Firstly, poverty alleviation by implementing projects. Caritas implemented many projects like Goat pass on gifts project and nutritional gardens. Providing financial assistance to the need. Caritas provided funds to the communities in Masvingo province. Beneficiaries were given cash at hand and later on they used the Ecocash methods. Money was disbursed to the head of the family's Ecocash number registered with Caritas. Funds was very crucial as it improve the livelihood of the people.
- They are involved in infrastructural development. This can be supported by the construction of dams and boreholes in the areas.
- They act as bridge between state and the society for example Caritas worked hand in glove with the AREX department in agriculture related issues and worked with the veterinary services in livestock production example goat project in Bikita the veterinary was responsible for cure and prevention of diseases.
- Caritas involved in women empowerment through income generating projects like the nutritional garden goat project and SASA Faith Project to prevent violence against women and HIV and AIDS in ward 12 and 22 in Bikita which was started in 2017 to 2021.

- Providing health facilities to the need like what was done in Bikita were dams and borehole were constructed. Water availability increased sanitation in the areas.
- Caritas involved in educating the people of Masvingo in many issues like environment changes, new farming methods. Water harvesting and rehabilitation, conservation farming and money savings through the ISAI project. All seven districts in Masvingo received education.
- Lastly it improved food security and livelihood through food relief like maize, beans and cooking oil. Also food security and livelihood was enhanced through commercialisation and mechanisation of agriculture by giving inputs to farmers like fertilisers, seeds and tools.

## **5.4 Programmes installed by Caritas to improve food security and livelihoods of the people**

### **5.4.1 Small livestock production (Goat projects)**

In this project, Caritas donated indigenous chickens and goats to its farmers through the pass on method. The project has its objectives of boosting income per household from the sale of chickens and food security by either consuming meat from the chickens. This project's purpose was to strengthening the economic and built their capacity. Also other aims of the project was to empower and improving the livelihoods of the province. The project targeted 600 farmers. According to the cultures in Masvingo province livestock symbolize a wealth status in the province. Also goats and chickens manures were used in the nutritious garden as fertilizer. Goats pass is a sustainable project as people can realize income through selling their goats during drought times or to buy other food staffs like maize and cooking oil. Also small livestock can be sold to send children to school and to have access to other special services like health.

### **5.4.2 Nutritional and Income Generating Gardens**

Nutritional garden were established which includes the five gardens which are still running which includes, Cheziya, Tapepuka, Zhenje, Murare and Nhombahune. These gardens were established to boost nutrition and diet in to vulnerable households in the three wards and with the key objective of increasing household income from the sale of dry land crops, vegetable produce in irrigation gardens in supported irrigation. The nutritional garden was also a respond to HIV and AIDS. As the victims needs nutritional change. The idea of nutritional gardens come to solve many problems in the area like it came as a conflict resolution strategy, it enable the cross pollination of ideas and skills as well as it enhanced the spirit of participatory. Regarding to Caritas ethics garden members are working together regardless of political

affiliation, health status and religious beliefs of one. Food insecurity and malnutrition cases reduced in the area. However the nutritional garden faced many challenges which includes offended by the local authorities related to land like EMA was against certain tree cutting during garden constructions. Also another challenge is the shortage of resources. Caritas resources did not meet the beneficiaries livelihoods need as the population in the garden increased. Beneficiaries were more than the garden size. Also resource like seeds and tools were inadequate.

#### **5.4.3 Food hand-outs and Money Transfers**

Caritas helped the people of Masvingo province with food staffs like maize, beans and cooking oil. Most of the rural people in Gutu district received these food handouts. Caritas cadres divided the beneficiaries in to two groups that is the first group was receiving money transfers and the other received food aid. Those who received cash at first they were given cash money in US Dollars and as time goes it changed to voucher cards. Also in food distribution they used the voucher card system. One's portion was already in his /her voucher card. Also the World Food Program in partnership with Caritas Masvingo have a project which is called Lean Season Assistance which was being conducted in Chivi to assist the most vulnerable people there, so as to alleviate hunger and malnutrition. The district frequently faces food shortages and regularly receives food aid with the communal farmers being most susceptible to hunger due to their inability to produce enough food for their families, evidenced by (ZIMVAC Livelihoods Assessment May 2012 Report). Therefore, Lean season program was proposed by Caritas Masvingo with the aim of complimenting government efforts in addressing food insecurity among people in Chivi District. The program started in August 2019. The program seeks to promote livelihoods, income generation, and food security through kind such as cash and porridge to children under the age of 5 years. The program targets vulnerable households that include child headed families, the elderly with no one to look after them, female headed households, deserted families and the disabled who stay alone.

#### **5.4.4 Training and demonstrations on conservation agriculture practices\Agro-ecology**

Conservation agriculture is a natural farming method which uses indigenous local available resources. Conservation Agriculture aims to conserve soil, water, nutrients, labor and any other resources which are used in farming. It is also called permaculture were zero- tillage and soil conservation is recommended. Caritas Masvingo promotes conservation in fields and gardens within the project. Seed retention is also practiced whereby there is use of OPV seeds. Conservation agriculture was mainly done in Chivi, Bikita and Masvingo. In Chivi four

trainings on conservation agriculture practices were carried out in the three wards of operation that is ward 2, 5 & 15. It is in these trainings when farmers were being equipped with the knowledge on how conservation agriculture practices are done. That is training them on pre-planting land preparation, liquid manure making and application, composting, potholing (zero tillage), seeding, mulching, pest and disease control. According to Caritas Masvingo Diocese Baseline Data, agro-ecology is recommended as the most rewarding exercise especially for farmers in areas where rainfall is erratic. In the season 2019/20 Caritas spearheading the adoption of agro-ecology by peasant farmers by promoting small grains traditional seeds varieties as they said are drought resistant and can survive in low rainfall areas. There is an increase in percentage as 70% of farmers in Gutu and Bikita have embraced the ago-ecological approach. This is also called sustainable livelihoods program as it increase yield on one side and reducing environmental degradation. This program proved to be very successful as it uses lost traditional seeds varieties like orange maize, chinyamugange munyadzagudo and svobodo. It empower the communities to identify and find solution, it allows cross pollination of information and ideas. The extension workers (AREX) are being supported as they are facing many challenges in reaching farmers effectively. Although some respondents suggested that there was inadequate inputs.

**Fig.7** Caritas Masvingo demonstrating agro- ecology (diga udye)



**Source:** Adopted from Caritas Masvingo Diocese Baseline Data online

#### **5.4.5 Mechanization of Agriculture**

Mechanization of agriculture was done through the introduction of machinery and new technologies in agriculture. Water pipes solar system was distributed in the area in some areas mainly in Bikita. This program complimented the Dams construction projects. It was a strategy set up targeting small scale irrigation to enable commercialization of agriculture. This program targeted the garden with old age people so that it can be easy for them to use water. Also after age priorities the second was given to members as a token of appreciation to best participants in previous projects. This system saves time and it improved the produces. It also motivated the beneficiaries to work hard so that they can get the solar way pump. In Chivi district the sustainable agriculture program targets two micro irrigation schemes to have been completed by the end of the project phase that is June 2021. Currently one micro irrigation scheme (Chomupunga irrigation) is under construction and approximately it is at 94% completion rate. However, heavy rainfalls proved to be the major underpinning obstacle to the materialization of scheduled construction activities. Cement and steel pipes cannot be carried to the site due to poor roads networks caused by heavy rainfall this raining season

### **5.5 What Caritas has done to improve water management in the province**

#### **5.5.1 Dam Constructors**

Through the Equitable Access and Use of Natural Resources Caritas constructed Dams for the beneficiaries in different districts to enable agricultural activities to take place. The project was in line with the vision of conservation agriculture as natural resources were mainly used in dam constructions. Dams are very important to vulnerable people as they can fetch water for nutritional gardens. Caritas has constructed some dams and nutritional gardens to vulnerable communities which made it easier for the communities to practice Agriculture and to have their own Income generating Activities (IGAs). Apart from that on water rehabilitation, Caritas also taught the communities to construct small village Dams and Wells in Gutu and Bikita. One of the dams constructed by Caritas include Musvanhi Dam in Chikukutu. The researcher discovered that the dams were used for many purposes which includes. The researcher discovered that dams were used for different purposes which includes the main that is nutritional gardens which was seen as a source of nutrients and income. Fishing was also been done in dams to enhance nutrition and income. To the communities in Masvingo dams were very crucial for livestock and household uses. Also dams are used as a conservation method to moisture in the area. Through the data acquired by the researcher from the respondents stay near Musvanhi Dam in Bikita suggested that the dams were very important in improving food

security and livelihoods. The responses suggested that women in the area were going to fetch water 5 kilometers away away to the river. This consumed too much time of women which is now used for working in nutritional gardens and household chores.

#### **5.5.2 Borehole Drilling**

Boreholes were drilled in villages. This program helped local people to get access to clean water. Some boreholes are connected to pipes and tanks. This makes work easier to older ages and increasing commercialization of agriculture. Although borehole is hard to work with as it requires many power. Maintenance of borehole was hard as there were no funds saved for maintenance. Sometimes it takes a longtime without maintenance of the borehole to such an extent that members raised their funds to maintain.

#### **5.5.3 Water Points Rehabilitation**

Water rehabilitation was also very important water management project done by Caritas .This including well drilling at homes and maintaining water sources locally. It was important for human consumption and livestock. Also through this program water is now available locally. Some of the old water sources were reconstructed and maintained. Also under this project wet lands were conserved.

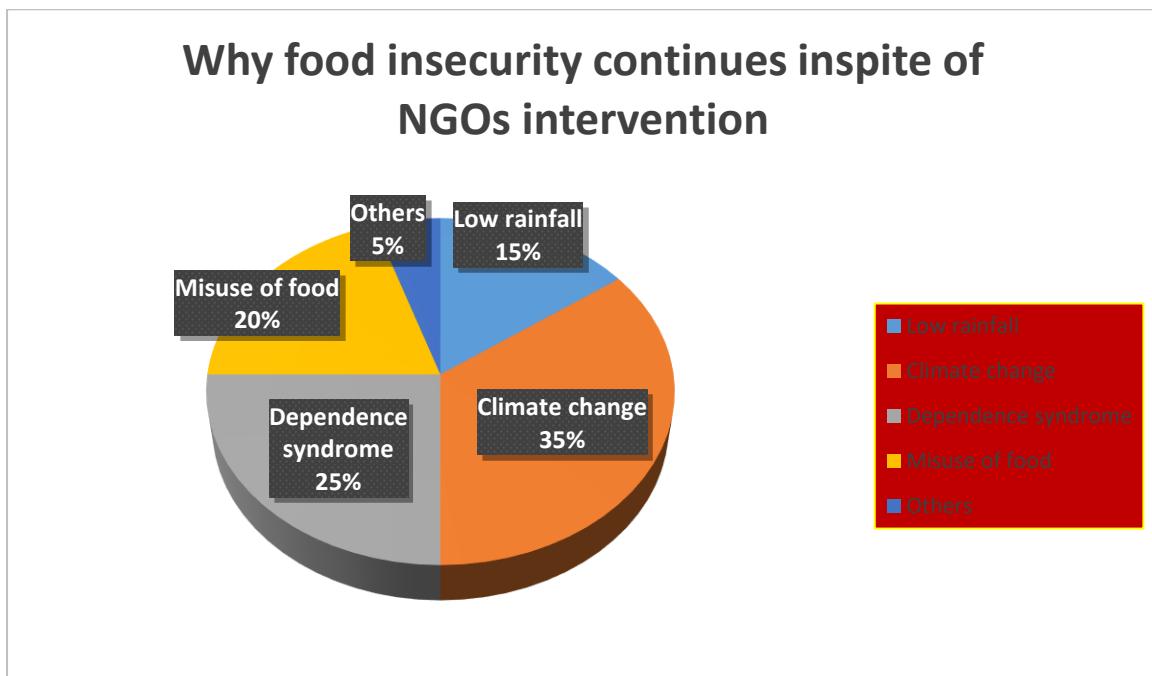
#### **5.5.4 Teaching on Rain And Water Harvesting**

People were taught on how to harvest Rain water during rain seasons. This method of water management was important because it was cheap way of accessing water. Also this can be done easily by anyone and anywhere and can be done at household levels. It improves sanitation as water will be available at any time. It was also very important for livestock to access water on short distances and people can also do household nutritional gardens. This methods was done most in Gutu and Bikita where water is a problem. The methods includes well drilling, digging contour ridges which can store water and small earth dams. However it was only for short period of time.

### **5.6 Why food insecurity continued although there is NGOs interventions**

The researcher wanted to know and analyse the reason why there is still food insecurity in the province although there is intervention of NGOs. The table below illustrating various responses given by respondents.

**Fig 8: Why food insecurity continued in spite of NGOs interventions**



Source: *Adopted from questionnaires and interviews*

As illustrated above 35% of the respondents argued that food insecurity is still there in the province due to climate change which they are failing to adopt. From this reason it was said people lost their seeds and efforts planting in the wrong season. Another 25% of the respondents said it was dependency syndrome. Respondents suggested that food relief given to people by Caritas causes a dependence syndrome and corrupted mentally so that people only need food and not to work for the food. One of the respondents said that participatory projects are better than food aid. 20% suggested that misuse of food led to food insecurity. Respondents suggested that numbers of meals per day increases as people already know that every month they are benefiting from Caritas' programmes. 15% suggested that it is low rainfall received in the area for the passing years caused food insecurity. Other reasons suggested 5%, suggested that food unavailability in parts of Masvingo province has been affected by Cyclone Idai, which affected Chivi and Zaka districts (IPC, 2019). Also other suggested poor government and policy formulation in the country.

## 5.7 What are the livelihoods in Masvingo province? Income sources and employment

### 5.7.1 Agriculture

According to the respondents agriculture is the main economic activity in the province. Majority of people in Masvingo practising farming of crop like Maize, Sorghum, Millet and Rapoko. Also other on-farm activities like livestock production and farm products are used for home consumption and soled for special occasion like school for children, buying other food

staffs or health purposes. According to the respondents Agriculture contributed about 35% of the total income in the area and 75% survived by Agriculture.

### **5.7.2 Remittances**

Most of the people in Zimbabwe especially the youth are flee out of the country in search of greener pastures. Most of them are going to South Africa, about 2 million approximately lived and work in South Africa. The UNDP estimated that remittance back to Zimbabwe are around 1, 4 billion annually which is approximately 28-40% of GDP. It is difficult to know the total remittance sent to Zimbabwe as most of them sent through informal ways, but it is cleanly that remittances makes up a significant share on average of household sources of income. Large amounts of remittance flows in December to January when migrants' members come back home, send money for kids school fees, receiving yearly bonuses and other crucial expenditures needed by the family.

### **5.7.3 Formal and Informal Sector**

There is formal unemployment in Zimbabwe and in Masvingo province as supported by various sources list formal unemployment to 99%. There is both unemployment and underemployment in Zimbabwe. Thus more of the people depends on informal sector. Most of the people survived there life as cross boarders, vendors, tax operators. Most of the women sale grains, airtime, cooking foods at growth point like Mpandawana, Bikita, Chiredzia and Masvingo. A small margin is employed in sugar cane estates in Chiredzi. Men will be selling firework, building and fishing.

### **5.7.4 Mining**

Some parts of the province are practise gold planning like in Chivi, Masvingo. Also there are major mining Companies like Mashava Mining and Bikita minerals. Although the respondents suggested that most of the informal gold miner (Makorokoza) causing other problems to the province which can also hinder good livelihoods. The problem caused by informal mining includes social, economic and environmental. These problems are drug abuse as their myths to increase power and reduce stress. It increasing crime rate like rape cases, murder, suicides and theft, it also affected health of both miners and other people as these people does not have any chemical needed in mining to prevent themselves and other peoples. Also they lacked machinery thus they doing manual work with is not health. Also as a result of food insecurity these people are not stronger enough to do hard works. It causes land degradation and erosions.

## **5.8 Number of meals taken per day after Caritas intervention**

The researcher gathered information of the meals taken per day by the household. The

responses have been illustrated in the table below.

**Fig 9 Number of meals taken per day**

Number of meals taken per day	Number of respondents	Percentage
One	9	14%
Two	24	38%
Three	31	48%
<b>Total</b>	<b>64</b>	<b>100%</b>

*Source: Adopted from questionnaires*

The table above shows that 48% of the sample population take three meals per day. 38% of the sample population take two meals per day and 14% of the sample population take only 1 meal per day. The researcher also going on to research the kind of meals the same sample population consumes. The researcher found out that in most times they consume maize, sadza and vegetable, fish beans, groundnut and round nuts and pumpkins from the sample population interviewed. Also sample of interviewed suggested that also before Caritas intervention, they was lack of some basic commodities like cooking oil as the prices was hiked.

## **5.9 Failures and Challenges faced by Caritas in implementing projects**

### **5.9.1 No or lack of constant monitoring.**

During the projects implantation process monitoring is very crucial. To make sure there is proper monitoring there is need for decentralisation of offices to lower level. Every district should have its own office of Caritas with adequate workers. This is very important as Masvingo province is very large to rely on with Caritas Masvingo, they can't travelled effective all the districts. Also there is need for community participation and leadership like chiefs, village head Agritex and veterinary. In nutritional gardens committees are very important in monitoring the daily activities and seeds disbursal. Also some programmes like goats pass on need careful; monitoring as they need to give people without livestock. Attention needed in programmes like solar pumps, they should gave a committees duty to look after it. This can address the issues of abuse of organisation assets during and after project implementation. The project is only monitored during the middle stage of implementation while left the first stage monitoring and evaluation before the implementation of project.

### **5.9.2 Limited Funds**

Limited funds is another challenge faced by Caritas, it is difficult for them to expand the projects and programmes since they should cover larger geographical area. The programmes left out more people who are willing and in need. Example is the Gutu and Bikita districts

which has more wards, high population and more vulnerable people. They only capture elite why left more people out of the programs.

### **5.9.3 Poor targeting**

This is when the wrong group of people is being targeted and more resources being used to the wrong group of people. For example in Gutu Mpandawana and Bikita Caritas selected beneficiaries which has goats already. They left those who did not own one goat basing on the fact that they don't have knowledge on goat keeping. This who are better and who own one and more goats were benefited from the project. This increased the carrying capacity of those who have goats already.

### **5.9.4 Dependence syndrome**

Some of the projects caused dependence syndrome. The projects should shuffle the beneficiaries and participants so that not only the same individual will benefit each and every time. If the participants acquire knowledge and income they need to leave the opportunity for others. If only one beneficiary benefited each and every time, this creates dependence syndrome. The projects beneficiaries and participants become reliance on Caritas on their projects and programmes. This led to lack of sustainable development in the project implementation. Caritas in conjunction with WFP help the people with food relief programmes were people benefited food stuffs. Continues food aid is a problem on its own as it caused dependence syndrome. Most of the rural dweller in Gutu district in areas like Bhasera, Mushayavanh, Guzha, Deure and Shumbayarerwa are relaxing and not put effort in their field as they know Caritas will come and feeds them. Also repeating the same people in the nutritional gardens created dependence as the people relied on NGOs support on everything they need.

### **5.9.5 Duplication of projects**

Caritas was also involved in the duplication of project. For example the goat pass on project which was already done by RUDO Rural Unity for Development Organisation in Gutu and Bikita. Also the food aid relief in Gutu and Bikita. Most of people are benefiting from the social welfare. Caritas come and duplicate those people who are already given food aid. Also some of the project like the conservation farming were already launched by Christian care in the past years. Some of the wards has the knowledge of conservation farming although other wards were not involved.

## **5.10 Chapter summary**

The purpose of this chapter was to discuss the findings of the research. The aim of this research was to analyse the role of NGOs in improving food security and livelihood mainly focusing on Caritas in Masvingo province. This research was mainly focused on Caritas implementation in Masvingo from the beginning up to now. The study used Caritas to represent all other NGOs operating in Masvingo province, other province in Zimbabwe and their role in food security and livelihood. This research suggested that Caritas played many crucial roles in Masvingo province to improve food security and livelihood which includes projects and programmes. Some of the project and programmes include the teaching on conservation farming, water rehabilitation, goats pass on, dams construction, food aid programmes, income generating like nutritional gardens and cash disbursal. Some of the challenges identified by the research involves poor infrastructure, lack of capital by investors, lack of natural resources, general poverty, antisocial behaviours and high crime rates as well as bad political influence to mention but a few.

## **CHAPTER 6: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

### **6.0 Introduction**

This study sought to explore the role of Caritas in improving food security and livelihood focusing on Caritas in Masvingo province. In this chapter, the whole research and its findings are summarised and to give recommendations and conclusion. The objectives of the study are going to be summaries below as well as the key findings.

### **6.1 Research Purpose**

The main aims of the study was to explore the role played by Caritas in improving food security and livelihood using Caritas in Masvingo province as the case. In order to acquire information from the researcher used the questionnaires, interviews and observation as key research tools. The researcher created questions and objectives in line with the research topic in order to acquire information easily. The researcher formulated questions that enabled him to obtain the information in line with the research purpose. The questionnaires and interviews were created and structured in such a way that it helped the researcher to find information concerning the role of NGOs in improving food security and livelihood done by Caritas in Masvingo province.

### **6.2 Research objectives**

The researcher divided the chapters into 6 and each of the objectives is addressed in each chapter. Below is the discussion of major six objectives in this study.

**6.2.1 Objective 1:** The background of the study was analysed and also a deep analysis to the problem was done.

The aim of this objective was to present the problem and its setting. The purpose of this objective was to provide an introduction of the research, research questions and statement of the problem, significant of the study, definition of key terms, assumptions of the study, the background of the study, limitations and delimitation of the study.

**6.2.2 Objective 2:** To analyse a review of closely related or similar literature showing questions that comes from different previous scholarly and authors. The literature is all surround the role of NGOs in food security and livelihood and to analyse food security, livelihoods and the role of NGOs in food security in Zimbabwe, in African context and at global level.

The researcher borrowed different literatures that is in line and analyses the food security and livelihoods as well as the role of NGOs in developing states. The researcher used different

literatures concerning food security and livelihoods and the role of NGOs in developing states and the experiences of this in different levels that is the global, African and in Zimbabwe. The researcher used the bottle neck approach were the discussion come from wider view until it narrow down in national level that is Zimbabwe were the case study was taken from. All measures done by Caritas in enhancing food security and livelihood in Masvingo Province were analysed. In this research the researcher analysed different food security, livelihoods and NGOs intervention situation faced at global level and in African countries especially the Sub Saharan African countries and in Zimbabwe. NGOs played different roles in improving food security in different nation across the world. Also most of the third world countries facing food insecurity problems and poor livelihoods and poverty. The researcher trying to compare different level of poverty and livelihoods across the world and to effective solve the causes of poverty in improving the role played by NGOs in Zimbabwe.

#### **6.2.3 To discuss the research methodology that the researcher used in doing research.**

Another objective of this research is to discuss and analyse research methodology that was used by the researcher in collecting data. The researcher discussed how the research was done and approaches employed in conducting the research. The research used different methods and techniques in collecting data and this includes observation, Questionnaires, internet, journals, books, interviews and others were discussed.

#### **6.2.4 To discuss how data analysis and presentation was done for the research.**

To present and analyse data collected through the use of different instrument during the research was another objective. All the data collected by the researcher in Masvingo province through the use of different techniques like interviews, observations and questionnaires was analysed.

#### **6.2.5 To discuss the research findings in detail**

The purpose of the study was to discuss the main findings of the research. This research aim was to analyse the role of NGOs in improving food security and livelihood using the case study of Caritas in Masvingo province on behalf of the role played by the rest on NGOs at provincial level and in Zimbabwe. The researcher analysed that Caritas Masvingo played significant role in improving food security and livelihood in the province. The roles including implementation of programmes and project that sustains food security and agriculture in the province. Programmes installed includes the small livestock production or the Goats pass on gifts, nutritional and income generating gardens, teachings on new farming methods and conservation agriculture food relief and giving money to the people. Also other programmes

were done to improve water management like teaching on how to harvest and store rain water, construction of Dams, borehole drilling, and water points rehabilitation. Also the researcher found out that there are many factor that cause food security before Caritas and why the province was targeted. These factor include low rainfall, cash shortages, poverty and hunger ,outdated farming methods, limited available of agricultural extension workers, dependence syndrome, unfair pricing mechanisms of food stuffs, agricultural inputs and tools, lack of access to markets both to buy and sell agricultural products and malnutrition and undernourishment. Also the researcher outlined why food insecurity and poverty continued in Masvingo province in spite of the external intervention of NGOs like Caritas. The reasons includes dependence syndrome, climate change, low rain falls and other minor issues like bad politics and leadership, natural disaster like cyclone Idai and heat wave and the recent Corona virus started in 2019 (Covid 19).Income sources and employment in Masvingo province were analysed and these includes Agriculture as the main source, formal and informal sectors. The findings of the number of meals taken by the people per day suggested that most of the households in Masvingo take three meals per day, followed by those who take two meals per day and little households take only one meal per day. Lastly the researcher found the failures and challenges Caritas faced by Caritas in implementing projects which includes no or lack of monitoring, limited funds, poor targeting, dependence syndrome and duplication of projects.

#### **6.2.6: To give a summary of the research, conclusions of the research as well as recommendations to the problems of the research.**

The researcher gave the short summary of all the findings and steps followed in doing full research. The researcher concluded and gave recommendation to address the challenges and failures discovered in the research. The recommendations were given to address the challenges experienced by Caritas in implementing projects in Masvingo province and the recommendation applied to all NGOs in Zimbabwe and nationally and across the world. Also these recommendations are very crucial for academic purposes in the field of food security and livelihoods as well as in External intervention and to those who carried monitoring and evaluation tasks.

### **6.3 Key findings**

The research finds that NGOs played an important role in improving food security and livelihoods in Masvingo province focusing on the role played by Caritas in the province. The researcher used many data collection tools like questionnaires, observations, and interviews. Although at last the researcher used interviews and questionnaires online. The Data collected

was very important in identifying the role of Caritas in Masvingo province. Interview were done both online and physically with different interviewees like Caritas cadre, beneficiaries and participants in the project and councillors. These individual were selected due to the knowledge in issues related to Caritas Masvingo's role in the province. The industrialists, business owners and general permanent residents were also key respondents who managed to provide key information to the research through questionnaires.

The researcher finds that there were many roles done by Caritas in improving food security and livelihoods. This was supported by the projects implemented in the province. One of these finding is donation of small livestock. Caritas donated chickens and goats the people and the project was mainly targeted Bikita and Gutu districts as were records of shortages of small livestock and other projects. The project boosted the food security and it was also used as an income generating project. Livestock residues Manures of small livestock was very useful in the field as fertiliser. Also the small livestock can be used as relish, thus dietary diversification. Nutritional and income generation gardens was another finding. Caritas provided all necessary needs to the participants in nutritional gardens like fencing materials, watering cans and seeds. Also garden produces were used for generating income and to change the diet thus improving food security and livelihoods .Also due to the increase of nutritional change enable by Caritas the rate of malnutrition and undernourishment reduced in the province. The gardens helped the vulnerable groups which did not have access to water as water is the main problem in the province. The gardens were situated near a permanent source of water. The nutritional gardens has the double standards goals that is to improve food security as well as livelihoods. This programme was successful although there was sometimes overcrowded in the same garden which led to resource based conflicts.

The research finds that food hand-outs and money transfers done by Caritas improved food security and livelihoods. Also this enabled access to food. Sometimes were used as capital to start small business. Some people used it for emergencies like medical purposes and also to send children to school. The people were given maize, beans and cooking oil. This food was very important to the people because maize is the staple cereal in the country and beans were important for changing the diet. Maize and cooking oil were important as basic needs of the needs of the people as Burton suggested that these are need that people cannot live without. This programmes was very important as some vulnerable households in the province were at emergence point. Although some respondents showed that it created dependence syndrome. Another crucial finding is conservation farming. The people in the province were trained new farming methods and conservation farming. Conservation farming is the method of farming

which uses indigenous local available resources. This project was important as it was improved the agricultural produces and activities in the province. All the methods reduced the impacts of shortage of rainfalls, soil erosion while improving soil fertility and moisture. In districts like Bikita, Chivi, Masvingo and Gutu the programmes were mostly done. This programme was very crucial as it complement and link together the rural people with the extension services. The programme was proved to be very successful as it increased the produces and to the use of inputs supplied by Caritas and using of early maturity seeds, traditional seed which meets with the requirements of low rainfalls in the region.

In addition to that Mechanisation of Agriculture was another finding. Mechanisation of Agriculture is the use of mechanic farm equipments in dealing with too much labour in a short time and increasing produces. This was very important as it leads to the commercialisation of Agriculture. The programme helped the old age peoples as they could not do hard labour like fetching water from a long distant area. In this programme Caritas distributed solar water pump systems and pipes. To compliment this programme dams and boreholes were constructed. Also irrigation schemes were to be constructed but currently only one irrigation is done that is Chomupunga irrigation. The Mechanisation of Agriculture was very important since it reduces the labour and solved one of the factor why Caritas targeted Masvingo province that was lack of access to farm tools and unfair pricing mechanisms.

Furthermore, another finding is that Caritas improved water management in the province. The first initiative done by Caritas to improve water management was the construction of dams. Caritas was involved in the construction of dams in Masvingo province mainly in Gutu and Bikita districts. Examples of dams including the Musvanhi dam and Chikukutu dam. According to the local people near the dams, dams are a source of water for domestic purposes as well as for animal consumption. Also the researcher finds that fishing activities were done in the dams. The programme was in line with the conservation agriculture as natural resources were used in the construction of dams. It was also used for watering the plants and vegetables in the nutritional gardens during the off rain season. A report from the people near Musvahi and Chikukutu dam suggested that dams increased moisture holding in the area. Thus the project was very important in improving livelihoods and food security.

Moreover, Caritas distributed boreholes to areas were water was a problem .Borehole drilling was important as it provides water for domestic works and improving sanitation. It is safe for drinking .Also the borehole system was used for irrigation purposes by the people in Bikita ward 22. It also improved commercialisation of agriculture. However the boreholes takes a long time without maintenance.

Another finding is that Caritas taught the rural people in Masvingo province how to harvest water during rainfall season. This method increase access to water to the people. Also water become locally available and saving women who were responsible for walking long distance to fetch water. Also it improved sanitation as water will be easily accessible at every household. Also it becomes easily available for domestic animals nearer to the home and also nutrition gardens can be done at home. Thus Caritas played important roles in improving food security and livelihood in the province.

## **6.4 Recommendations**

### **6.4.1 General recommendations.**

Through the data gathered by the researcher in the field by interviews and questionnaires the researcher come up with recommendations to Caritas Masvingo which are very crucial to improve Caritas' activities and the way they work as well as creating Masvingo a food insecure province with good livelihood .These recommendations can be applied to all other NGOs not only focusing on Caritas. It also focusing on the recommendation on failures and challenges faced by NGOs in Zimbabwe and in Africa. These recommendation helps to address the problems of food security and livelihoods in Masvingo, why does the problems still exist while there is NGOs intervention.

The organisation should tried by all means to source for more funding .This may enables the growing of projects in the rural areas , increases the scale population of programmes and increased the geographical coverage. Most of the vulnerable people were left out of the programmes. Example the Goat pass on gifts in Bikita mainly covered 2 wards ward 12 and ward 32 and also the Women Empowerment project operates in Bikita ward 12 and 22. In Gutu only two nutritional gardens in the big district. Also Partnership with international NGOs or other local NGOs should be done to minimising cost to one Organisation.

Before implementing a project every organisation should carry out a monitoring and evaluation. The process involves assessing of impacts, analysing the livelihood before project implemented. All the three stages in monitoring and evaluation should be done that is before project implementation, during and after project implementation. This is very important as the organisation can identify the programmes to do. For example in Gutu district Caritas repeated the goat programmes done by RUDO and the conservation farming done by Christian care. It is very important for monitoring how resources have been utilised like some of the people sale the Nutritional garden seed in Bikita in ward 12.

The project should be bottom up approach in selecting the beneficiaries to benefit from the goat

project. It was found that Caritas Masvingo left out the poorest people. Those who did not even own one goat. It was said that they based on the fact that such people does not have ideas on how to keep the goats. In actual fact those who benefited are the ones with already goats .There in recommending Caritas and other NGOs, their projects should target most vulnerable groups in the communities like those who did not own even a goat. They lacked the capacity to own the Goats and not mean they did not have knowledge on how to keep it. Those with the goat have the project already so why duplicating activities. In the future event Caritas must engage those vulnerable people without any goat and contacting training meeting on how to keep livestock like Goats. Also they should helped them on how to build good goat pennies. Also giving the local knowledge on how to cure, prevent and control livestock diseases.

Also Caritas should come up with programmes and projects which promotes sustainable development so that they did not create dependency syndrome to the beneficiaries. Data from the interviews and questionnaires suggested that some people in Masvingo province especially in Chivi district they dependent on aid for survival. Most of the people do not want to work in their field but to be provided food stuffs. They should strongly come up with participatory projects and also come with food relief in time of emergence only. Food aid causes food insecurity as it destroyed the internal food security plans.

#### **6.4.2 Recommendations for future research**

➤ This current research is much focusing on the role of NGOs in improving food security and livelihoods in Masvingo province using Caritas Masvingo's operations. There are many gaps left need to be covered and to be discovered as well. However the researcher recommends the future researcher to be focused on the role of Caritas in improving food security at household level and how the rural people participated in projects. To look at the role of NGOs in promoting dependence syndrome and also to analyze that, is aid coming from western countries to Africa or from Africa to western countries.

#### **6:5 Chapter summary.**

The purpose of this research is to assess the roles of NGOs in improving food security and livelihoods in Masvingo province. All of the research question were answered in the research. The research questions were, what was the food security situation and livelihoods before Caritas, What is the nature and extent of food security and livelihood in the province, which intervention strategies used by Caritas in enhancing food security, how effective are the intervention strategies used by Caritas in enhancing food security and what are the main

challenges faced by Caritas in implementing projects and delivering quality training and desired outcomes and what they done to overcome them. Caritas come in Masvingo province to improve food security and livelihoods which were hindered by low rainfall, poverty, limited agricultural extension services, unfair pricing mechanism, shortage of cash, lack of access to markets and the province has a higher rate of dependence ratio. The main findings of the research from questionnaires, interview and observations analysed that the people in the province appreciated the roles of Caritas in improving food security and livelihoods. This includes skilled trainings, nutritional gardens, goats pass-on gifts, construction of dams and boreholes, farm mechanisation and improving of water management. Although to a larger extent the finding suggested that Caritas succeed in meeting their targets and objectives it failed to meet some of its targets and objectives due to financial constants. The researcher finds that an improvement was revealed on the food security and livelihoods as the researcher compared the livelihood before and after Caritas. Before Caritas they was lack of access to food, poor nutrition, high dependence and poverty. The main purpose of this chapter was to give summary, conclusion and recommendations of the research.

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## APPENDIX

### The role of Caritas in improving food security and livelihoods. Case of Caritas in Masvingo Province.

#### Questionnaire



I am Andrew Machafa, an under graduate student at the Midlands State University. I am doing this as part of my academic research in the faculty of arts development studies. I am carrying out a research on the topic: The role of NGOs in improving food security and livelihoods. The case of Caritas in Masvingo province. I kindly request you to inform my research questions. Please note that your responses will be treated with confidentiality, privacy and will only be used for the purposes intended and also you are allowed to leave blank spaces. Your contribution is greatly appreciated thank you.

#### BACKGROUND INFORMATION

Location.....

Ward.....

District.....

#### DEMOGRAPHIC PROFILE OF RESEARCH PARTICIPANTS

1. Sex: Male.....Female.....

2. Age range below 25.....25-50.....50+ years.....

3. Highest level of education:

Primary.....Secondary.....Tertiary.....University.....Others

(specify).....None.....

4. Marital status: single.....Married.....Divorced.....Separated.....

5. How long have you been in Masvingo province? Less than 5 years.....more than 10

years.....more than 20 years.....

6. What was Caritas doing towards the improvement of livelihoods and food security?

.....

.....

.....

7. Have you received trainings that led to the improvement of food security and livelihoods

.....

.....

.....

8. Have you experienced another opportunity through working with Caritas?

.....

.....

.....

9. How you ever received trainings for Income Generating Activities?

.....

.....

.....

10. What kind of assistance do you need from either NGOs or Government?

.....

.....

.....

11. What were the challenges and failures encountered by Caritas in implementing projects?

.....

.....

.....

12. What was the food security and Livelihoods before Caritas?

.....  
.....  
.....

13. What are the sources of capital before Caritas?

Remittances..... Friends and relatives.....Agriculture..... Mining..... Others.....

14. What are the livelihoods and foods security situations before Caritas?

.....  
.....  
.....

15. Occupation.....

.....

16. How many livestock do you own?

Cattle.....Goats.....sheep.....donkeys .....chickens.....

17. Do you have help from NGOs during crop failure? Yes ..... No.....

if        yes        which        one        and        state        type        of  
help.....

.....  
.....

18. Is it possible to do aware without food relief? Yes...No....

If                    yes                    explain  
how?.....

.....  
.....

19. Do you have malnutrition problems in your villages or ward? Yes..... No.....

If ..... yes  
explain.....

20. What causes food insecurity in the province?

.....  
.....  
.....

21. In what ways does Caritas improved food security? (a) Providing of quality and verified seeds..... (b) Conservation farming trainings..... (c) Put emphasis on early maturity, traditional and drought resistance crops..... (d) Projects..... (e) Others.....

22. Does Caritas work with other stakeholders? Yes..... No.....

if ..... yes ..... in ..... what .....  
way.....

.....  
.....

23. What should Caritas do to encounter problems faced?

.....  
.....  
.....

24. How many meals do you take per day? 1..... 2..... 3..... more.....

### **Interview guide.**

1. Sex.
2. Age.
3. Level of Education.

4. What are objectives of Caritas in Masvingo province?
5. What was the food security and livelihoods of Masvingo Province before Caritas?
6. What were the programs implemented to improve food security and livelihoods?
7. What are successful and failures of Caritas?
8. What do you think can be done to solve the problems?
9. In what ways does Caritas improve agriculture in the provinces?
10. Which strategies put in place by Caritas to improve water management?

VGood piece of work. Please your grammar needs more attention, there are considerable errors in that respect. Upon correction your mark could improve.

75 %