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Food Insecurity and Coping Strategies amongst Undergraduate Students during the COVID-19 pandemic in Malaysia

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Abstract

Introduction: Undergraduate students are at a high risk for food insecurity and knowledge on relevant coping strategies is the key issue in dealing with food insecurity. Therefore, this study is aimed at determining the food insecurity status, coping strategies, and the factors associated with food insecurity and coping strategies during the COVID-19 pandemic. **Methods:** This cross-sectional study involved 383 undergraduate students from health-related courses at the International Islamic University Malaysia Kuantan campus. The participants were selected by convenience sampling. The instrument used for data collection was a self-administered questionnaire consisting of three parts: socio-demographic background, food insecurity, and coping strategies. The data were analysed as

descriptive and inferential analyses, such as Chi-Square, Mann-Whitney, and Kruskal-Wallis. Results: It was found that 21.41% of the participants reported experiencing food insecurity. There were significant associations between parents' income ($p < 0.001$), financial status ($p < 0.001$), academic performance ($p = 0.04$) and working part-time ($p = 0.01$) with food insecurity. It was also discovered that there were significant associations between working part-time ($p < 0.001$), faculty of study ($p < 0.001$), academic year ($p < 0.001$), financial status ($p < 0.001$), academic cumulative grade point average (CGPA) ($p < 0.001$) and monthly expenses ($p = 0.01$) with Malaysian Coping Strategies Instruments (MCSI) score. A significant association between food insecurity and MCSI score (p [removed])

Author keywords





Coping strategies; Food insecurity; Malaysia; Undergraduate students

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