

Adaptation and Coping Strategies of Women to Reduce Food Insecurity in an Era of Climate Change: A Case of Chireya District, Zimbabwe

Everjoy Magwegwe, Taruberekerwa Zivengwa and Mashford Zenda

Abstract

The research investigated how women employ various adaptation and coping mechanisms to alleviate food insecurity resulting from the impacts of climate change. The documentation of the debate on the role of women in adaptation and coping with climate change is relatively limited. Climate change's effect on food security in semi-arid areas could potentially increase the population of individuals residing in severe poverty. Over the past three decades, Africa's sub-tropics have experienced irregular rainfall and prolonged droughts, which have negatively affected agriculture and food production. This research utilized a combination of qualitative and quantitative approaches within a mixed-method design, guided by the pragmatic paradigm. Based on the results of the study, water harvesting/dam construction and income generating projects (IGPs) were identified as the most effective coping strategies for women. This study recommends implementing awareness campaigns to educate women farmers about the negative effects of climate change and the need for integrated and comprehensive capacity-building frameworks. By understanding the challenges women face in adapting to and coping with climate change, it is hoped that more effective and sustainable solutions can be developed.

Keywords: adaptation; coping strategies; food insecurity; food production