

Hungry and Angry Society: Implications for Sustainable Development in Nigeria

Lawrence Udisi

Niger Delta University, Wilberforce Island, Nigeria

Hunger is a physiological need, but the production and consumption of adequate and balanced food is a function of social forces. At every point, social, political, and economic processes intervene, for better or (more common) for worse. Food is one fundamental need of human beings for survival. But in Nigeria there is widespread food shortage and hunger. Development scholars have put forward reasons why poverty, hunger persists in the country, from the platitudes about population growth, inadequate implementation of agricultural policies, and neglect of agriculture, bad leadership, corruption, and the issue of distribution. Nigeria is richly blessed with arable land and citizens eager to unlock its food potentials. Unfortunately, this is far from being realized as the country depends on foreign countries for food, a situation that is tragic and sad. She spends about \$10 billion a year importing food and agricultural products, the majority of which are wheat, rice, poultry, fish, and consumer-oriented foods. The pressure on the exchange rate results in devaluation-triggered inflation and food costs that fly up beyond the grasp of people at the bottom of the ladder as it is now is one of the negative repercussions of high food importation bills. Examining the effects of hunger is one of this paper's key concerns and goals, and anger crisis for achieving sustainable development in the country using the Frustration-Aggression Theory, The Relative Deprivation and Political Economy Approach as guide.

Keywords: hunger and angry society, poverty, sustainable development, frustration-aggression theory, political economy

Introduction

The ordinary Nigerian, according to Fela Anikulapo-1977 Kuti's song "Suffering and Smiling", endures continual suffering while maintaining a positive outlook on life because they are guided by religious authorities who themselves lead extravagant lifestyles filled with so-called earthly pleasures. He issues a warning, urging people to quit being oblivious religious adherents and open their eyes to this injustice. Nigerians nowadays are hurting and furious rather than suffering and grinning. The country is plagued by depressing economic statistics with disturbing information about starvation. Nigeria is among three countries in Africa with endemic food crises and starvation (Efemini, 2019; Abdulkareem, 2017).

The hunger story is the same all over the country. In the rural areas, people toil and die not living above other animals. Many Nigerians could not afford balanced meals at the right quantity daily. Millions of children are malnourished and facing life threatening conditions in all parts of Nigeria. In West and Central Africa, over 58 million people, including 29 million children, are suffering from severe food shortages, according to a

Lawrence Udisi, Ph.D., Senior Lecturer, Department of Sociology, Niger Delta University, Wilberforce Island, Bayelsa State, Nigeria.

coalition of international non-governmental organizations (NGOs). The non-governmental organizations (NGOs) Save the Children, World Vision, SOS Children's Village, Terre des Hommes, Educo, and Plan International published a statement in which they voiced worry over the reality that millions of families are presently facing severe food shortages, resulting in acute malnutrition and disease. The group estimates that over 12.7 million people in the Central Sahel, which includes Burkina Faso, Mali, and Niger, are victims, with more than half of the afflicted families living in the Democratic Republic of the Congo and Nigeria. From October 2022 to January 2023, Nigeria will continue to be one of the countries for whom urgent help is needed on a worldwide scale (Falaju, 2022; The Guardian News, 2022).

Conflicts, long-term effects of activity restrictions brought on by the Covid-19 epidemic, and the steady increase in the price of staple foods, gasoline, and fertilizer have all seriously harmed and exacerbated the food security and nutritional condition of the people, particularly women and children. Additionally, hostilities have prevented many families from accessing their crops and led to a surge in the number of internally displaced people (IDPs) who are in need. Floods caused by climate change also add to this, harming crops and other things. The pervasive presence of violence simply means the failure of politics in the country. Politics has not been able to reconcile the conflicts between herdsmen and farmers. Hundreds of lives have been lost to these killings and that remains ongoing.

The food question is not properly being addressed because it is linked to bad politics which is Hobbesian in Nigeria. You cannot have a Hobbesian state and expect food self-sufficiency. As we battle to survive daily, we should not see the starvation issue as farfetched. Looking around you, you will see someone who cannot feed. According to Efemini (2019), when lions are hungry, they become more dangerous. Why should man be different?

Statement of the Problem

There is a trite maxim that says "a hungry man is an angry man". Hunger is a physiological need that requires the consumption of food to satisfy. Food therefore becomes a fundamental need of human beings and all other living things for survival. Food production, distribution, and consumption at every point is a function of social, political, and economic processes. These social forces combine to shape a society's food production either to improve or worsen it. There is wide spread food shortage and hunger in Nigeria. Nigeria is richly blessed with arable and citizens are eager to unlock its food potentials. Unfortunately, this is far from being realized as the country depends on foreign countries for food, a situation that is tragic and sad. Nigeria spends about \$ 10 billion a year importing food and agricultural products. This has increased the pressure on exchange rate that results in devaluation-triggered inflation and food costs that fly up beyond the grasp of people at the bottom of the ladder as it is now one of the negative repercussions of high food importation bills.

The country is in a state of food insecurity as millions of people cannot afford nutritionally sufficient and safe foods or lack the capacity to acquire acceptable meals in socially acceptable ways (Garry, Mark, Cristofer, & John, 2000). The availability, access, usage, and stability of food are the four pillars of food security, according to the Food and Agriculture Organization of the United Nations (FAO, 2009). The right to food was first acknowledged by the UN in the 1948 Declaration of Human Rights (FAO, 2006), and since then, the UN has maintained that it is essential for the enjoyment of all other rights (UN, 2022). Food should not be a tool for political and economic coercion, according to the 1996 World Summit on Food Security (FAO, 2013).

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Conceptual and Theoretical Clarification

Hunger

This article discusses the effects of hunger on society and politics. In politics, humanitarian assistance, and the social sciences, when a person cannot physically or financially eat enough to meet their basic nutritional needs for an extended period of time, they are said to be experiencing hunger. The phrase “hunger” in the context of eliminating hunger refers to more than just the universal need to eat that all people feel, also known as an appetite. The most extreme kind of hunger, famine, occurs when there is widespread malnutrition and when people are starting to starve to death from a lack of access to sufficient amounts of nutrient-rich food (Dando, 2012; World Food Programme, 2021).

Throughout history, protracted episodes of hunger have often been experienced by portions of the world’s population. Conflict, plagues, or severe weather regularly caused interruptions in the food supply, which led to hunger. After World War II, improvements in political collaboration and technological development raised hopes that it could be feasible to drastically lower the number of people who endure hunger. Despite unequal development, by 2014 a large section of the world’s population was no longer in danger of facing acute hunger. The FAO’s *The State of Food Security and Nutrition in the World (SOFI)* report from 2021 indicates a rise in the number of individuals who experience chronic hunger throughout time. In 2020, the number of people who were undernourished increased significantly to 768 million (FAO, 2021)

The highest rises in hunger since 2015 have been in Africa and South America, despite the fact that Asia still has the bulk of the world’s population. The FAO cited climate factors, armed conflict, and economic slowdowns as the three primary drivers of the current upsurge in hunger in its 2017 report. In the 2018 edition, hard weather was emphasized as a significant factor in the growth in hunger. It was discovered that rising rates were especially high in countries with agricultural systems that were most vulnerable to extreme weather swings. According to the 2019 SOFI survey, countries that have undergone economic slowdowns have been shown to have higher rates of hunger. The 2020 edition, however, looked at how likely it was to achieve the Sustainable Development Goal relating to hunger (SDG). It was estimated that if nothing is done to alter the negative behaviors of the previous six years, by 2030 there would be over 150 million more individuals who are chronically hungry. The COVID-19 pandemic dramatically worsened hunger, according to the 2021 evaluation.

Tens of thousands of organizations operate on a local, national, regional, or international level to combat hunger. Some of these organizations concentrate on battling hunger, while others could have numerous specialties. Independent Soup Kitchens, modest local projects like national governments, and multinational agencies are among the organizations. Many participate in the broad networks connecting hundreds of different hunger relief organizations. A significant amount of global efforts to reduce hunger are coordinated by the UN in order to achieve SDG 2 of Zero Hunger by 2030.

Anger

A powerful unpleasant emotional state that leads to a non-cooperative response to a perceived provocation, hurt, or danger is known as anger, sometimes known as wrath or fury (Videbeck, 2006; Alia-Klein et al., 2020).

When someone is angry, they frequently feel physically affected, such as having a faster heartbeat, higher blood pressure, and more adrenaline and noradrenaline in their system (Medicine.net, 2008). Some believe that the fight or flight response is partially triggered by the emotion of anger (Harris, Schoenfeld, Gwynne, & Weissler, 1964). When a person consciously decides to take action to immediately stop the threatening behavior of another outside force, anger becomes the dominant emotion behaviorally, cognitively, and physiologically (D. Raymond & C. T. Raymond, 2006). The Old Norse word for anger is where the English word first appeared (The American Heritage Dictionary of the English Language, 2006).

The effects of anger can be both physical and psychological. A complete frown to the inward angling of the brows are examples of different facial emotions, as well as body language, physiological reactions, and occasionally public acts of aggression, which are all examples of the external expression of anger (Michael et al., 2005). While most individuals who feel anger describe it as the consequence of “what has occurred to them”, psychologists point out that an angry person may very easily be wrong since anger makes it difficult to monitor one’s own conduct and to be objectively watched (Raymond, 2000).

According to contemporary psychologists, anger is a normal, mature emotion that almost all people experience on occasion and that serves a purpose for survival. Uncontrolled anger can have a negative impact on one’s social or psychological wellbeing as well as on those around them (Raymond, 2000; John, 2001). There has been debate regarding the intrinsic value of anger, despite the fact that numerous philosophers and authors have cautioned against the uncontrollable and impulsive outbursts of anger (Simon & Strongman, 1995). The topic of controlling anger has been discussed since the earliest philosophers, but modern psychologists, in contrast to earlier authors, have also highlighted the potential negative effects of controlling anger (Simon & Strongman, 1995).

A psychologist has identified three different types of anger (Paul, 2012);

(1) Anger that comes on suddenly and hastily is linked to the need to protect oneself. It happens when the animal feels tortured or trapped and is shared by humans and other animals. This type of anger comes in spurts.

(2) Anger that is well-controlled and intentional is a response to perceived unfairness or intentional wrongdoing by others. This kind of fury comes in spurts.

(3) Dispositional anger, such as sullenness and churlishness, is more closely related to personality traits than to instincts or cognitive irritability.

Anger may be able to mobilize psychological resources and increase motivation to correct improper behavior, advance social justice, express unfavorable feelings, and settle grievances. Additionally, it helps with patience. In contrast, if anger does not find a healthy outlet through expression, it can be destructive. It might be challenging to comprehend information and exercise cognitive control over conduct when anger is present. Even though they may impact one another, anger and violence (verbal or physical, direct or indirect) have different differences, according to Raymond (2000), Mohr, Howells, Gerace, Day, and Whanton (2007), and Day et al. (2012). In addition to potentially hurting himself or others, someone who is furious may lose their objective, empathy, caution, or thinking. Despite the fact that anger may start or intensify violence, it neither causes nor is sufficient for aggression (Raymond, 2000).

Society

A society is a collection of individuals that frequently contact with one another or a sizable social group that resides in the same geographical or social region, is often governed by the same political leadership, and adheres to the same cultural norms. One society may be described by the whole of these interactions among

the individuals that make up its membership. Societies are defined by patterns of relationships (social relations) between people who share a similar culture and set of institutions. According to social sciences, stratification or dominance tendencies in subgroups are typically seen in vast societies (Wikipedia 21 November 2022).

Societies establish patterns of conduct by categorizing certain actions or concepts as acceptable or undesirable. These socially accepted behavioral patterns are referred to as “societal norms” in a certain culture. Societies and their standards are evolving continuously and gradually. Insofar as a society collaborates, it may allow its members to profit in ways that would otherwise be difficult on an individual basis. Individual and societal (shared) advantages can therefore be differentiated, or in many situations found to overlap. People who live in a more dominating bigger society but have the same values and conventions may also form a community. This is often described by the word “subculture”, which is also widely used in criminology to refer to specific divisions of a broader civilization.

A society may be roughly described as an economic, social, industrial, or cultural infrastructure that is composed of, but distinct from, a varied set of individuals. This definition is especially applicable to structuralist concepts. In this perspective, “society” might be interpreted as the objective interactions individuals have with the material world and other people, as opposed to “other people” outside of the person and their familiar social surroundings (Wikipedia, 21 November 2022).

Poverty

Having few tangible goods or little money is a sign of poverty. Poverty may be caused by a variety of social, economic, and political variables and effects (United Nations, 2020). In statistics and economics, there are two primary methods for evaluating poverty: Relative poverty refers to a person’s inability to maintain a subsistence standard of living in comparison to others in the same time and place; Absolute poverty is determined by comparing income to the amount required to pay for necessities like food, clothing, and housing (United Nations, 2015). The definition of relative poverty varies by nation or group (United Nations, 2015).

In terms of Purchase Power Parity (PPP) dollars, 85% of people live on less than \$30 per day, 2/3 live on less than \$10 per day, and 10% live on less than \$1.90 per day (severe poverty), according to data (Roser & Ortiz-Ospina, 2019). According to World Bank Group 2020, countries with active wars are home to more than 40% of the world’s impoverished (The World Bank, 2015). Even when nations undergo economic improvement, the poorest individuals usually do not get an enough part of their country’s growing wealth to overcome poverty (Milanovic, 2016). Governments and non-governmental groups have experimented with a variety of policies and initiatives to combat poverty, including urban housing first policies and electricity in rural regions. The worldwide frameworks for decreasing poverty are outlined in the United Nations’ 2015 Sustainable Development Goal: No Poverty.

Women, children, and minorities typically shoulder a disproportionate amount of poverty’s difficulties; social variables including gender, handicap, color, and ethnicity may exacerbate its issues. The poor are also more likely to be impacted negatively by other socioeconomic challenges, such as the environmental impacts of industry, the effects of climate change, other natural disasters, and extreme weather. Poverty may also exacerbate other societal issues. For instance, ethnic conflict, biodiversity loss, and deforestation are often impacted by the economic challenges that poor people experience. Due to this, emphasis is placed on the link between eradicating

poverty and other social objectives in the UN's Sustainable Development Goals and other global policy initiatives, such the International Recovery from COVID-19 (United Nations, 2021).

Theory of Aggression in Frustration

John Dollard and his research collaborators created the frustration-aggression theory in 1939; since then, researchers like Leonard Berkowitz (1962) and Aubrey Yates have expanded and modified it. The theory appears to be the most prevalent justification for violent behavior caused by a failure to satisfy needs. This explanation is supported by theories that draw from the psychology of aggression, frustration, and motivation (Anifowose, 1982 in Ademola, 2006). The “want-get ratio” (I. K. Feierabend, R. Feierabend, & Nesvold, 1969, pp. 256-257) and the distinction between “expected need satisfaction” and “actual need satisfaction” are two factors that researchers have used to try to explain aggression (Davies, 1962, p. 6). People often confront those they believe are to blame for thwarting their goals when expectation does not match achievement. The main justification for Ted Robert Gurr's relative deprivation thesis is that “the greater the discrepancy, however marginal, between what is sought and what appears to be attainable, the greater will be the chances that anger and violence will result” (Gurr, 1970, p. 24).

The major contention of the frustration theory is that, contrary to what realists and biological theorists believe, violence is not only carried out as a national response or inclination. Instead, aggressiveness is the outcome of frustration, and when a person's legitimate objectives are frustrated—directly or indirectly—by the way society is structured, this sense of disappointment may lead that person to use violence as a means of expressing his or her rage (Ademola, 2006).

Theory of Relative Deprivation

According to Peter, relative deprivation is the lack of resources necessary to support a diet, way of life, and facilities that people or groups are used to or that are widely supported or considered acceptable in the community to which they belong (Yitzhaki, 1979). By measuring relative deprivation, it is possible to objectively compare someone's or a group's condition to that of the rest of society. However, emphasizing the personal perspective makes it hard to evaluate anything objectively. The human emotion of sadness when denied something to which one feels entitled may be further highlighted by relative deprivation (Lain & Heather, 2001; Kurt, 1999; Schaefer, 2008).

The word is used in the social sciences to refer to subjective rather than objective measurements of economic, political, or social deprivation, and it is identical with the terms poverty and social exclusion (Kurt, 1999). Relative deprivation has a big impact on attitudes and behavior, such stress levels, political beliefs, and participation in social activities (Lain & Heather, 2001). The American Soldier's writers utilized the concept for the first time in a systematic way by studying army groups and discovered that emotions of relative deprivation are brought on by the impression of a gap between expectation and achievement (Oxford Reference, 2001; Gurr, 1970).

Social scientists, notably political scientists and sociologists, have proposed that poverty, particularly periodic relative deprivation, may contribute to societal activities and deviance, which, in extreme situations, may result in violence such as riots, terrorism, and rebellions, as well as other social deviances such as crime (Robert, 1938; Gurr, 1970). In order to explain the emergence of social movements, some social movement

academics, for example, appeal to the grievances of individuals who are denied ideals they think they are entitled to (Jerry, 1982). Similar to this, people exhibit aberrant behavior when their methods do not correspond to their objectives (Robert, 1938). In Social Psychology, the term “Relative Gratification” has evolved to explain the opposite phenomena in reaction to research on the idea of relative deprivation (Dambrum et al., 2006; Dambrum & Taylor, 2013).

Political Economy

Political economy is the study of the interactions between politics and economics. (Hacker, Hertel Alexander, & Thelan, 2021; Alexander, Jacob, Thelan, & Pierson, 2021; Mill, 2016; Bladen, 2016; Britannia, 2016; Systems, 2022). Political economics looks at the effects of institutions, laws, and political behavior on macroeconomic phenomena such as trade, inequality, and growth distribution. It was developed in the 16th century and became the foundation of modern economics (Weingast & Wittman, 2011; Britannia, 2022). Political economy is a branch of western moral philosophy that stretches back to the 16th century. It is regarded of as an interdisciplinary field that draws from both political science and modern economics theory (Britannia, 2022). With “political” standing for the Greek word “polity” and “economy” standing for the Greek word “oikonomia”, which relates to household administration, its theoretical works investigate the management of state resources. Although French physiocrats like Francois Quesnay (1694-1774) and Anne-Robert Jacques Turgot produced the earliest works on political economics before British scholars Adam Smith, Thomas Malthus, and David Ricardo (1727-1781), they are typically given this credit (Steiner, 2003; Wikipedia, 2022).

The development of mathematical modeling and Alfred Marshall’s 1890 publishing of a significant textbook caused the name “economics” to gradually begin to replace “political economy” in the late 19th century (Marshall) (1890). Prior to this, William Stanley Jevons, who advocated for the use of mathematics in the field, argued in favor of the term “economics” for its clarity and in the hope that it would someday be recognized as the name of a science (Jevons, 1879; Groenwegen, 1987, 2008). According to citation measurement metrics from Google Ngram viewer, use of the term “economics” started to replace “political economy” from 1910, and by 1920 it had taken over as the preferred (Mark, 2016). The phrase “political economy” denotes a different and conflicting perspective, whereas the term “economics” today typically refers to the specialized study of the economy without taking other political and social factors into account. The best way to understand the conflict between Russia and Ukraine and Nigeria’s food security is from a political economic perspective.

Hunger, Poverty, and Rage’s Effects on Nigeria’s Sustainable Development

Hunger is one of the main problems affecting the people in Nigeria. Nigeria, which has a population of more than 206 million, is the most populous nation in Africa (Data Commons, Place Explorer, Wikipedia, 2021). In Nigeria, 82 million people, or 40% of the population, live on less than \$1.90 per day, making them vulnerable (Vanguard News 27 October 2021). The Institute of Development Studies in the United Kingdom placed it as the second-poorest country in the world in terms of the cost of food (Vanguard News 27 October 2021).

Hunger has many negative effects, including malnutrition, inadequate nutrition, and child wasting. Three main outcomes are underweight (36.4%), stunting (41.3%), and wasting (15.6%), according to UNICEF (2021). The main causes of hunger in Nigeria’s different states are insecurity and environmental issues like habitat destruction, difficult economic times, and COVID-19’s devastating effects (Punch Newspaper 27 October 2021).

History and Statistics on Hunger in Nigeria (Macrotrends, 2021)

Table 1

History and Statistics of Hunger in Nigeria

Year	Number of people (%)	Yearly change
2018	12.60%	0.70%
2017	11.90%	-0.10%
2016	12.00%	0.90%
2015	11.10%	1.30%
2014	9.80%	1.20%
2013	8.60%	1.00%
2012	7.60%	0.10%
2011	7.50%	0.10%
2010	7.40%	0.10%
2009	7.30%	0.10%
2008	7.20%	0.30%
2007	6.90%	-0.10%
2006	7.00%	-0.40%
2005	7.40%	-0.80%
2004	8.20%	-0.60%
2003	8.80%	-0.30%
2002	9.10%	0.00%
2001	9.10%	0.00%

Global Hunger Index

The Global Hunger Index (GHI) is a tool for tracking and calculating global, regional, and national levels of hunger and malnutrition.

GHI Severity Scale

Table 2

Global Hunger Index Scale

Indicator	Severity Scale WHO 2021
GHI	≥ 50: extremely alarming
	35-49.9: alarming
	20-34.9: serious
	10-19.9: moderate
	≤ 9.9: low

Component Indicators of GHI

1. A measure of how much of the population is undernourished.
2. The percentage of children under five (5) who are wasting, an indication of severe malnutrition.
3. The percentage of children under five (5) who are starving, a sign of long-term malnutrition; and
4. Children's mortality rates (Global Hunger Index 27 October 2021).

Having looked at some statics of the hunger situation in Nigeria, the remaining part of this discuss would focus on the impact of hunger in the country.

Poverty also causes and contributes to diseases like hunger and thirst. Poverty also signifies that you may not be able to buy either food or water, therefore a lack of access to either one shows poverty. As a result, the

poverty cycle that traps so many people for the remainder of their lives is fueled by poor health, a lack of shelter or water, child abuse, or violence.

One problem virtually ever occurs on its own since the causes and consequences of poverty are typically interrelated. For instance, a lack of water and hunger increases a person's susceptibility to diseases, and inadequate sanitation makes it easier for both new and existing diseases to spread. Discrimination is a typical occurrence in poor communities, which become caught up in poverty-related cycles. Let's go at the details of what this implies.

Poverty and Crime

Crime changes with time and place. The wealth is quite uneven, wealthy in some parts and poor in others. This has always led researchers to look into the reasons behind and things that happen in places where there is a lot of crime. Crime is unquestionably one of the worst effects of poverty, and those areas, whether they are entire cities or neighborhoods, share the same problems with uneducated adults and children, which breed more unemployment and crime and ultimately lead to chronic, long-lasting poverty.

In Africa in general, and Nigeria in particular, poverty is the cause of numerous kinds for crimes. To address these issues, it is important to have a deeper understanding of the cycle of poverty as well as the specific ways that it influences crime in different contexts and communities. For instance, it has been shown that some types of crime are more influenced by unemployment than by income inequality. On the other hand, low incomes tend to increase poverty-related crimes (like burglaries and other things) while lowering violent crime. Studies in general have shown that different types of poverty, such as income inequality, social exclusion, and unemployment, have very different effects. It is understandable why Nigeria has a high rate of crime, insurgency, and terrorism.

Effects of Poverty on the Society

Consequence on People

The aforementioned "vicious cycle of poverty" refers to the issues and constraints that are handed down from generation to generation. Lack of access to education or school, child work to support the parents, poor personal cleanliness, and disease transmission are only a few of the hereditary afflictions. Because they watch their parents' everyday failures at work owing to unemployment and extremely low salaries, children just do not grasp how hard labor might better their life.

Effects on the Overall Society

Last but not least, poverty is a major cause of social unrest and threatens to split the nation because of worries about inequality, especially economic imbalance. When a nation's population is not fairly distributed among its riches, this happens. Alternatively, when a tiny minority has all the money. A middle class is one of the characteristics of an affluent or developed society, but in recent years, both rising nations like Nigeria and Western countries have seen their middle classes rapidly erode. As a result, there have been more riots and conflicts. As a society's most dangerous component, poverty has the potential to topple an entire country. The Arab Spring is another noteworthy illustration. The uprisings were brought on by a severe lack of employment opportunities and a high level of poverty in each of the participating countries. As a result, most regimes have fallen. There is no longer a middle class in Nigeria; instead, there are only two social classes left: the extremely wealthy and the utterly destitute.

Effects of Poverty on Children (Powerless Victims)

The percentage of kids living in poverty has increased steadily since the 1960s. Children are those who have the fewest options and power to alter their circumstances. They shouldn't have to do anything to support their family until they can stand alone by the time they are six years old, at which point they may be enrolled in child labor at random.

Almost every conceivable consequence of poverty has an impact on the lives of children. Undernourishment, both inside and outside the home, violence, child labor, poor infrastructure, unemployment, and a lack of essential services and money are all consequences of their lack of knowledge, as are diseases of all types that are spread by the family via the environment.

Children Antisocial Behavior

One of the ways that poverty affects kids' development is by encouraging them to adopt antisocial behaviors that serve as psychological barriers against their harsh surroundings. They often respond to stressful circumstances with more aggression and less restraint and subtlety as a result of discrimination and social isolation. Since they were often exploited as children, they seldom learn how to resolve disputes in a positive manner.

As adolescents become older, these actions become more ingrained in their personality and are often seen as being irreversible. This emphasizes the need of acting as soon as possible to enhance children's living circumstances. The social environment of a kid, which includes factors like parental involvement, school violence, housing, as well as sanitation, uncontaminated food, and water, should be understood by policymakers since it significantly influences the development of new impacts of poverty (Guo & Harris, 2000; Chung, 2004; Gunn & Duncan, 1997).

Impact of Poverty on Health: Life Is Short(er)

A simple and universal index of poverty might be the health and life expectancy of different people. It should come as no surprise that less fortunate communities frequently outperform wealthy ones. However, both poverty and social isolation have an effect on people's health. Whether poverty affects a person's mental or physical health, the end result is the same: on average, the poor live shorter lives than the rich.

This is particularly true for ethnic minorities since they are often the first groups to encounter discrimination and unfair treatment in any community. Given that poverty has a range of consequences on both human behavior and mental health, it is possible that these effects are psychological as well as physical. All forms of poverty and social exclusion, whether physical or racial, have an effect on people's health.

And besides, sociologists and philosophers often concur that man is simply a social animal. Your psychological state may suffer as a result of living alone or not being a part of a group or organization that you are a part of (though we would not know for hermits). This has to be considered by decision-makers who care about social cohesion and poverty. Nigeria is one of the poorest life expectancy rates in both Africa and the globe, at 55.44 years, according to Macrotrends (2022).

Women and Poverty

Even while women today are less likely than males to live in poverty in absolute terms (i.e. in terms of the most basic necessities), the percentage of women living in poverty globally has been rising. The feminization of poverty is another name for this phenomenon. This is another blatant example of how poverty has an impact.

Women's vulnerability to their surroundings has only increased as a result of the trend toward more single-parent homes. Having to live in poverty with their children, they are compelled to perpetuate the cycle of poverty. It was made very apparent that in Nigeria, where 70% of the population is thought to be living below the poverty line, more women than males are expected to be employed in high-paying, secure jobs, etc. (World Bank, 2010; Bianchi, 1999; Pascale et al., 2005; Nyovani, 2007; Lepianka et al., 2010; Bruce et al., 2005; Lichter, 1997; Michael et al., 2005).

Environment and Poverty

Problems With Regressive Industries and Lifestyles

There is little evidence that poverty, particularly in urban areas, affects the environment. Less advanced technology and an industry's energy efficiency will have a big negative impact on the environment (the amount of energy needed to produce a certain quantity of items).

The lifestyles of the middle and upper classes as a whole have a considerable impact on both the usage of natural resources and the creation of (toxic) waste. Or, at the very least, the excessive consumption-based lifestyles, which are often discounted in public debate, are to blame (as humans it is kind of hard to resist so much temptations).

Poverty's Effects on Terrorism

Unemployment as a Problem or a More Complex Problem?

It has become popular in media to accuse poverty of encouraging terrorism by driving individuals to join terrorist groups by fostering a condition of anguish and frustration. While it may not appear like a completely unfounded allegation at first glance—it makes logic and soothes the tortured conscience of the affluent—more and more research indicates that the relationship between poverty and terrorism is not as clear-cut as formerly believed.

The majority of terrorists do originate from impoverished regions with substantial unemployment, and terrorist groups sometimes provide far larger wages than any other work opportunities, if any are available at all. The choice to become a terrorist is really influenced by a wide range of diverse circumstances. As significant as the financial and social benefits of joining terrorism (such as prestige and celebrity for opposing the imperialists) are the personal and cultural beliefs, values, and convictions.

In addition, it seems that very low levels of money and education do not influence individuals to join a terrorist organization. The really poor and illiterate sometimes have little or no understanding of the outside world, if any information at all. This may seem counterintuitive, but give it some thought. How therefore could they be upset about the "decadence" and "liberal conduct" of the wealthy? Many of the terrorists who were apprehended or identified were enrolled at colleges throughout Europe. The level of ideological indoctrination and manipulation makes it often difficult for individuals to grasp without any background in schooling. In the case of Islamism, understanding the Qur'an and their highly specific "interpretation" of it would need knowledge of literary Arabic.

Arabic as a literary language is very complex, beautiful, and poetic. Even with a condensed or broadly understood interpretation of the Quran, it is not something that everyone can understand. The issue with most old languages is that they have a hazy, foggy style that, if the context and original method of thinking are ignored, allows anybody to interpret them anyway they choose.

Therefore, terrorism does not directly or significantly result from poverty, and it often denotes a low level of knowledge. So where does the rage and fury come from? According to studies, a country's inadequate institutions, governance, and civil liberties make it an ideal place for the development of terrorists.

This kind of political instability often coexists with a haziness of norms and regulations in nations going through significant transitions (such as moving from an authoritarian to a democratic government).

The societal norms, morals, and methods of doing things are changing during this time of transition, which may be very upsetting and uncomfortable for the populace. The wildest rumors, cults, and other conspiracy theories are most effective at spreading at these times.

Conclusion

From the forgoing it is evident that Nigeria is among countries in Africa with endemic food crisis and starvation. In the Northern parts of the country, all the States face starvation, e.g. 1.5 million Nigerians face starvation in Kaduna with about 500,000 on danger list. In every part of the country it is clearly indicated that the hunger story is the same all over the country. In the rural areas, people toil and die not living above other animals.

Many Nigerians do not have balanced meals at the right quantity daily. Millions of children are malnourished and facing life threatening conditions in all parts of Nigeria.

Violence has disrupted farming in Benue, Taraba, Yobe, Bornu, Kaduna, Plateau, Enugu, Delta, Cross River, Ekiti, Osun, and to lesser extent many other States. How can starvation not befall a country where farming is disrupted at the scale witnessed in Nigeria?

The pervasive presence of violence simply means the failure of politics in the country. Food scarcity is a major cause of starvation. To expect starvation to disappear from Nigeria when workers are poorly paid and million earn less than one dollar a day is a dream. An end to starvation in a country where people spend upwards of ninety percent of their earnings on food is not possible. The food question is not properly addressed because it is linked to bad politics. Many people cannot feed. One is tempted to say that we live in a Hobbesian State and cannot expect food self-sufficiency. Like animals, people are hungry and are becoming more dangerous.

The following recommendations may offer some solutions.

- (1) Government as a matter of urgency should effectively address the food question.
- (2) All programmes and policies of agriculture should be implemented effectively.
- (3) Mechanized agriculture should take root in Nigeria. It is becoming difficult to feed million with hoes and cutlasses.
- (4) Rather than subsidizing food production and distribution, Nigeria subsidizes fuel importation. The implication of spending trillions of naira on fuel imports rather than facilitating local refining will surely consume thousands of lives. Government should subsidize food production and distribution instead of subsidizing fuel.
- (5) Violence at all levels in the country should be put to an end or reduced to the barest minimum.
- (6) Government as the major source of policy should not just address poverty but also social cohesion.
- (7) Women and youth empowerment programmes be effectively and adequately implemented.
- (8) Effective resource management and strong governance continue to be the greatest ways to address environmental and poverty-related issues. This demands significant consideration.
- (9) Stabilizing and empowering political institutions are crucial in fighting against the consequences of poverty. This should be given deserving attention.

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