

PSYCHOLOGICAL EFFECTS OF FOOD INFLATION ON THE WELL-BEING STATUS OF FACULTY OF AGRICULTURE STUDENTS, UNIVERSITY OF IBADAN, NIGERIA

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ABSTRACT

Food inflation is a growing global concern which threatens individuals' well-being, particularly among vulnerable groups like students. It is against this backdrop the study assessed the psychological effects of food inflation on the well-being status of Agricultural students at University of Ibadan, Nigeria. This study employed a multistage sampling procedure to select one hundred and twenty respondents. A well-structured questionnaire was used to obtain data on respondents' personal characteristics, perception on food inflation, wellbeing status, psychological effect and coping strategies of food inflation which were analysed using both descriptive and inferential statistical tools. Findings showed that the mean age of respondents was 21.33 ± 3.01 years, 64.2% and 57.5% were female and living in the hall of residence, respectively. More than half (53.3%) of the respondents had unfavourable perception about food inflation. Planning meals carefully to minimize food waste ($\bar{x}=4.20$) and preparing meals at home rather than eating outside ($\bar{x}=4.16$) were the most employed coping strategies for food inflation. Food inflation resulted in stress ($\bar{x}=3.39$), anxiety ($\bar{x}=2.96$) and emotional toll ($\bar{x}=2.99$) among the students. Similarly, an average (51.7%) of the respondents had low well-being status. There exists a significant relationship between sex ($\chi^2=43.78$), religion ($\chi^2=150.60$), perception on food inflation ($r=0.37$) and well-being status. The study concluded that stress is the most experienced psychological effects of food inflation by the respondents with low well-being status. The study recommends that stakeholders like religious organisations should provide subsidised food options within campus markets to mitigate stress associated with inflation which will make students have better wellbeing.

Keyword: Anxiety, coping strategies, emotional tolls, food inflation, students' wellbeing

INTRODUCTION

Food inflation is the persistent rise in the cost of food over time which has become a critical issue around the world. Globally, food prices have soared in recent years due to several interconnected factors ranging from COVID-19 pandemic, extreme weather events, geopolitical tensions such as Russian invasion of Ukraine, trade restrictions in key food-producing region, to currency depreciation in low-income countries. This is resulting in disruptions in supply chain, labour shortages, transportation delays, production challenges and reduced agricultural yields (Food and Agriculture Organisation, FAO, 2021).

The effect of food inflation is felt by both developed and developing nations. In developed nations, the severity is low due to more resilient economies and diversified food sources. However, these countries still face challenges of supply chain disruptions and global market fluctuations. On the other hand, developing nations often bear the brunt of food inflation due to their higher dependency on imported foods and lower economic resilience. For instance, many African countries import a significant portion of their food, making them highly susceptible to global price increase. When global food prices rise, these countries face increased importation costs, which can lead to higher domestic food prices and worsen food insecurity (FAO, 2021; World Bank, 2021).

Nigeria being the Africa's most populous nation and one of its largest economies is not left out of this conundrum (Gad & Israel, 2024). In 2021, food

inflation rate climbed to 22.95%, soaring to 23.43% in 2022 (NBS, 2021, NBS, 2022). By 2023, the rate slightly declined to 22.10% but remained markedly high compared to historical averages (NBS, 2023). As of June 2024, the rate has risen significantly, reaching 40.87% (NBS, 2024). The escalation in food prices has exacerbated food insecurity, particularly among low-income and vulnerable groups. Many Nigerians, particularly those in rural areas and informal sectors, struggle to afford basic food items. The World Food Programme (WFP) reported worsening food insecurity, with millions of Nigerians experiencing difficulties in accessing sufficient and nutritious food (WFP, 2023). The surge in food prices has significantly stretched household budgets, pushing many Nigerians further into poverty. As food costs increase, most households allocate a larger portion of their income to food, reducing their ability to spend on other essential needs such as education, healthcare, and housing (Gad & Israel, 2024).

The effects of food inflation extend beyond the economic impact, it also delves into the realm of psychology. Worries about food security and the ability to afford adequate and nourishing meals contribute to various psychological issues such as anxiety and depression. This particularly concerns students who often have limited financial resources and struggle to manage increased expenses. The repercussions of food inflation are particularly pronounced for vulnerable groups of which university students are a part of, as majority of them are dependents on their parents or sponsors who are

already struggling with the rising cost of living (Ojebuyi & Salami, 2022). This not only hampers their capability to procure sufficient and nourishing food but also takes a toll on their general well-being, academic achievement, and mental health. Studies have indicated that financial insecurity, particularly related to food, is closely associated with heightened stress, anxiety, and depression (Smith, Pritchard & Perry, 2020). These mental health challenges, in turn, significantly diminish students' academic performance and social engagement (Aziz *et al.*, 2025). Addressing this problem is crucial not only to safeguard students' mental and social well-being but also to ensure that their academic success is not compromised due to the rising cost of food.

Despite the importance of addressing these psychological effects, there is a notable gap in research specifically focusing on the psychological effects of food inflation on the well-being of students. Previous studies have predominantly examined the economic dimensions of food inflation, without fully exploring its psychological and social impacts. The general objective of this study is to investigate the psychological effects of food inflation on the well-being of Agriculture students in University of Ibadan. The specific objectives of the study are to describe the personal characteristics of respondents, assess the perception of respondents on food inflation, ascertain their well-being status, determine the psychological effects of food inflation on respondents and explore the coping strategies used by respondents in response to food inflation. The hypotheses of the study state that there is no significant relationship between personal characteristics/perception of food inflation of respondents and well-being of respondents.

METHODOLOGY

The study area was the Faculty of Agriculture, University of Ibadan, Oyo State. It is one of the seventeen (17) faculties within the University of Ibadan having six departments: Animal Science, Agricultural Economics, Agricultural Extension and Rural Development, Crop Protection and Environmental Biology, Crop and Horticultural Science and Soil Resources Management. The population of the study included all students in the Faculty of Agriculture.

A two-stage sampling procedure was used for this study. In the first stage, simple random sampling was used to select 50% of the departments in the faculty, which are Animal Science (ANS), Crop Protection and Environmental Biology (CPEB) and Agricultural Extension and Rural Development (AERD). At the second stage, 20% of the students at each level (100-500 level) were randomly selected from the list of students in each department (ANS =

54, CPEB = 31, AERD = 35) to give 120 respondents that forms the sample for this study.

Measurement of variables

Perception on food inflation: list of perception statements like food inflation refers to the rising cost of food items over time, reduced agricultural productivity contributes to food inflation etc. were provided which was operationalised using a five-point Likert scale of Strongly Agreed (SA) = 5, Agreed (A) = 4, Undecided (U) = 3, Disagreed (D) = 2 and Strongly Disagreed (SD) = 1 for positively worded statements and reverse for negatively worded statements. The mean score was generated and used to categorise respondents into those having favourable and unfavourable perception of food inflation.

Coping strategies to food inflation: list of coping strategies like planning of meals to prevent wastage, preparing meals instead of buying outside, skipping meals due to cost etc. were provided which was operationalised using a three-point Likert-type scale of never (0), occasionally (1) and always (2).

Psychological effects of food inflation was measured by using three domains: stress, anxiety and emotional toll which was operationalised using five Likert scale of Strongly Disagree (5), Disagree (4), Neutral (3), Agree (2) and Strongly Agree (1) for positively worded statements and reverse for negatively worded statements. Mean score was generated for each domain and used to identify the effect that is the strongest among the three.

The dependent variable is well-being status: which was operationalised using five Likert scale of Strongly Disagree (5), Disagree (4), Neutral (3), Agree (2) and Strongly Agree (1) for positively worded statements and reverse for negatively worded statements. Mean score was obtained and used to categorise respondents into those having low and high well-being status.

Data was collected using structured questionnaire and analysed using frequency distribution, percentage, mean and standard deviation, chi-square and Pearson Product-Moment Correlation (PPMC).

RESULTS AND DISCUSSION

Personal characteristics of the respondents

The result in Table 1 reveals that the mean age of respondents was 21.33 ± 3.013 years. Findings from UN (2020) found that majority of youths worldwide fall within the age range of 15-24 years, which implies that majority of the respondents are youths who are active and agile. The department distribution reveals that 45.0% of the respondents were from Animal science, 29.2% from Agricultural Extension and Rural Development and 25.8% from Crop Protection and Environmental Biology, indicating that respondents were selected from Agriculture related field and could have a better

understanding of food inflation. Furthermore, majority (86.7%) practice Christianity while 12.5% practice Islam, suggesting that religion-based coping mechanisms (e.g., prayer, faith in divine provision and occasional distribution of food items) might play a role in how students manage the psychological effects of food inflation which is in line with the study of Buckley (2021) that students who are involve in religious communities will be able to cope well during food inflation. The year of study shows that 26.7% of respondents were in 500 level and 22.5% were in 400 level, implying that they are more likely to have experienced changes in food prices over time, affecting their perception and coping strategies. Additionally, the distribution of respondents' place of residence indicated that more than half of respondents reside in the hall, 41.7% of respondents reside off-campus and 0.8% of

respondents reside with family which indicates that most respondents reside in the hall, suggesting that food may be more expensive from food vendors than food prepared at home which may inform their decisions to adopt cost-cutting strategies to food inflation. In addition, majority (86.7%) of respondents' source of income is from parent/guardian, implying that most respondents depend on parents for upkeeps and feeding, which is in line with the findings of Adamu, Babatimehin and Adeoye (2024) that parents, guardians or caregivers are compelled to giving more pocket money to their wards who are in the universities as a result of taking care of their unending needs. The mean income is ₦20,693.33±₦18372.109, implying that most respondents are low monthly income earners as they depend on what is given by parents or guardians for survival.

Table 1: Personal characteristics of respondents

Variables	Frequency	Percentage (%)	Mean	SD
Age				
16-20	45	37.5	21.33	±3.013
21-24	62	51.7		
25-28	12	10.0		
29-32	1	0.8		
Department				
AERD	35	29.2		
ANS	54	45.0		
CPEB	31	25.8		
Sex				
Male	43	35.8		
Female	77	64.2		
Religion				
Christianity	104	86.7		
Islam	15	12.5		
Others	1	0.8		
Year of study				
100 level	20	16.7		
200 level	20	16.7		
300 level	21	17.5		
400 level	27	22.5		
500 level	32	26.7		
Place of Residence				
Hall	69	57.5		
Off-Campus	50	41.7		
With Family	1	0.8		
Source of income				
Self-sponsored	16	13.4		
Parent/guardian	104	86.7		
Monthly Income (₦)				
<10,000	22	68.3	₦20,693.33±₦18372.109	
10000-20000	27	22.5		
20001-40000	33	4.2		
40001-100000	31	3.3		
100001 and above	7	1.7		

Source: Field Survey, 2024

Perception of respondents on food inflation

Table 2 shows that 41.7% of respondents strongly agreed that food inflation refers to the rising cost of food items over time and exchange rate affects the price of imported food. Also, 57.5% agreed that reduced agricultural productivity and high transportation costs contribute to food inflation. Likewise, 46.7% of respondents also agreed that insurgency contributed to food inflation and food inflation affects the prices of other essential items. These implies that a significant proportion of respondents have a better understanding of what

food inflation is and its underlying causes due to their level of exposure, education and probably field of study. Furthermore, the categorisation of respondents on perception about food inflation shows that 64.0% had unfavourable perception towards food inflation which implies that respondents are not pleased with the impacts and long-term effects of food inflation. This is in line with findings by Baldelamar *et al* (2024) that students demonstrated remarkable adaptability in coping with inflation due to their adequate awareness.

Table 2: Perception of respondents on food inflation

Statement	SA	A	N	D	SD
Food inflation refers to the rising cost of food items over time	41.7	50.0	2.5	3.3	2.5
Food inflation affects the prices of other essential food items	44.2	45.8	3.3	2.5	4.2
Food inflation reduces purchasing power	30.0	56.7	5.0	5.0	3.3
High transportation costs contribute to food inflation	38.3	50.8	5.0	2.5	3.3
Exchange rate affects the prices of imported food	40.0	50.8	5.8	0.8	2.5
Supply chain disruptions contribute to food inflation	20.0	56.7	20.8	0.8	1.7
Global events, COVID-19 pandemic has contributed to food inflation	18.3	47.5	26.7	7.5	0.00
Reduced agricultural production contributes to rising food prices	32.5	57.5	6.7	2.5	0.8
Insurgency has contributed to food inflation	41.7	46.7	6.7	3.3	1.7
Food inflation increases the risk of food insecurity	30.0	46.7	17.5	5.0	0.8
Ukraine-Russia war contributed to food inflation	7.5	31.7	43.3	16.7	0.8

Source: Field survey, 2024

Table 3: Categorisation of perception of respondents on food inflation

Categorisation	Frequency	Percentage	Minimum value	Maximum value	Mean ±SD
Unfavourable (15.0-44.36)	64.0	53.3	15.0	55.0	44.36±6.310
Favourable (44.37- 55.0)	36.0	46.7			

Coping strategies of respondents to food inflation

Table 4 reveals that respondents always plan meals carefully to minimise food waste (\bar{x} =4.20), they also prepare meals at home rather than eating outside (\bar{x} =4.16), prioritise essential food items over luxury foods (\bar{x} =3.97) and often compare prices at different stores to find the cheapest options (\bar{x} =3.85). This implies that students are adopting

cost-effective methods to manage food inflation while also actively managing limited resources by reallocating budgets and seeking cheaper alternatives. This is in line with the findings of Elias *et al* (2023) that the most used coping strategies to food inflation among students are those that help reduce spending of money such as eating fewer meals and food pooling.

Table 4: Coping strategies to food inflation

Statement	Never	Occasionally	Always	Mean	SD
Planning meals carefully to minimise food waste	0.00	22(18.4)	98(81.7)	4.20	0.77
Preparing meals at home rather than eating outside	1(0.8)	19(15.8)	100(83.3)	4.16	0.83
Prioritising essential food items over luxury foods	3(2.5)	28(23.3)	89(74.1)	3.97	0.93
Comparing prices at different stores to find the cheapest options	4(3.3)	30(25.0)	86(71.7)	3.85	1.05
Prioritising food expenses over other essentials	3(2.5)	40(33.3)	77(64.2)	3.75	1.05
Avoiding social gatherings that involve spending on food	14(11.7)	68(56.6)	38(31.6)	2.88	1.10
Skipping meals or eating less due to cost	17(14.2)	65(54.1)	38(31.7)	2.87	1.19
Participating in food-sharing programs	28(23.3)	76(63.3)	6(13.3)	2.28	1.02
Purchase of less nutritious food	20(16.7)	93(77.5)	7(5.8)	2.33	0.82
Purchasing food stuff on credit	85 (70.8)	32 (26.7)	3 (2.5)	1.43	0.76

Source: Field survey, 2024

Psychological effects of food inflation on respondents

Table 5 shows that for stress, 45.0% and 44.2% agreed that they are overwhelmed by the effects of food inflation on their budget and worrying about running out of food before the next income. Also, 32.5% of respondents agreed that they find it difficult to cope with the stress of buying enough food and 20.8% disagreed that they feel pressured to skip meals to save money. For anxiety, 35.8% of respondents disagree that they worry about not being able to afford food in the future and 36.7% affirmed not being able to buy healthy food. Also, for emotional toll, 51.7% of agreed that they feel discouraged by financial strain and 34.2% have a reduced sense of loss due to reduced food options. This indicates that food inflation imposes significant stress and anxiety on the respondents, affecting their financial stability and well-being. The inability to cope with rising food costs may lead to increased stress levels and increased emotional toll which have

been linked to poor mental health, reduced academic performance and unhealthy coping strategies such as meal skipping. This corroborates the findings of Ciciurkaite and Brown (2022) that food inflation is linked with diminished psychosocial coping resources, resulting in more psychological distress. The grand mean values of each domain: anxiety ($\bar{x}=2.96$), stress ($\bar{x}=3.39$) and emotional toll ($\bar{x}=2.99$) reveal that stress has the highest mean which shows that stress has a stronger effect, followed by emotional toll and anxiety. These findings suggest that food inflation contributes to stress among respondents which may add to other stress experienced in other areas of their lives especially educational stress, leading to feelings of helplessness, social withdrawal and academic failure. This is in line with Brakespear and Cachia (2021) that social isolation and loneliness have profound impact on adolescents' health including increasing the risk of mental health issues such as stress and anxiety.

Table 5: Psychological effects of food inflation on respondents

Statements	SA	A	N	D	SD	Mean	SD
Stress							
I feel overwhelmed by the effect of food inflation on my budget	22(18.3)	54(45.0)	29(24.2)	11(9.2)	4(3.3)	3.66	0.99
I worry about food expenses more than other expenses in my life	17(14.2)	46(38.3)	36(30.0)	14(11.7)	7(5.8)	3.43	1.06
I find myself unable to cope with the stress of buying enough food	11(9.2)	39(32.5)	32(26.7)	28(23.3)	10(8.3)	3.11	1.12
Rising food costs make me feel unable to handle my finances well	16(13.3)	51(42.5)	26(21.7)	21(17.5)	6(5.0)	3.42	1.08
I often feel my efforts to manage food expenses are not making a difference	11(9.2)	49(40.8)	29(24.2)	24(20.0)	7(5.8)	3.27	1.07
I often worry about running out of food before the next income comes in	25(20.8)	53(44.2)	14(11.7)	20(16.7)	8(6.7)	3.56	1.19
I often feel pressured to skip meals to save money	19(15.8)	45(37.5)	20(16.7)	25(20.8)	11(9.2)	3.30	1.23
Grand Mean						3.39	
Anxiety							
I worry frequently about my inability to afford food in the future	6(5.0)	19(15.8)	33(27.5)	43(35.8)	19(15.8)	2.58	1.01
The thought of not being able to buy healthy food worries me	6(5.0)	44(36.7)	34(28.3)	26(21.7)	10(8.3)	3.08	1.12
I feel restless due to food concerns	4(3.3)	25(20.8)	36(30.0)	43(35.8)	12(10.0)	2.72	1.21
I become easily annoyed or irritable when thinking about food prices	11(9.2)	56(46.7)	23(19.2)	20(16.7)	10(8.3)	3.32	1.03
I find it difficult to concentrate on my studies due to food related worries	12(10.0)	24(20.0)	16(13.3)	53(44.2)	15(12.5)	2.71	1.11
I feel uneasy about the uncertainty of food prices	13(10.8)	55(45.8)	27(22.5)	20(16.7)	5(4.2)	3.42	1.06
I feel fearful of not being able to afford food during exam periods	6(5.0)	36(30.0)	28(23.3)	37(30.8)	13(10.8)	2.88	1.10
Grand Mean						2.96	
Emotional toll							
I feel emotionally drained by the constant rise in food prices	4(3.3)	46(38.3)	34(28.3)	24(20.0)	12(10.0)	3.05	0.91

Statements	SA	A	N	D	SD	Mean	SD
I feel frustrated when I cannot afford to buy nutritious food	9(7.5)	49(40.8)	26(21.7)	27(22.5)	9(7.5)	3.18	1.06
I feel discouraged by the financial strain that food prices place on me	8(6.7)	62(51.7)	26(21.7)	18(15.0)	6(5.0)	3.40	1.10
I feel a sense of loss due to reduced food options	9(7.5)	41(34.2)	31(25.8)	33(27.5)	6(5.0)	3.12	0.99
I feel withdrawn from social activities due to food affordability concerns	3(2.5)	20(16.7)	44(36.7)	45(37.5)	8(6.7)	2.71	1.06
I feel embarrassed about not being able to afford food with friends on campus	5(4.2)	21(17.5)	27(22.5)	51(42.5)	16(13.3)	2.57	1.12
I feel frustrated when searching for affordable food options on campus	7(5.8)	33(27.5)	35(29.2)	32(26.7)	13(10.8)	2.91	1.08
Grand Mean						2.99	
Overall mean = 3.11							

Field survey, 2024

Well-being status

Table 6 reveals that 65.0% agree that they feel that they have enough energy to manage their responsibilities, 56.7% agree that they are able to perform their daily activities without physical discomfort and 30.0% agree that they are tired or fatigued most of the time. This implies that while physical well-being is relatively good for many, fatigue persists among a notable portion of the respondents. For mental and emotional well-being, 65.0% agree that they feel optimistic about their future, 58.3% agree that they feel good about themselves and their abilities, 62.5% agree that they are able to find moments of happiness and contentment each day. This implies that majority of respondents maintain a positive outlook about themselves. For social well-being, 62.5% agree they

have meaningful relationships that enhance their well-being, 62.5% agree that they feel respected and valued by others regardless of financial status and 49.2% agree that they feel a sense of belonging in their social environment. This implies that the majority of the respondents have a strong social network and capital.

Table 7 reveals that 51.7% of respondents have low wellbeing status which implies that respondents' well-being has been affected due to food inflation. This may contribute to their psychological distress, challenges and overall mental, social and physical health. This is in tandem with Jackson *et al* (2025) that food inflation contributes to mental and emotional health challenges of students in Hungary.

Table 6: Respondents' well-being status

Statement	SA	A	N	D	SD	Mean	SD
Physical well-being							
I am able to perform my daily activities without physical discomfort	7(5.8)	8(6.7)	14(11.7)	68(56.7)	23(19.2)	3.77	1.03
I feel tired or fatigued most of the time	11(9.2)	33(27.5)	34(28.3)	36(30.0)	6(5.0)	3.06	1.07
My physical health limits my social activities	6(5.0)	24(20.0)	24(20.0)	52(43.3)	14(11.7)	2.63	1.08
My diet provides me with the necessary nutrition to stay healthy	2(1.7)	5(4.2)	40(33.3)	57(47.5)	16(13.3)	3.67	0.82
<i>Grand Mean</i>						3.38	
Mental and emotional well-being							
I feel optimistic about my future	4(3.3)	5(4.2)	24(20.0)	78(65.0)	12(10.0)	4.06	0.99
I am generally able to stay calm and relaxed under pressure	1(0.8)	12(10.0)	24(20.0)	58(48.3)	25(20.8)	3.78	0.92
I feel good about myself and my abilities	0.00	6(5.0)	14(11.7)	70(58.3)	30(25.0)	4.03	0.76
I feel in control of my emotions even during stressful times	0.00	10(8.3)	32(26.7)	58(48.3)	20(16.7)	3.73	0.84
I feel I can handle uncertainties	-	3(2.5)	43(35.8)	57(47.5)	17(14.2)	3.73	0.73
I am able to concentrate on my studies without distractions	1(0.8)	11(9.2)	31(25.8)	63(52.5)	14(11.7)	3.65	0.84
<i>Grand Mean</i>						3.85	

Statement	SA	A	N	D	SD	Mean	SD	
Social well-being								
I feel like an important part of my social circle	1(0.8)	6(5.0)	25(20.8)	67(55.8)	21(17.5)	3.84	0.80	
I have meaningful relationships that enhance my well-being	1(0.8)	1(0.8)	15(12.5)	75(62.5)	28(23.3)	4.07	0.68	
I feel a sense of belonging in my social environment	0.00	4(3.3)	30(25.0)	59(49.2)	27(22.5)	3.91	0.78	
I am comfortable discussing my challenges with those close to me	0.00	16(13.3)	37(30.8)	47(39.2)	20(16.7)	3.59	0.92	
I participate in social activities	3(2.5)	7(5.8)	50(41.7)	51(42.5)	9(7.5)	3.47	0.82	
I feel respected and valued by others regardless of financial status	2(1.7)	1(0.8)	16(13.3)	75(62.5)	26(21.7)	4.02	0.73	
I feel that social connections have remained strong despite my challenges	0.00	3(2.5)	35(29.2)	60(50.0)	22(18.3)	3.84	0.75	
<i>Grand Mean</i>							3.82	

Source: Field survey, 2024

Table 7: Categorisation of well-being of respondents

Categorisation	Frequency	Percentage	Minimum value	Maximum value	Mean +S.D
Low (36.0 -70.59)	62.0	51.7	36.0	95.0	70.59±8.602
High (70.60 – 95.0)	58.0	48.3			

Field survey, 2024

Hypothesis testing

Personal characteristics of respondents and the well-being of respondents

In Table 8, a significant relationship exists between sex ($\chi^2=43.79$), religion ($\chi^2=150.60$) and the wellbeing of respondents. This suggests that male and female students experience different financial pressures, social expectations and psychological stressors which is in line with findings

by Roke *et al* (2025) that differences occur in the financial stress experienced by both males and females. Students belonging to religious communities may benefit from spiritual coping mechanisms and community-based assistance which is in line with findings by Buckley (2021) that religious organisations always serve as a source of succor in providing food items for their members as need arises.

Table 8: Relationship between personal characteristics and the well-being of respondents

Variables	χ^2	df	p-value	Decision
Sex	43.787	1	0.050	Significant
Religion	150.60	3	0.000	Significant
Source of Income	70.639	2	0.164	Not Significant

Relationship between perception of food inflation and the wellbeing of respondents

The result on Table 9 shows that significant relationship exists between respondents' perception of food inflation ($r=-0.377$) and wellbeing status. This implies that the respondent's food inflation perception significantly influences their wellbeing

status. A favourable perception will lead to an increase in their well-being. This is in line with findings by Olufemi-Phillips *et al* (2024) that those with a better understanding or acceptance of food inflation cope more effectively.

Table 9: Relationship between perception of food inflation and wellbeing of respondents

Variable	r-value	p-value	Decision
Perception of food inflation	0.377	0.000	Significant

Source: Field Survey, 2024

CONCLUSION AND RECOMMENDATIONS

Students of Agriculture, University of Ibadan, experienced low well-being status with majority having an unfavourable perception about food inflation. Planning and preparation of meals personally were the most employed coping

strategies to food inflation though it came with stress. The study recommends that stakeholders like religious organisations should provide subsidised food options within campus markets to reduce stress caused by inflation and to ensure that students have better wellbeing.

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