COPING STRATEGIES OF VULNERABLE HOUSEHOLDS FOR SUSTAINABLE LIVELIHOODS: A CASE STUDY OF SINAZONGWE DISTRICT IN ZAMBIA

by

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__________________________ 14\textsuperscript{th} June, 2012.
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(Mr M M Sepiso)
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DEDICATION

I dedicate this dissertation to my beloved children – Maurice, Joseph, Joshua and Mukela (junior) - for their unwavering support during my study, especially for the photocopying and binding errands they did so willingly.
SUMMARY

This dissertation explores the plight of vulnerable poor households in Sinazongwe district of Zambia. It determines nature of their vulnerability and identifies commonly used coping strategies. It also identifies different types of livelihood strategies and assets available and accessed by vulnerable poor households to create sustainable livelihoods.

Study design used qualitative and participatory paradigms, involving variety of data collection techniques and tools such as key informant interviews and focus group discussions.

The study identified several factors impacting on vulnerable poor households, their response strategies and perceived potential sustainable livelihoods. Drought and flash floods destroyed livelihoods of poor households from which they often failed to recover. Vulnerable poor households possessed fewer assets and less diversified sources of income and often lacked back up resources in times of hardship. Livestock rearing, fishing and irrigation-supported gardening were identified as possible sustainable livelihoods for vulnerable poor households in Sinazongwe, to recover and become resilient.

KEY TERMS USED IN THE DISSERTATION

The following terms are frequently used in this dissertation:-

Coping strategies; vulnerable poor households; sustainable livelihoods; vulnerability factors; assets; participatory approaches; study participants; case study; fieldwork; social maps.
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<table>
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<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>AIDS</td>
<td>Acquired immune deficiency syndrome</td>
</tr>
<tr>
<td>ALIFOSEP</td>
<td>Alternative Livelihoods and Food Security</td>
</tr>
<tr>
<td>CDRCN</td>
<td>Citizens’ Disaster Response Centre and Network</td>
</tr>
<tr>
<td>COMESA</td>
<td>Common Market for Eastern and Southern Africa</td>
</tr>
<tr>
<td>CSO</td>
<td>Central Statistical Office</td>
</tr>
<tr>
<td>CVA</td>
<td>Capacities and Vulnerabilities Analysis</td>
</tr>
<tr>
<td>DFID</td>
<td>Department for International Development</td>
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<tr>
<td>FGD</td>
<td>Focus group discussion</td>
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<tr>
<td>GDP</td>
<td>Gross Domestic Product</td>
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<tr>
<td>GRZ</td>
<td>Government of the Republic of Zambia</td>
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<tr>
<td>HIPC</td>
<td>Highly Indebted poor countries</td>
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<tr>
<td>HIV</td>
<td>Human immune-deficiency virus</td>
</tr>
<tr>
<td>HLS</td>
<td>Household livelihood security framework</td>
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<tr>
<td>IFAD</td>
<td>International fund for agricultural development</td>
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<td>IFRC</td>
<td>International Federation of Red Cross and Red Crescent Societies</td>
</tr>
<tr>
<td>IMF</td>
<td>International Monetary Fund</td>
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<tr>
<td>JICA</td>
<td>Japan international cooperative agency</td>
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<tr>
<td>KDF</td>
<td>Kaluli Development Foundation</td>
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<tr>
<td>LCMS</td>
<td>Living conditions monitoring survey</td>
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<tr>
<td>MAFF</td>
<td>Ministry of Agriculture, Food and Fisheries</td>
</tr>
<tr>
<td>MCDSS</td>
<td>Ministry of Community Development and Social Services</td>
</tr>
<tr>
<td>MFI</td>
<td>Micro finance institutions</td>
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<tr>
<td>MOFNP</td>
<td>Ministry of Finance and National Planning</td>
</tr>
<tr>
<td>MOH</td>
<td>Ministry of Health</td>
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<tr>
<td>OVC</td>
<td>Orphans and vulnerable children</td>
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<tr>
<td>SADC</td>
<td>Southern African Development Community</td>
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<tr>
<td>SAP</td>
<td>Structural Adjustment Programme</td>
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<tr>
<td>SLA</td>
<td>Sustainable livelihoods approach</td>
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<tr>
<td>UNDP</td>
<td>United Nations Development Programme</td>
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<tr>
<td>Abbreviation</td>
<td>Full Form</td>
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<tr>
<td>UNICEF</td>
<td>United Nations Children’s Fund</td>
</tr>
<tr>
<td>US$</td>
<td>United States dollar</td>
</tr>
<tr>
<td>USAID</td>
<td>United States agency for international development</td>
</tr>
<tr>
<td>ZCSO</td>
<td>Zambia Central Statistical Office</td>
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<tr>
<td>ZDHS</td>
<td>Zambia Demographic Health Survey</td>
</tr>
<tr>
<td>ZDMMU</td>
<td>Zambia Disaster Management and Mitigation Unit</td>
</tr>
<tr>
<td>ZMK</td>
<td>Zambian Kwacha</td>
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<tr>
<td>ZRCS</td>
<td>Zambia Red Cross Society</td>
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<tr>
<td>ZVAC</td>
<td>Zambia Vulnerability Assessment Committee</td>
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