

EFFECTS OF HUNGER ON PERFORMANCE OF
CHILDREN AGED 4-5 YEARS IN KATANGI
ZONE; YATTA DISTRICT

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ABSTRACT

The researcher carried out a study on effects of hunger on performance of children aged 4-5 years in Katangi Zone, Yatta District. The way the child is fed affects more cognitive development of the child especially during the early years.

The researcher intended to find out causes and effects of hunger on performance of children. She also wanted to establish solutions of hunger in young children in her area of study.

The research used quantitative approach and a survey design was employed.

Purposive sampling was used to pick three schools which were accessible and nearer to the researcher.

The researcher collected the information using questionnaires, interviews and observation check list. The information collected was analyzed using tables and percentages. The same information was presented in pie-charts and graphs.

The major findings were that children performance is hindered by hunger.

Creativity and imagination was poor due to hunger.

The researcher recommended that feeding programmes should be introduced in schools as well as starting income generating activities in schools and within the community.