

Impact of Food Price Increments on the Well-being of Bingham University Students

Obisesan Oyindamola Stephanie*, Ogundare Ifeoluwa Elizabeth, Moses Ifeoluwa Deborah, Maduba Divine Chikadibia, Ifeoluwa Ezeanyaso Love, Nuhu Ankale Hassan, Joy Dogo

Department of Community Medicine and Primary Health Care

*Corresponding Author

ABSTRACT

Introduction: Food price inflation is a growing concern globally, with vulnerable groups such as university students being disproportionately affected due to limited financial resources. Bingham University, located in Karu, Nigeria, has witnessed rising food costs, which has significantly impacted students' nutritional intake, mental health, and academic performance. This study investigates how rising food prices affect the well-being of Bingham University students. It focuses on the impact on food choices, financial stability, stress levels, and academic performance. The findings highlight a strong link between increased food costs and student hardship, calling for university intervention to ease the burden.

Objectives: The objective of the study is to examine how food inflation influences students' dietary choices among Bingham University students. The research also focuses on how the sudden economic shift impacted Bingham University students' financial and emotional well-being, as well as the relationship between food prices and Bingham University students' academic and mental performance.

Methodology: A cross-sectional survey was carried out using stratified multistage sampling across five faculties. Data was gathered through structured questionnaires, both online and in person. Descriptive statistical tools were used to identify key patterns and associations.

Results: Most students (90.4%) noticed food price increases, with 78.7% viewing them as excessive. As a result, 51.4% reported eating less, and 70.4% admitted skipping meals due to financial stress. About 58.7% said the situation affected their academic performance, while 73.8% experienced mood or energy level changes. Coping strategies included budgeting (52.7%), eating cheaper, less nutritious foods (38.4%), and seeking help from peers.

Conclusion: The rise in food prices is adversely affecting students' nutrition, mental health, and academic outcomes. Although some coping mechanisms exist, they are inadequate. The study recommends immediate institutional support such as food subsidies and expanded student welfare programs.

