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INTRODUCTION

Basic needs are the major measurements in pure poverty around developing countries. Basic needs define the full minimum resources of necessary long-term and physical well-being within normal terms of good consumptions. In this essay I will explain and define basic needs and wants and also give examples of each. I will then also explain the challenges that affect the access to satisfy these basic needs, and lastly I will provide my own point of views based on the information and I will also summarise the arguments of the topic.

BASIC NEEDS AND WANTS

“Basic needs are the basic requirements that one needs in order to survive, they also consist of materialistic needs and the spiritual ones” (Wang 2011). Wants are things one does not have and normally wants to have them just to satisfy themselves for that little moment.

Basic needs are the things one cannot live without, for instance water that helps us quench our thirst, prepare food, wash and clean. Basic needs can also be defined as the need for clothes, nobody deserves to walk the streets without clothes on. Shelter is also one of the basic needs that one cannot live without, everyone needs and is **initialled** to a roof over their heads. Imagine having to sleep under a bridge in cold winter nights, I clearly do not wish that for anyone. According to Ndlovu, Ndlovu, Makhubedu, Sentime, Maphosa, Mazibuko, du Plessis and Zulu (2017:43) basic needs are interpreted in different ways, because they are views as objectives in terms of minimum specified quantise. Wang (2011) also states that basic needs are also defined by the love between couples, the love between families and the love amongst friends.

Individual's wants are the desires of what one would love to have, they are also the satisfaction of many activities. Having a luxurious life, wants to own popular brands such as Nike, Gucci, Prada , Channel and many more brands are the things that catch the desire of many people.

“Wants often depend on a person's environment, upbringing, background and viewpoints” (Price 2016). It is obvious that we need food to live but the choices we make on what we want to eat also leans towards the desires of wants. We also cannot blame or say it is wrong to have such desires for something you really like, because according to Wang (2011) some people actually have the money and can afford to satisfy themselves, because somehow these people enjoy the alcohol life, having fabulous cars, jewellery and any other things they can afford.


Challenges that affect people access to opportunities to satisfy their basic needs.

Poverty

The inability to afford basic human needs such as health care, clean water, nutrition, education, clothing and shelter are, and can be defined as poverty. According to Ndlovu et al. (2017:43) poverty means the insecurity, powerlessness and exclusion of an individual household and communities, it also means susceptibility to violence and it often implies living on a marginal or fragile environments without access to clean water or sanitation. Poverty is explained by using three different concepts, such as absolute poverty, moderate poverty and relative poverty. However as stated by Ndlovu et al. (2017:79) Landman, Bhorat, van der Berg and van Aardt (2003) mention that poverty can also be shown to us in terms of degrees and severity. ↗

To further explain the concepts absolute poverty, according to Ndlovu et al. (2017:79) signifies that households are incapable of meeting certain basic needs to survive. This is because they are chronically hungry, side-lined to the access of health care, they also lack the amenities of clean drinking water and sanitation and cannot afford education for their children. This normally happens because sometimes most of them lack primitive shelter and the day to day basics such as food, waters and clothes. Moderate poverty “is the condition of life where by basic needs are met, but just not barley” (Ndlovu et al. 2017:79). Relative poverty is the maximum income level in a household, but is below a given proportion of average national income. It also means that one may lack all necessary resources that would enable them to compete in the normal and desirable patterns of life that prevail within a given society at a given time. ↗

Miller and Spoolman (2018:17) stated from the World Bank that about one of every three people, or 2.6 billion people, struggle to survive on the small income they receive. In addition to that he also explains that about 1 billion people live in extreme poverty and also struggle to survive on the equivalents of less than \$1.25 a day. “Poverty causes a number of harmful environmental and health effects ,because these people are so desperate for short term survival that they do not even worry about long term environmental quality or living sustainably” (Miller and Spoolman 2018 :17). ↗

Section 27(1) (1996:10) of the constitution states that everyone has the right to have access to health care services, including reproductive health care, sufficient food and water, and social security, including if they are unable to support themselves and their dependents with appropriate social assistance. ↗ 

Food (Hunger and Nutrition)

“If there was a lack of food or extreme shortage in food the whole generation of humankind would be wiped out” (Ndlovu et al. 2017:46). This is because food is a basic need and without this may cause many determinants of hunger, which are social, political, economic and environmental. ↗

These social determinants of hunger are according to Ndlovu et al. (2017:47) caused by individuals making decisions on wanting to lose weight or taking decisions based on religion. Often the hunger of this type is not caused by shortage of food but by choice of individuals. The level of hunger is food insecurity, caused by political, economic or environmental issues, it is way different from social hunger and it is also not physical pain but it is rooted as underlying issues. ↴

The shortage of food and social determinants of hunger can lead to the following. Undernutrition defined as being underweight or having the lack of proper nutrition. It is also the outcome of insufficient food intake and repeated infectious diseases. Miller and Spoolman (2011:181) also states the undernutrition people are those who cannot grow or buy enough food to meet their basic energy needs and suffer from chronic undernutrition, or hunger.

Malnutrition declared as the problem of physical or mental development. Malnutrition is when you are eating a diet that has too many nutrients or lacks certain nutrients. ↴

Over nutrition occurs when food energy intake exceeds energy use and causes excess body fats. This happens when you eat too many fat calories, and when you do not exercise regularly. Over nutrition is also when a person is overfed this can lead to lower life expectancy, more diseases and illness. Furthermore, Miller and Spoolman (2011: 182) explain how over one billion people have health problems all because they do not get enough food, and how over 1.6 billion people face health problems from eating too much excess foods. ↴

Literacy

Having the ability to read, write and understand what you are reading has become a huge and important concept in the world. As Ndlovu et al. (2017:50) stated that, there are various reasons to low literacy levels, the simplest reason of all is an inability to finance themselves through school, and in any developing countries a lot of people struggle to manage and balance their basic needs. ↴

“In the olden days the reason behind children not attending was very different because globally these were associated with poverty, social exclusion, living in rural areas or even worse girls were denied the opportunity to education because they were later going to marry into other families” (Ndlovu et al. 2017:50). Today according to the South African Constitution section 29 (1) (1996:12) says that everyone has the right to basic education and also has the right to further their education, which the state, through reasonable measures, must make. ↴


“Equality includes the full and equal enjoyment of all rights and that no person may unfairly discriminate directly or indirectly or indirectly discriminate against anyone” (The South African Constitution 1996:6). ↴

Water and Sanitation.

The direct link here is water and sanitation services. According to Gleick (1996:84) extensive research has shown that clear health advantages of access to adequate sanitation facilities and protecting drinking water from bacterial and viral agents of diseases. The disposal of human waste can **very** dangerous to those exposed to it on a daily basis, because once they are not controlled, the unsanitary condition can lead to ill-health and immediate death. ↗

Ndlovu et al (2017:52) states that adequate and safe water are important for human health and well-being, as well as economic production, and sustainable development. Drink safe clean water is a basic human right but because so many people are literate they lack the knowledge on terms of how to have and drink clean water, and many of them do not have access to safe adequate drinking water and sanitation. Currently South Africa is a water-scarce country and according to Ndlovu et al. (2017:52) having adequate drinking water for everyone is a difficult objective to achieve, because when the government introduced the **Free Water** policy many municipalities faced drastic challenges because they failed to roll out the process and many of them did not have financial resource to start everything. ↗

Work and employment.

Unemployment has become a huge crisis in our country, and having job has become the most required basic need. When an individual does not have a job and also lives far from family members that person is at a high risk of being exposed to poverty, because firstly he/she does not have a job, does not have a permeant roof over their head, nor does that person have money to buy food, clothes, pay for education neither does that person have the correct basic needs such as water and sanitation. As a result people need to push themselves to do better in life, finish their studies and make sure they do well so that they can make sure secure great jobs and make sure they avoid poverty by all means ↗ 


Point of views

After reading and understanding the concepts of basic needs and wants it gave a better view of seeing and understanding that having good quality education, good water and sanitation service, good food production without being afraid that it will run short and having a proper job will help a lot of people around the country. "The MDGs were an attempt at setting international, time-bound targets for development and they have achieved some success since 2000" (Ndlovu et al 2017:16). Let us promote gender equality and empower women, ensure that our environment is sustainably developed and also eradicate extreme poverty and hunger. The sustainable development goals also came up with development agendas which encourage us to promote sustained, inclusive and sustainable economic growth, full

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and productive employment and decent work for all, ensure healthy lives and promote well-being for all at all ages (Ndlovu et al 2017:17).

Conclusion

In closing let us reduce from wanting and demanding things that do not benefit most of our daily needs. Let us stand firm together and ensure that everyone has access to affordable sustainable management of water and sanitation and end poverty in all its forms, and lastly end hunger, achieve  food security and improve equitable quality education with lifelong learning opportunities for all.

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