

## Abstract

Water resources are essential to a country's economic growth and economic development if they are effectively utilized by converting into tangible goods and varies from one resource to another and in different areas. In arid and semi important role in sustaining rural livelihoods as well as wildlife and plants and particularly in Tseikuru division, rural communities are assumed to be highly dependent on water resources for their rural livelihoods but its utilization is in dilemma. The Sub resources despite the persistent food crisis in the district over the years. The purpose of this study is to investigate the factors that affect utilization of the available water resources as a mean of improving of rural livelihoods for the rural communi investigate the challenges faced in tapping available water resources for sustainable rural livelihoods in Tseikuru division of Mwingi Sub utilization for sustainable rural livelihoods in Mwingi Sub Livelihood Framework by Scoones in conceptualizing livelihoods and rural poverty. In research design was used. was selected using simple random sampling in the three locations of Tseikuru division of Mwingi Sub The data was collected by use of questionnaires while secondary data was collected from documented materials and other research work done by other researchers. The data was percentages. support sustainable rural livelihoods and that water resources contribute very little people's livelihoods in Tseikuru division. This study also concluded that local people face numerous challenges in attempt to exploit available water resources to enhance their livelihoods such as poor government policies, lack o funds and inappropriate technology. The study recommended a number of strategies that can be adopted for effective utilization of water resources to enhance livelihoods of the local people despite the fact that these strategies have not been integrated i utilizing appropriate strategies not only for water but also for agricultural production and other alternative productive activities such as fish farming. Secondly, capacity buil that can be used for water utilization is very vital. Thirdly, this study further recommended the creation of incubation centres to enhance skills transfer for rain water harvesting and utilization. Finall recommended integration of water resource utilization strategies into the development planning for Mwingi Sub County for achievement sustainable rural livelihoods.