

# Disaster Resiliency of the Mabuseños

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## Abstract

The community has been experiencing a lot of anxiety in the midst of the pandemic that is being experienced right now. An individual who is experiencing these situations may suffer from mental health issues while others are resilient and can face life. This study investigated the level of resiliency of barangay personnel to against disaster. Four hundred sixty - nine respondents were identified and surveyed using an adapted questionnaire. Frequency count and percentage were used to determine the profile of the respondents in terms of location, age, sex, civil status, highest educational attainment, position, and monthly income. ANOVA and t-tests were used to test the differences and Pearson R for the test of the relationship.

The majority of the respondents are from Caidquid, middle-aged, female, married, college level, BHW, and Tanod, and have an average income. They were generally resilient, fairly resilient in terms of physical, and resilient in terms of psychological, emotional, social, and environmental.

**Keywords:** disaster, resiliency, emotional, environmental, psychological, social

## Introduction

Barangay personnel are considered role models for the different constituents in their respective barangay. Thus, they have to be resilient in every crisis that the community will encounter. Recently, the country has encountered a disaster that brought anxiety to different individuals causing mental health issues. It was confirmed that the crisis encompasses several stressors related to the virus and its impact on the social, occupational, and financial status of the people<sup>1</sup>. Mambusao has made many efforts to fight against disaster and this barangay personnel served in the frontline; thus, the researchers would like to find out the level of resiliency of the barangay personnel during this time of the pandemic.

This study investigated the level of resiliency of barangay personnel in the disaster. It attempted to answer the following questions:

1. What is the level of resiliency of the respondents against the disaster in terms of physical, psychological, emotional, social, and environmental?
2. Are there significant differences in the level of resiliency of the respondents against the disaster when grouped according to their profile such as location, age, sex, civil status, highest educational attainment, position, and monthly income?

Based on the foregoing objectives, it is advanced that there are no significant differences in the level of resiliency of the respondents against the disaster when grouped according to their profile such as location, age, sex, civil status, highest educational attainment, position, and monthly income.

The resilience theory argues that it's not the nature of adversity that is most important but how we face the situation<sup>2</sup>. We deal with adversity and trials in life, resilience helps us get back on track. It helps us continue life and face all the challenges.

Resilience theory, on the other hand, is defined by Masten As (2006) as the conceptual framework for understanding how some individuals can bounce back in life after experiencing an adverse situation<sup>3</sup>.

## METHODOLOGY

The study was conducted last November 2021 to April 2022. It adopted a descriptive type of research in which quantitative analysis was conducted through an adapted questionnaire.

Frequency count and percentage were used to determine the profile of the respondents in terms of location, age, sex, civil status, highest educational attainment, position, and monthly income. ANOVA and t-tests were used to test the differences and Pearson R for the test of the relationship.

## RESULTS AND DISCUSSIONS

**Level of Resiliency of the Respondents.** The majority of the barangay personnel were fairly resilient (35.40%) in terms of physical while 33% rated as resilient, 16.80% as slightly resilient, 11.50% as very resilient, and 3.20% as not resilient. This connotes that most of the respondents have reasonable resilience to disaster. Thus, they have a fair quality of life.

**Level of Psychological Resiliency.** Barangay personnel were resilient (41.80%) in terms of psychological while 24.70% rated as very resilient, 24.50% as fairly resilient, 7.90% as slightly resilient, and 1.10% as not resilient. This implies that majority of the barangay personnel can buffer or fight negative emotions of stress, can better cope with stressful events and continue to serve to their constituents.

**Level of Emotional Resiliency.** The emotional resiliency of the respondents where majority of the barangay personnel were resilient (41.20%), 27.90% rated as fairly resilient, 25.80% as very resilient, 4.30% as slightly resilient and 0.90% as not resilient. This implies that most of the respondents has the ability to respond to stressful or unexpected situations and crises.

**Level of Social Resiliency.** The social resiliency of the respondents where majority of the barangay personnel were resilient (48.40%), 25.20% rated as very resilient, 19.20% as fairly resilient, 6% as slightly resilient and 1.30% as not resilient. The results revealed that the respondents can cope with, withstand, and/or recover from disasters or any untoward incidents.

**Level of Environmental Resiliency.** environmental resiliency of the respondents where majority of the barangay personnel were resilient (39%), 27.30% rated as fairly resilient, 26% as very resilient, 6.60% as slightly resilient and 1.10% as not resilient. Thus, the respondents are ready to face whatever circumstances may happened to their environment.

**Differences in the Level of Resiliency and their Profile.** The analysis in the difference in the level of resiliency of the respondents when grouped according to their profile such as location, age, sex, civil status, sex, highest educational attainment, position and monthly income.

The findings revealed that there were no significant differences in the level of resiliency of the respondents when they were grouped according to age, sex, civil status, sex, highest educational attainment, and position. This implies that the respondents' level of resiliency was not affected by their age, sex, civil status, sex, highest educational attainment, and position. However, significant difference was found in the level of resiliency of the respondents when they are grouped based on location and income. This was supported by Kjellstrand and Harper<sup>4</sup> on their study on single mothers where results revealed that the mi-

middle- and upper-income single mothers were generally resilient.

Moreover, on the study conducted by Baldwin, et al<sup>5</sup> “when collapsed across geographical location, resilience was negatively correlated with distress and positively correlated with optimism. Dispositional optimism was negatively correlated with levels of psychological distress”.

On the other hand, the study of Youngmann and Kushnirovich<sup>6</sup> on minorities emotional well – being (EWB) provides evidence that income may be a resilience factor which buffers and compensates for the negative effect of discrimination on minorities’ EWB.

### **Conclusions**

The barangay personnel were generally resilient, fairly resilient in terms of physical and resilient in terms of psychological, emotional, social and environmental. Thus, the respondents can withstand whatever trials may come to their lives. Also, the area of residence and income can affect their way of combating trials in life.

### **Acknowledgement**

The researchers would like to extend gratitude to the Campus Administrator, Dr. Stephanie S. Pimentel and the Research Office headed by Engr. Monalyn L. Oloroso, her staffs Ms. Merry Flor Martinez and Mr. Dave Lantoria and all those who have helped conduct and finish this study.

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