Assessing and Disclosing the Perceived Level of Resilience of Disaster Affected Families in Marawi City

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Abstract
Aim: The study aimed to assess and disclose the level of perceived resilience quotient of disaster-affected families in Marawi City along these lines: self-assurance, personal vision, flexibility and adaptability, organization, problem solving, interpersonal competence, social connection, proactiveness, and overall resilience quotient.
Methodology: A descriptive research design was used to assess and disclose the perceived level of resilience quotient of disaster-affected families in Marawi City. Also, to reveal the areas in which the affected family requires assistance and to educate individuals in the same situation on how to overcome it. The respondents of this study were four hundred twenty-four (424) family members who were randomly selected to be part of this study, especially those who are affected and live in an IDP camp in the city of Marawi. The survey questionnaires were used as data-gathering tools. The total enumeration of the respondents was used for this study.

Results: Based on the results of this study, respondents were having high Perceived Level of Resilience Quotient in all investigated areas. This means that despite that they faced some adversities during the disaster they still maintain their resilient know that things will not remain permanent forever they will bounce back and relocate to their various permanent home.

Conclusion: However, this suggests to the government and NGO's that are working with people in such dilemma to make sure they render every support needed to always maintain their resilient and provide them adequate assistant.

Keywords: Affected, Assessment, disaster, resilience, Internal displaced people

Introduction

Global sustainable development is severely hampered by the massive number of deaths and economic losses brought on by catastrophic events and climatic extremes. Human-centric knowledge on post-disaster scenarios is crucial for disaster response and recovery in order to lessen the effects of disasters. The process of adjusting to a new life is difficult for many immigrants and refugees. They frequently struggle with emotions of alienation, identity ambiguity, and meaninglessness. It can be difficult for many displaced people due to calamities that befall them. They frequently struggle with feelings of isolation, confusion over their identities, and meaninglessness. Poverty, social unrest, natural catastrophes, and breaches of human rights are all examples of the so-called push factors that tend to motivate more and more individuals to flee their homes of origin and risk their lives in order to reach elsewhere. "Push factors" refer to the favorable circumstances that compel individuals to relocate and alter their life plans. These elements include respect for human life, prosperity, better services, and political stability (Baudassé et al., 2018).

According to past research, a lot of people who do not belong to privileged groups, such highly qualified employees, must overcome enormous obstacles that might endanger their life in the event of a crisis. More than 70.8 million individuals worldwide were compelled to leave their nation due to natural or man-made disasters in 2018, according to data compiled by the UNCHR. With 200.000 each year, many European countries are among the most popular destinations for refugees. People who have been granted international protection status and have entered a host nation to seek refuge while their case is being prepared, submitted, or decided upon are known as asylum seekers. The European nations with the biggest numbers of internally displaced individuals or those who have requested asylum were mentioned, including Germany, Hungary, Sweden, Austria, and Italy (UNHCR, 2019).

Foreigners who have filed a formal request for protection and hospitality based on international accords are considered asylum seekers by the Italian government. These persons are requesting asylum because they face persecution in their home

country for a variety of reasons, including their political beliefs, membership in a certain religion or social class, their ethnicity, etc. They may have left their country because their former home turned into a dangerous conflict zone, which is another possible explanation. The majority of migrants arrive in Italy illegally since there is no special means for individuals who want to ask for asylum to enter a nation under Italian or European law, and because the asylum application must be made in the country where the person is seeking protection (Ritchie et al, 2020).

The capacity of an individual to overcome challenges and succeed after setbacks is referred to as emotional resilience. A high level of self-awareness, strong self-regulation, and a variety of other qualities are necessary for emotional resilience. Emotional resilience is threatened by elements such as stress, fatigue, a lack of social support, and negative thinking. The majority of the current emotional resilience models focus on kids, teenagers, the military, or patients. They do not account for elements influencing individuals' overall emotional resiliency (Pahwa & Khan, 2022; Crick & Bentley, 2019).

Another study by Deb & Arora (2012) found that the people with high resilience had better performance with higher resilience quotient in their endeavors, it was supported by Lanuza et al. (2020) showed substantial differences in the degree of resilience based on specialization areas.

The level of perceived resilience quotient of disaster is another area that we need to look at and speak about in terms of self-assurance, personal vision, flexibility and adaptability, organization, problem solving, interpersonal competence, social connection, proactiveness, and the overall resilience quotient. This is a similar case in terms of the above participants in this study; they fled their home town because of a man-made disaster that befell them, but the government came to their aid by making a provision for them to be relocated to a specific and safe place within the same region and same country.

In order to assess and reveal the level of perceived resilience quotient of disaster-affected families in Marawi City, the researchers of this study focused on self-assurance, personal vision, flexibility and adaptability, organization, problem solving, interpersonal competence, social connection, proactiveness, and overall resilience quotient.

Methodology

A descriptive quantitative research method was used to assess and disclose the perceived level of resilience quotient of disaster-affected families in Marawi City. Also, to reveal the areas in which the affected family requires assistance and to educate individuals in the same situation on how to overcome it. The respondents of this study were four hundred twenty-four (424) family members who were randomly selected to be part of this study, especially those who are affected and live in an IDP camp in the city of Marawi.

To get the precise number of affected families, the researchers sought authorization from Marawi City's local government through the mayor and cooperated with representatives of the city's social welfare and development and disaster risk reduction management councils. The researchers also seek the consent of the affected families to be part of the study, and at any point in time they can withdraw their consent. The researchers also made sure that the respondents were not coerced or forced to be part of this study, as the purpose of the study was explained to them. The survey questionnaires were used as data-gathering tools. The total enumeration of the respondents was used for this study. After it was distributed to the respondents, the questionnaires were recovered, examined, and validated. Using the standard score sheet, the collected data were tallied and computed. Utilizing frequency counts and percentages, the scores for each dimension were determined.

Findings and Discussions
Perceived Level of Resilience Quotient
The nine (9) resilience quotient dimensions—self-assurance, personal vision, flexibility and adaptability, organization, problem-solving, interpersonal competence, social connection, proactiveness, and overall resilience quotient—that respondents from families in Marawi City who had experienced disaster are revealed in the table below. Following are the categories for the respondents' replies based on the RQ dimension:

Table. Distribution of the perceived level of resilience of the disaster affected families in Marawi City.

| RESILIENCE QUOTIENT | LEVEL | | | | | | | | TOTAL |
| | Not Resilient | | Somewhat Resilient | | Resilient | | Very Resilient | | |
	N	%	N	%	n	%	N	%	
Self-Assurance	8	1.9	47	11.1	133	31.3	236	55.7	424
Personal Vision	11	2.6	34	8	116	27.4	263	62	424
Flexible and Adaptable	8	1.9	44	10.4	174	41	198	46.7	424
Organized	7	1.7	40	9.4	202	47.6	175	41.3	424
Problem Solver	4	0.9	58	13.7	183	43.2	179	42.2	424
Interpersonal	4	0.9	65	15.3	180	42.5	175	41.3	424

Competence Socially Connected	3	0.7	55	13	202	47.6	164	38.7	424
Proactive	8	1.9	40	9.4	160	37.7	216	51	424
Overall Resilience Quotient	6	1.4	49	11.6	210	49.5	159	37.5	424

Self-Assurance

Self-Assurance. It gauges the high degree of self-assurance required to face obstacles with optimism and grounded optimism. In terms of self-assurance, the respondents are very resilient, with 236 frequency counts, or 55.7% of the total population. The result indicates that the affected families have self-assurance that they can look within themselves for answers about what to do and how to respond when faced with challenges. They even believed that they had the knowledge, skills, and abilities to deal with the challenges.

The result confirms the statement of Cai et al (2007). that self-assurance is evident in someone when they have strong self-confidence and firmly believe in their ability to overcome the challenges that life lays at their feet.

According to Cherry (2023), self-assurance plays a critical role in resilience by enabling individuals to sustain a belief in themselves despite the challenges and setbacks that they encounter. Moreover, a central aspect of every person's life involves dealing with setbacks, challenges, tests, and struggles. Without self-assurance, setbacks become insurmountable obstacles that can overwhelm and lead to a sense of fatalism and defeat.

Personal Vision
There are many different goals that have been created by different governments to prevent catastrophes; as a result, both government and non-government organizations now have separate objectives for aiding the victims. The victims themselves put aside their own perspective in addition to the government or non-government organizations. The main objectives of a catastrophe recovery vision are as follows: to reduce disruptions to routine business. to reduce the degree of disturbance and harm. to lessen the disruption's financial effect.

In terms of personal vision, the respondents are very resilient, with 263 frequency counts, or 62.0% of the total population. This means that the affected family's personal vision is evident and brings clarity and focus to every decision and action taken. The affected families know what's important in their lives.

Thus, according to IDF (2018)., when faced with a difficult challenge, a person with a strong personal vision leans upon this vision for insight into how to respond. A vision enables an individual to filter out the unimportant and unessential and focus on what is most important. It was added that a strong personal vision strengthens a person's resilience by enabling the person to approach any setback or crisis with an overarching purpose (RQ Dimension, n.d). Their vision enables them to see their way through the current situation by staying focused on what is most important and enduring.

Flexible and Adaptable

Many people cite adaptability and flexibility as examples of their soft talents on their resumes to demonstrate their aptitude. Although some people conflate the terms adaptation and flexibility, there are really some significant differences between the two. Understanding the definitions of the terms might be helpful if you're confused which one to use at particular time.

In terms of Flexible and Adaptable, most of the respondents are Very Resilient with frequency counts of 198 or 46.7% of the total population. This means that the affected families are flexible and adaptable on the new situations they are in. They approach new situations with an open mind as to what needs to be done.

Furthermore, Resilience is a variable quality. People who are flexible, adaptable, and persistent can increase their resilience by altering specific attitudes and habits. According to research, youngsters who think they can grow their social and intellectual skills perform better and experience less stress when faced with challenges. The result conforms to Hurley (2019) statement, that flexibility and adaptability enable a person to accommodate the emerging challenges of everyday life, resilient people are more able to adjust for and accommodate each day's realities (Hansuwa et al., 2022; Pandey et al., 2019).

Learning via experience increases interaction with the informational medium and makes memorization more difficult. However, it's an effective technique since it aids in helping you commit information to memory. After all, you'll be encouraged to utilize what you learn at any moment if you have a deep connection to it (Kolb, 1984; Chi et al., 1989).

More importantly, one's life should include learning to be flexible and adaptable. One must think about locating a mentor or another person with exceptional adaptability to observe and learn from in order to do so or to accomplish that. The respondents to this survey showed more than merely adaptability or flexibility; this might be attributed to their prior life experience as the majority of them are educated notwithstanding the circumstances they encounter.

Organized

Due to the complexity of disasters, which governments alone cannot effectively manage or organize, the importance of government and non-governmental organizations (NGOs) in disaster management cannot be neglected in order to

organize and prepare for the victims of disasters, whether natural or man-made (*Disaster risk reduction & disaster risk management*. (n.d.; Behera, 2002). Extreme urbanization and climate change have made catastrophes more complicated and unexpected necessitating to organized for more cooperation and group effort among many stakeholders, including the government, private sector, non-profit organizations, and public engagement (Al-Humaiqani & Al-Ghamdi, 2023).

In terms of being organized, the respondents' responses are more resilient (202, or 47.6% of the total population). The result shows that the affected families are organized in the way they think through their actions before taking action, putting together to-do lists, and so forth.

The theory of Riopel (2019), that resilient individuals are structured and always find a way to construct whatever structure they require, uncovered and highlighted this. He also noted other traits that are typical of someone with this level of resilience, like the capacity to maintain a clear focus, a sense of certainty and stability, and other traits that help people make decisions and carry out everyday activities. Most crucially, even though they are not required to show any outward evidence of order, resilient individuals still create the internal structures and procedures that give them the concentration and assurance they require to get through the day, week, month, and so on.

Disaster Responder Stress Management. (2019) added that being organized enables a person to establish a sense of personal continuity and focus in an ever-changing and destabilizing world. Without being overly analytical or rigid, resilient people create just enough structure to enable them to find clarity and focus – especially in stressful and challenging situations.

Problem Solver

A differential evolution method that is exclusively focused on the knee point is suggested to address an issue that we face on a daily basis effectively and efficiently. The knee solution would lead the algorithm's search path. The algorithm can swiftly locate an ideal solution for creating a smooth route for decision-makers, according to the least Manhattan distance technique (Yu et al., 2021).

.In terms of problem solvers, most of the respondents are resilient (183 frequency counts, or 43.2% population). This means that the affected families must discover the root causes behind the challenges that they face and find creative solutions that provide a healthy way forward. This awareness of the bigger picture enables resilient people to recognize the limits of their own influence, leverage their insights into greater gains, and expect (and not be blindsided by) the unexpected.

Thus, according to Cicchetti (2010) being effective problem solvers enable resilient people to work their way through challenging situations by discovering the forces that have contributed to the problem or challenge and, through this discovery,

finding creative ways to both deal with the challenge directly and prevent future occurrences. Resilient people are not easily set back by difficulty. Instead, they use the insights they have gained from examining a problem or challenge to better understand how to tackle the problem.

Natural disasters will unfortunately always happen somewhere in the world. Additionally, it will be extremely beneficial for people who have already been impacted for governments and NGOs from other nations to assist in finding a solution. Analysis of a scenario-based collaborative problem in the distribution of relief supplies to people living in an IDP camp, where nongovernmental organizations can take part in relief activities with governmental organizations, will therefore go a long way to helping solve issues that may arise during a disaster.

Interpersonal Competence
Interpersonal skills are those crucial abilities used in interactions and relationships with others, often on a one-to-one basis. Many people appear to presume a capacity to communicate successfully that they do not possess, taking these talents for granted based on their interpersonal communication behavior. To acquire interpersonal competency, one must be diligent in acting morally at all times and frequently until those actions become second nature. Interpersonal abilities may be strengthened via deliberate effort, just like any other human talent. Effective interpersonal communication entails influencing the behavior of others while frequently reversing the behavior they are influencing. Every interpersonal interaction must have a purpose in order to be effective, and every effort must be taken to avoid setting up win-lose situations wherever feasible (McConnell, 2018). In terms of interpersonal competence, most of the respondents are resilient (180 frequency count), or 42.5% of the total population. The result indicates the affected families are resilient in terms of interpersonal competence, which means an individual's ability to understand and empathize with other people and their circumstances.

Interpersonal competence is important to resilience because it is through strong and interdependent relationships with others that we are able to more successfully rise to meet life's challenges. And, because building strong relationships depends upon emotional intelligence, strengthening one's interpersonal competence is central to enhancing personal resilience.

The study conducted by Buhrmester et al. (2018) provided evidence for this. The study found that interpersonal competence was correlated in predictable ways with reports of gender, social self-esteem, loneliness, and social desirability from subjects and neighbors. Initiation competence was the highest predictor of relationship happiness among new acquaintances, but emotional support competence was the strongest correlation with friendship pleasure.

Bourdon et al. (2017) shares their study which is in aligned with above study which explain that interpersonal competence, resilient people are able to transcend their personal challenges and setbacks by leveraging their relationships with others into personal insights and stronger self-confidence.

Socially Connected

The majority of respondents (202 frequency counts, or 47.6% of the population) are robust in terms of their social connections. This indicates that the impacted families have strong social ties to other groups and see them as friends. An individual's capacity to forge meaningful connections with others is referred to as being socially linked (Fadare et al., 2021; Langco et al., 2022). Such was The Canadian Mental Health Association and Canadian Psychological Association both recommend that people keep up regular positive dialogues that can foster social connection, limit their news consumption, and stay socially connected despite difficulties or challenges in their lives.

Being socially linked, however, does not need that a person has a sizable social network; it simply requires that this network be significant and encouraging. It is far preferable to have a few close friends with whom you can share your worries, stresses, opportunities, pleasures, and other experiences. This is referred to as having "skin deep" connections.

Being socially linked is crucial for resilience because, when faced with stress, trauma, change, or other adversities, people need others to "lean" on for emotional support, venting, and problem-solving. The breadth and depth of one's social connections have a critical role in one's ability to "weather the storms" of adversity, trauma, loss, and disaster. A person is more likely to be resilient the more deeply linked they are to their social network (Ellis & Dumas, 2020).

Proactive

Organizational resilience refers to an organization's capacity to not only build preventive capacity to deal with any unforeseen disruptions (i.e., the proactive aspect), but also to take the necessary and prompt actions to respond to and recover from that disruption (the reactive aspect), in order to maintain business or community continuity. Therefore, developing organizational resilience requires knowledge of both proactive and reactive skills. However, these qualities may also be seen in light of larger organizational reform projects that are undertaken in the wake of a tragedy (Jia et al., 2020).

Last but not least, the respondents (216 frequency counts, or 51.0% of the population) had very high proactivity. The outcome suggests a person is proactive, taking control of his or her own lifestyle by putting aside other people's actions, decisions, and external situations. Instead of blaming others for their situations, proactive individuals accept responsibility for their own activities.

Being proactive entails having "clear-eyed" perception of the situation one finds oneself in and then recognizing constructive actions that one can take to best protect one's interests (and, possibly, the interests of others) while working toward realistic goals given the circumstances. Becoming proactive is crucial to resilience because it is the power of the proactive mentality that allows one to forge their own path ahead when confronted with, at times, insurmountable obstacles Gray et al., 2021).

Conclusions

The above findings revealed the results of resilience quotient of the respondents residing in evacuation center, which disclosed 8 dimensions areas of the study self-assurance, personal vision, flexibility and adaptability, organized, problem solver, interpersonal competence, socially connected and proactive which were assessed using a 6-scale Likert style questionnaire. Based on the results of this study, respondents were having high Perceived Level of Resilience Quotient in all investigated areas of their lives. This means that despite that they faced some adversities during the disaster they still maintain their resilient know that things will not remain permanent for ever they will soon bounce back and relocate to their various house. This suggests to the government and NGO's that are working with people in such dilemma to make sure they render every support needed to always maintain their resilient and provide them adequate assistant.

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