

COPING AND SOCIAL SUPPORT AMONG THE SURVIVORS OF DISASTERS

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Content:

- Introduction of the study
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Introduction of the study

- Disaster and psychosocial sufferings are very well-known and survivors need specific external help and internal resources to recover.
- The internal resources are coping strategies and social support that play crucial role in recovery.
- The external support comes from the humanitarian organizations, Govt. to facilitate recovery and rebuild their life.
- In this process the internal resources of the individual, families and communities are very crucial to ensure recovery and rebuilding.

A brief review of literature

- Lack of social contacts/support caused higher mental health and adjustment problems. (Hermansson, 2002).
- Studies revealed social support and coping played important role in determining the morbidity and accepting challenges (Schlenger et al., 2002; Galea et al., 2002b, Kleber and Borm, 1992; Blair, 2000).
- Social support net work is crucial for recovery (Sattler et al., 2002; Akbiyik et al., 2004; Watanabe et al., 2004).
- Ways of coping influenced the psychological outcome of the disaster (Najarjan et al., 2001; Yang et al., 2003).
- Indian studies also reported the different pattern of coping to deal with the stress among the survivors of disaster (Narayanan, 2004; Murthy, 2004, Sekar et.al. 2002).

Methodology:

Objective: Understand how to facilitate positive coping to ensure psychosocial recovery by strengthening the social support mechanism.

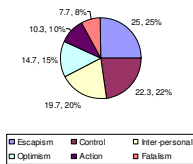
- Earthquake and riots affected areas of Gujarat selected as universe.
- Developing population frame from the beneficiary list.
- Random sampling based on inclusion criteria.
- 150 survivors from each disaster.
- Use of Family Schedule, Coping Scale (West Brooke, 1979) and Social Support Appraisal scale (Vaux, Phillips, et. al., 1986), schedule for assessment of inter-sectoral support (researcher developed)

Findings and inferences

- Coping
- Perceived social support
- Received social support

Coping strategies among survivors

Coping Strategies as the First Option



Coping strategies used...

- Interpersonal coping strategy was found to be most frequently used option by the respondents of both the disasters.
- Fatalism strategy (3.48) was found to be significantly high among the survivors of human made disaster than the survivors of natural disaster (2.78).
- Action coping strategy was significantly high among the survivors of earthquake.
- Optimism and action were found to be best coping strategies to reduce, psychological distress, disability or stress.

Inference on coping strategies

Positive coping

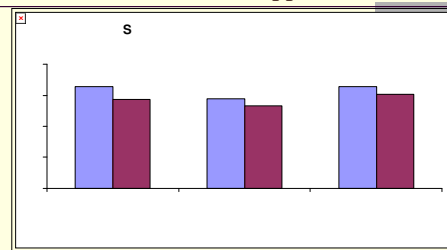
- Interpersonal coping
- Optimism
- Action strategy

Negative coping

- Escapism
- Fatalism
- Control

- Negative coping caused negative life style.
- All three negative coping patten was higher among survivors of riots
- Survivors of natural disaster adapt more positive coping,
- Optimism was mostly seen as trust and faith on God is one of the best way in dealing with problem.

Social support appraisal among survivors (Perceived support)



- The mean score of total support was 47.18 among the survivors of human made disaster and the mean score in natural disaster was 42.76.

Perceived Social Support

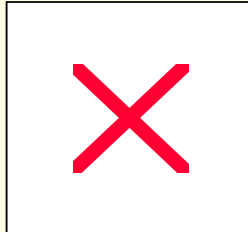
- Higher perceived social support among the earthquake survivors was largely because of wider response as considered as national calamity.
- The riots was not considered as calamity and civil society response was less.
- The rehabilitation programme were larger and community participation was high in natural disaster.
- The resource for rehabilitation was less in riots that caused internal conflicts among people.
- Break up of inter community friendship caused less support from friends or other in riots.
- Higher perceived threat in riots caused less social support as reasons for disaster was within society.

Inference on perceived social support

- Higher perceived social support reduces the stress in the daily life.
- Strong family and social relationship is maintained while the person has higher perceived support.
- Person having a subjective feelings of support also extent support to other and seek help as needed.
- Higher social support facilitating adapting positive coping and positive life style.
- Rebuilding social support mechanism after a disaster would ensure reduction in distress.

Inter Sectoral Support (ISS) among survivors (Received Support)

- This represented various rehabilitation service provision for the survivors.
- Housing, livelihood, compensation and psychosocial support was well received in both the areas
- Health care, opportunities for self-help and paralegal support was considerably less received by the survivors of riots.
- Survivors of earthquake had higher level of satisfaction with the received support.



Received social support

- Number of NGOs were less riot rehabilitation programme.
- Paralegal issues were more addressed in earthquake as those were facilitating government process.
- In riots paralegal activities were mostly against the government
- Medical care was one of the important service in earthquake, but in riots the survivors were dependent on charitable trust hospitals, managed by minority communities.
- Participating in riots rehabilitation was associated with different socio-political implication but earthquake rehabilitation was open for all.

Implications.....

- Facilitating positive coping through psychosocial support is very crucial.
- Regular interaction, opportunities for sharing and expression would enhance the possibilities to adapt positive coping.
- Enhancing opportunities for the survivors to adapt positive life style through various psychosocial intervention
- Strengthening community ownership through community mobilization process is very essential for rebuilding social support.

Implications.....

- Focus on individual and family unit should be done to promote positive coping and life style.
- Inter-sectoral support should be provided in a well-coordinated manner
- Facilitating conducive environment is important.
- Programme to be designed that promote opportunities for extending support, persons to person contacts and problem solving abilities.
- Strengthening psychosocial resources will help to achieve recovery.

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Thank you