



Experiences, Coping Style, and Concerns of BSVAWA with Super-typhoon Odette

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Abstract— This study was focused on horrible experiences during the super typhoon Odette among Bonbon Small Vendor and Worker Association (BSVAWA) members, a registered women group in Barangay Bonbon. This is an adopted Barangay where (BSVAWA) resides, located near the coastal area of Clarin. The aim of the study was to assess the experiences, coping mechanisms, and concerns with the super typhoon Odette through focus group discussion and coping style survey questionnaire. The researcher concluded the dominating shared experience were terrible fear due to very strong wind and first-time experiences of high-flooding that destroyed their homes and properties. It was concluded that the identified coping style among the BSVAWA members is the Problem-Focused Coping Style which was ranked first with a weighted mean of 3.38 described as a medium amount of coping style which was interpreted as an ideal coping mechanism for stressful situation. Result showed that the major concern of the respondents was in need of a job and livelihood for survival, and most importantly an aid to rebuild their home as one of the physiological needs and safety. The researcher recommends to create a program and activities that would help respondents on their holistic recovery from the unpleasant experience and program to mitigate stress in every natural disaster and improve their health and wellness. This will be a baseline data that will be important for the Local Government Unit of the area.

Keywords— Coping Style, super-typhoon “Odette”, Problem-Focused Coping

I. INTRODUCTION

Our thoughts and emotions are triggered by a variety of negative situations that occur in life. A devastating super typhoon named Odette struck the island of Bohol and other parts of the Philippines in the midst of the pandemic that was the CoVid 19 virus, wreaking havoc on both high- and low-land residents' quality of life. Among others, this natural disaster has an impact on lives as well as on means of subsistence. It left a lasting impression on the victims' or survivors' hearts and minds, which may have contributed to their tension, worry, or other negative psychological effects.

The typhoon Rai (local name Odette), according to information from UNHR Philippines on December 16 2021, caused landslides, storm surges, torrential rains, and

violent winds in the provinces of Surigao del Norte and Dinagat Islands in Mindanao, five provinces of Visayas, and the island of Palawan in Luzon before it left the Philippine area of responsibility on December 17[1].

Super typhoons are catastrophes that disrupt and endanger the surrounding community's way of life and livelihood due to natural, artificial, or human forces and result in fatalities, environmental harm, property loss, and psychological effects [2].

The typical reaction to every incident that causes trauma or pain to the victims is humor as a coping technique. The coping mechanism for catastrophe victims is a dynamic process of problem-solving to manage everything that threatens, and each person uses a distinct coping

mechanism. People's coping mechanisms can therefore be advantageous or disadvantageous for them.

This study focused on the Bonbon Small Vendor and Worker Association in Barangay Bonbon which was badly affected by typhoon Odette. Barangay Bonbon is our adopted Barangay where the Bonbon Small Vendor and Workers Association (BSVAWA) reside, located in the coastal area of the town of Clarin. The aim of the study to assess the experiences, coping mechanism and concerns of the group after with super typhoon Odette through focus group discussion and coping mechanism questionnaire. The result of this study will be the best avenue for possible responsive intervention for the group.

Literature Background

The disastrous super typhoon, locally known as Odette, made landfall on December 16, 2022, traversing the Philippine archipelago while bringing strong wind and heavy rain. Its effects were felt over other regions of Visayas, Mindanao, and Southern Luzon, leading to a mass exodus of the affected population and internal displacement, severe damage to shelter, infrastructure, and livelihood, as well as other water and health infrastructures in affected areas.

Disasters are a sequence of occurrences that disrupt and endanger the livelihoods and lives of the local population due to natural, artificial, or human forces and result in the loss of life, environmental harm, property loss, and psychological effects.

The study's findings suggest that the psychological effects of natural catastrophes can lead to post-traumatic stress disorder, depression, and anxiety disorders. The psychological toll of disasters is influenced by changes in interactions or physical, psychological, social situations, and material problems, so solutions are needed to lessen the psychological toll on disaster victims. People affected by disasters will experience loss, stress, and trauma that affect coping mechanisms and behavioral outcomes. People will face disruptions in their physical, psychological, social, and spiritual elements as a result of the effects of natural catastrophes [4].

According to each person's perspective, the victims' automatic response to a human catastrophe is their coping technique. A coping mechanism, as defined by psychology, is an adjustment to environmental stress that is based on conscious or unconscious decision, improves behavioral control, or provides psychological comfort.

The coping strategy will also be related to the survivors' resilience after terrible experiences brought on by natural disasters, as expressed by the respondents. The survivors'

resilience will frequently be faith-based and dependent on conventional support structures like family and community. Filipino humor and an optimistic outlook on life serve as the foundation for Filipino resilience. The lessen such burdens

According to one study, populations afflicted by natural catastrophes typically resort to self-defense measures as coping methods to endure in tense and frightening environments. The warung cagak community's strong social and familial ties, on the other hand, were a significant source of strength in coping with the issues brought on by floods and landslides, according to some findings of a study on community coping methods for social elements [5].

"Self-recovery efforts by affected communities, combined with a scaling up of government-led interventions and effective national and international humanitarian efforts, have led to a significant reduction in the level of humanitarian needs...[and] many sectors are already well into the recovery phase on the ground," the Philippines Humanitarian Country Team reported in August 2014 (nine months after the typhoon". [6]

II. OBJECTIVES

The main purpose of the study is to assess the experiences, coping mechanism and concern of BSAVWA with super typhoon Odette in Barangay Bonbon Clarin, Bohol. The study further intends that through its findings, coping mechanism are identified and prioritized, and action plan can be formulated based from the result. Specifically, the study aims to answer the following question:

1. What is the profile of the respondent?
 - a. Name
 - b. Age
 - c. Sex
 - d. Occupation
 - e. Marital Status
 - f. Educational attainment
2. What are the experienced of the respondent during the super typhoon Odette?
3. What is the coping mechanism of the respondent with super typhoon Odette in terms of
 - a. Problem-Focused Coping Style
 - b. Emotion-Focused Coping Style
 - c. Avoidant Coping Style
4. What is the Overall Coping Mechanism of the group?

5. What are their common concerns after the disastrous typhoon.

III. METHODOLOGY

This study is a mixed method research, utilizing explanatory design. This research design which first conducts qualitative and quantitative research. The researcher used descriptive survey, focus group and interview. A survey questionnaire was used to gather information on coping mechanism of the respondents (BSVAWA) following a Likert-type scale of high degree of coping mechanism (1) I haven't been doing this at all (2), A little bit, (3) A medium amount, (4) I've been doing this a lot

The Brief-COPE is a 28 item self-report questionnaire that the researchers translated into Cebuano language for the respondents' benefit and ease of comprehension. Its purpose is to assess the effectiveness of coping strategies for stressful life events. A wide definition of "coping" is an effort made to lessen the suffering brought on by unpleasant life experiences. The three subscales on the scale—Problem-Focused Coping (Items 2, 7, 10, 12, 14, 17, 23, 25), Emotion-Focused Coping (Items 5, 9, 13, 15, 18, 20, 21, 22, 24, 26, 27, 28), and Avoidant Coping (Items 1, 3, 4, 6, 8, 11, 16, 19)—can be used to identify a person's primary coping methods [7].

Scores are shown for the following 14 facets in addition to the three major subscales. Analyzing each question individually can identify adaptive

In addition, scores are also presented for each of the following facets: Active coping, items 2 & 7 (Problem-Focused), Use of informational support, items 10 & 23 (Problem-Focused), Positive reframing, items 12 & 17 (Problem-Focused), Planning, items 14 & 25 (Problem-Focused), Emotional support, items 5 & 15 (Emotion-Focused), Venting, items 9 & 21 (Emotion-Focused), Humor, items 18 & 28 (Emotion-Focused), Acceptance, items 20 & 24 (Emotion-Focused), Religion, items 22 & 27 (Emotion-Focused), Self-blame, items 13 & 26 (Emotion-Focused), Self-distraction, items 1 & 19 (Avoidant), Denial, items 3 & 8 (Avoidant), Substance use, items 4 & 11 (Avoidant), Behavioral disengagement, items 6 & 16 (Avoidant). If the scale is administered more than once results will be graphed over time, indicating the degree to which coping strategies have changed.

There were one (1) man and twenty-nine (29) women participated in the survey. The responses in the survey were analyzed using weighted mean and standard deviation. For the qualitative approach, the researchers also conducted a focus group discussion (FGD) with the

group. All responses of the participants were recorded using pen and paper. The participants of the FGD were one (1) teacher, and twenty-nine (29) BSVAWA members. The quantitative data were analyzed and interpreted combined with the responses gathered in the FGD and interview.

IV. RESULTS AND DISCUSSION

The research explores how the BSVAWA members particularly resident of Bonbon Clarin Bohol in coastal area perceive calamities and face the wrath and aftermath of these disasters. Particularly, the study looks into the (1) experiences (2) coping styles (3) concerns of BSVAWA in the face of disasters. Further analysis is made by categorizing the statements of the respondents into themes that generalize the responses of the group.

Table 1: Profile of the Respondents

Profile	Frequency	Percentage
Age		
74-83	1	3.3
64-73	1	3.3
54-63	5	16.7
44-53	8	26.7
34-43	9	30.0
24-33	6	20.0
Sex		
Male	1	3.3
Female	29	96.7
Occupation		
Housewife	22	73.3
Housekeeper	2	6.7
BHW	2	6.7
Self-employed	1	3.3
Barangay Secretary	1	3.3
Barangay Utility worker	1	3.3
None	1	3.3
Marital Status		
Single	3	10.0
Married	26	86.7
Separated	1	3.3
Educational Attainment		
College graduate	12	40.0
College level	5	16.7
High school graduate	8	26.7
High school level	5	16.7

Table 1. The total number of 30 questionnaires were completed from 29 women and 1 man. The majority of participants were between the ages of 34-43 year (30%). All the participants were members of the Bonbon Small Vendors and Workers Association (BSVAWA). Most of the study participants were housewife (73.3%) and married (86.7%). The majority of the respondent were College graduate (40%).

Experiences

In the wake of Super-typhoon Odette, many people demonstrated their interest and capabilities in helping out protect themselves and their families. Through information gathered from the media (although it was announced signal 1), and from elders, they anticipated and feared the typhoon. But despite these apprehensions, they still involve themselves in the preparations and evacuation as well. Yet what happen when the actual typhoon hitting the

area when signal no.1 turned to signal no.3 and became super-typhoon

During the focused-group-discussion with the respondent experienced during the super typhoon Odette, most of the respondent shared that they felt a terrible fear due to the very strong wind and the first time experienced of high-flood that destroyed their home and properties.

“*Kahadlok ug kabalaka sa kakusog sa hangin pagsaka sa tubig gikan sa dagat*”. In the midst of the disaster most of them were optimistic and never thought hopelessness due to their strong faith of the Lord and the empathy they received from each other. While the basic commodities were one of the problems but the most of the respondent suffered the loss of home and properties aftermath.

Coping Style

Table 2.1: Problem-Focused Coping Style

Coping Styles	SD	Mean	Descriptive Rating
Problem-Focused Coping			
2.I've been concentrating my efforts on doing something about the situation I'm in.	0.97	3.29	I've been doing this a lot
7.I've been taking action to try to make the situation better	0.89	3.52	I've been doing this a lot
10.I've been getting help and advice from other people.	0.83	3.10	A medium amount
12.I've been trying to see it in a different light, to make it seem more positive.	1.09	3.26	I've been doing this a lot
14.I've been trying to come up with a strategy about what to do.	0.90	3.23	A medium amount
17.I've been looking for something good in what is happening.	1.06	3.00	A medium amount
23.I've been trying to get advice or help from other people about what to	0.92	2.77	A medium amount
25.I've been thinking hard about what steps to take.	0.94	3.29	I've been doing this a lot
Composite	0.96	3.18	A medium amount

The table 2.1 shows the different response of the respondents' problem-focused-coping style, item no.7 “I've been taking action to try to make the situation better. Got the highest weighted mean of 3.52 (SD=0.89) and describes as I doing this a lot which means that the respondent is active coping under the problem-focused coping style. On the other hand, item no 23, I've been trying to get advice or help from other people about what to do, got the lowest weighted mean of 2.77 (SD=0.92) and describe as medium amount which means less in Use of informational support from other as their coping style.

Table 2.2 illustrates the response of the respondent's emotion-focused coping styles, item no. 27 “I've been praying or meditating got the highest weighted mean of 3.61 (SD=0.76) and describes as I doing this a lot which means the coping mechanism comes from faith and religion under the emotion-focused style. It's relative with of the resiliency of the people as provided by the respondents would often be faith-based and reliant on

traditional support systems such as the family and the community. Filipino resiliency would also be described as founded on Filipino sense of humor and positivity towards life. On the other hand item no.26, I've been blaming myself for things that happened, got the lowest ranked with the weighted mean of 1.23 (SD=0.56) and describe as I haven't been doing this at all which means that the respondents show lowest blame to the situation.

Table 2.2: Emotion-Focused Coping Style

Coping Styles	SD	Mean	Descriptive Rating
Emotion-Focused Coping			
5.I've been getting emotional support from others.	0.90	2.29	A little bit
9.I've been saying things to let my unpleasant feelings escape.	0.98	2.65	A medium amount
13.I've been criticizing myself	0.70	1.32	I haven't been doing this at all
15.I've been getting comfort and understanding from someone.	1.00	2.60	A medium amount
18.I've been making jokes about it.	0.99	2.39	A little bit
20.I've been accepting the reality of the fact that it has happened.	0.95	3.39	I've been doing this a lot
21.I've been expressing my negative feelings.	0.96	2.48	A little bit
22.I've been trying to find comfort in my religion or spiritual beliefs.	0.76	3.23	A medium amount
24.I've been learning to live with it.	0.92	3.23	A medium amount
26.I've been blaming myself for things that happened.	0.56	1.23	I haven't been doing this at all
27.I've been praying or meditating.	0.76	3.61	I've been doing this a lot
28.I've been making fun of the situation.	0.93	2.55	A medium amount
Composite	1.12	2.58	A medium amount

Table 2.3: Avoiding-Focused Coping Style

Coping Styles	SD	Mean	Descriptive Rating
Avoidant Coping			
1.I've been turning to work or other activities to take my mind off things	1.12	2.58	A medium amount
3.I've been saying to myself "this isn't real."	1.00	2.00	A little bit
4.I've been using alcohol or other drugs to make myself feel better.	0.54	1.10	I haven't been doing this at all
6.I've been giving up trying to deal with it.	0.86	1.71	I haven't been doing this at all
8.I've been refusing to believe that it has happened.	1.13	2.00	A little bit
11.I've been using alcohol or other drugs to help me get through it.	0.54	1.10	I haven't been doing this at all
16.I've been giving up the attempt to cope.	1.02	1.97	A little bit
19.I've been doing something to think about it less, such as going to vies watching TV, reading, daydreaming, sleeping, or shopping.	1.00	2.16	A little bit
Composite	1.03	1.83	A little bit
Overall	1.17	2.54	A medium amount

Table 2.3 reveals the response of the respondents' avoidant coping style, item no.1 “I've been turning to work or other activities to take my mind off things” got the highest weighted mean of 2.58 (SD=1.12), and describe as a medium amount of coping style which means the respondent has minimal Self-distraction as coping mechanism. While item no.11 “I've been using alcohol or other drugs to help me get through it” got the lowest ranked with the weighted mean of 1.10 (SD=0.54) and described as I haven't been doing this at all, which means that the respondent never uses substance as coping mechanism of the situation.

Table 3: Overall Coping Style

Coping Styles	SD	Mean	Descriptive Rating
Problem-Focused Coping			
Composite	0.96	3.18	A medium amount
Emotion-Focused Coping			
Composite	1.12	2.58	A medium amount
Avoidant Coping			
Composite	1.03	1.83	A little bit
Overall	1.17	2.54	A medium amount

Table 3. illustrates the coping style in terms of the following; Problem-Focused Coping Style, Emotion-Focused Coping Style and Avoidant Coping Style is present among the respondent which common descriptive rating of a medium amount with an overall mean of 2.54 (SD=1.17) which means the respondent has a moderate engagement among the three coping styles. Where in the Problem-Focused Coping Style was ranked first with the mean of 3.38 (SD=0.96) and described as a medium amount of coping style which interpreted as A high score among indicates coping strategies that are aimed at changing the stressful situation. High scores are indicative of psychological strength, grit, a practical approach to problem solving and is predictive of positive outcomes. These relative to some findings of a study on community coping mechanisms for social aspects showed that the warung cagak community's strong social and family ties were an important source of strength in dealing with the problems caused by floods and landslides [4].

Concerns

The respondent after the horrible experience from the what so-called bad dreams, these are the consolidated shared action plan aftermath of the super typhoon Odette towards their family, as member of BSVAWA and community. According to the respondents most of them want to retrieve their livelihood and fine job to for survival and aiming to rebuild their damage houses. Despite of the fact that the respondent facing with difficulties yet they still commit themselves to cooperate and participate for the group, and mostly they hope the replacement of their lost utensil (all their utensil washes out) due to the recent calamity. The respondents also are hoping for "ayuda" and assistance for the materials in building their houses.

V. CONCLUSION

The study revealed the experiences, coping style and concerns of the BSSVAWA with the super-typhoon Odette. The researcher concluded the dominating shared experience were terrible fear due to very strong wind and

first time experienced of high-flood that damage their home and properties. It was concluded the identified coping style among the BSVAWA members is the Problem-Focused Coping Style was ranked first with the mean of 3.38 (SD=0.96) and described as a medium amount of coping style which interpreted as A high score indicates coping strategies that are aimed at changing the stressful situation. It was also found out that most major concerns of the respondents were in need of a job and livelihood for survival, and most importantly an aid to rebuild their home as one of the physiological needs and safety. The researcher recommends a program and activities that help respondent holistic recovery from the unpleasant experiences, program to mitigate stress in every natural disaster, and improve their mental wellness. As our governor said "Let's find whatever we can use in the future, as we study what we can do as a province, (after) "Odette". We cannot just rely always on others. We have to build our own capability and resiliency," as he attended a water purifying demonstration by a team from the Metropolitan Manila Development Authority (MMDA) in Loboc town, one of the most badly hit areas by the typhoon [8].

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