

**TRAUMATIC EXPERIENCE, COPING STRATEGY AND
RESILIENCE OF SELECTED FLOOD VICTIMS
IN NOVELETA, CAVITE**

THESIS

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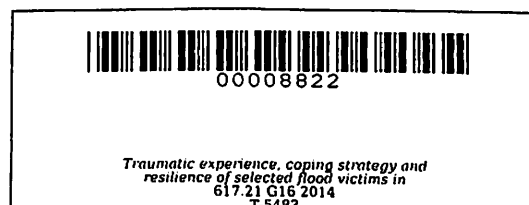
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**TRAUMATIC EXPERIENCE, COPING STRATEGY AND RESILIENCE OF
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ABSTRACT

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This study determined the relationship of the traumatic experience level, the coping strategies in terms of emotion - focused coping, and problem - focused coping, and the resilience level of the participants.

The researchers employed descriptive correlation design and the purposive sampling. The participants of this study were seventy (70) flood victims residing at the Municipality of Noveleta, Cavite. The Impact of Event Scale, Coping Strategy Inventory, and Resilience Assessment Questionnaire were used to gather the data needed, Spearman's rank correlation was used to analyze the information that was obtained.

The results showed that the participants' traumatic experience level in terms of intrusion, avoidance and hyper arousal were all moderate. On the other hand, the flood victims used problem-focused engagement and emotion-focused engagement coping strategy rather than problem-focused and emotion-focused disengagement coping strategy. In terms of hardiness, resourcefulness and purpose, the participants were resilient whereas in terms of optimism, the flood victims were very resilient. The study showed that there was no significant relationship between traumatic experience level and coping strategy, traumatic experience level and resilience level, and coping strategy and resilience level.

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TRAUMATIC EXPERIENCE, COPING STRATEGY AND RESILIENCE OF SELECTED FLOOD VICTIMS IN NOVELETA, CAVITE

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An undergraduate research proposal presented to the faculty of the Department of Social Sciences and Humanities (DSSH), College of Arts and Sciences (CAS), Cavite State University (CvSU), Indang, Cavite in partial fulfillment of the requirements for the degree of Bachelor of Science in Psychology with Contribution No. _____. Prepared under the supervision of Mr. Renato T. Agdalpen.

INTRODUCTION

Traumatic events exact an enormous psychological and physical toll on survivors, and often have ramifications that must be endured for decades (Anisman et al., 2009).

Posttraumatic growth is defined as a positive change as a result of experiencing a traumatic event. Whereas resilience refers to characteristics acquired prior to the traumatic event, posttraumatic growth has been described as going beyond resilience by transforming and building upon the experience to create a positive outlook. This growth process often takes time, during which individuals may report continuing distress following the trauma.

Meanwhile, coping strategies refer to the specific efforts both behavioral and psychological that employ to master, tolerate, reduce and minimize stressful events (Folkman & Lazarus, 1980). Several coping strategies were suggested in order for the victims to survive after the traumatic events that they have experienced or encountered.