

Coping Strategies and Community Resilience Among Flood Victims

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Abstract: *Flooding is Malaysia's recurrent and devastating natural disaster, impacting lives, livelihoods, and community well-being. Floods significantly disrupt everyday life and have a profound impact on mental health as people struggle with stress, anxiety and trauma. Particularly at risk are those exposed to recurrent flooding, who often face ongoing emotional challenges that can lead to depression, post-traumatic stress disorder and significant psychological distress. Thus, this study examines the role of community resilience in mitigating the mental health challenges associated with recurrent flooding. It aims to analyse the psychological themes that emerge from the experience of flood victims, focusing on their social resilience. Using a qualitative approach, data were collected through 8 journal articles from Google Scholar related to the psychological effects of flood victims. A thematic analysis was conducted using ATLAS.ti software version 24 provided key insights highlighting the influence of coping mechanisms on resilience, the pivotal role of community spirit and social support, the significance of self-efficacy and empowerment, the urgency need for improved coping strategies. The study systematically identified and analysed information and citations pertaining to coping mechanisms by utilizing three primary keywords: "coping mechanisms," "coping strategies," and "resilience," all within the context of flood-related events. This research contributes to the understanding of coping mechanisms in disaster contexts promoting the adoption of effective coping strategies and strengthening community support systems to enhance the recovery capacity of flood victims.*

Keywords: Flood, Coping Mechanisms, Resilience, Psychology

1. Introduction

Flooding has a significant and enduring psychological impact on its victims. For individuals who continue to reside in flood-prone areas, this distress often recurs. For instance, during the annual monsoon season, it is common for residents to feel a sense of anxiety, worry, and apprehension about what lies ahead. Despite being a recurring phenomenon, flooding remains a significant concern in Malaysia. As Zal (2018) notes, disasters are undesired events that affect all parties, causing not only physical destruction but also harm to the psychological well-being of those affected. Over time, such events can leave victims grappling with long-term physical

and mental health trauma (Noremy, 2020; Che Su et al., 2018). Community involvement is a key element for effective disaster management. Floods can have a profound emotional and psychological impact on those affected, particularly if they are not provided with adequate care and support (Akhir et al., 2023; Kumar et al., 2016). By coming together, community members can provide much needed psychosocial support, creating a sense of belonging and helping individuals to cope with the mental and emotional challenges they experience (Noremy, 2020).

In Malaysia, flood victims often wait for help rather than take action to solve the issues they face. However, a study by Akhir et al. (2023) proposes that active participation of flood victims at community level can empower them to effectively address the problems they face in the event of a flood. Disaster-affected communities typically develop recovery strategies, particularly in the post-disaster phase, and demonstrate a concept known as community resilience (Zal, 2018). Akhir et al. (2023) emphasize that communities play a crucial role in disaster management because those directly affected often have the best understanding of how to handle the situation, before, during, and after a disaster. Similarly, Mustaffa and Khalid (2021) argue that when communities work together and take an active role, they alleviate the burden on the governments and help flood victims regain the confidence they need to rebuild their lives. Noremy (2020) highlights the importance of focusing on the psychological well-being of disaster victims, as failure to address these needs could lead to ongoing conflict in the affected communities. Consequently, one of the key priorities in post-flood recovery should involve further exploration of the psychological well-being and resilience of long-term flood-affected communities (Mustaffa & Khalid, 2021; Rapaport et al., 2018; Dai et al., 2017).

Furthermore, the psychological impacts of adversity have attracted considerable attention in contemporary research, emphasizing the importance of understanding individuals' responses to stress and trauma (Isia et al., 2023; Bhuiyan et al., 2021). In this area, coping mechanisms play a crucial role in mitigating the adverse effects on mental health and overall well-being. This article focuses specifically on the study of coping mechanisms in response to psychological impacts and is limited to the analysis of adaptive strategies and their effectiveness in promoting resilience. By narrowing the discussion to coping mechanisms, this study aims to provide a detailed and refined understanding of their role in coping with psychological challenges, while excluding broader discussions of psychological impact or interventions outside this framework. Therefore, this study examines the role of social resilience in mitigating the mental health challenges associated with recurrent flooding. It aims to analyse the psychological themes that emerge from the experience of flood victims, focusing on their social resilience.

2. Literature Review

2.1 Flood in Malaysia

As a tropical nation, Malaysia receives substantial rainfall each year, with an average of around 3,000 mm across its regions. Flooding has long been the most frequent natural disaster here, with records of floods going back to the 19th century, often tied to monsoons and flash floods (Muzamil et al., 2022). Reports of multiple floods have continued over the years. According to the Malaysian Meteorological Department, floods occur nearly every year, primarily due to heavy rainfall between November and March. Malaysia's rainfall patterns are heavily influenced by the Northeast and Southwest Monsoons. The Northeast Monsoon, which occurs from November to March, brings intense rainfall, particularly to the east coast of Peninsular Malaysia, Sabah, and Sarawak. Meanwhile, the Southwest Monsoon, from May to September, brings lighter rainfall. This seasonal pattern plays a major role in contributing to Malaysia's

consistently high annual rainfall (Rosmadi et al., 2023; Romali & Yusop, 2021). According to the Centre for Excellence in Disaster Management and Humanitarian Assistance (2022), between 1998 and 2021, floods accounted for 75% of all natural disasters in Malaysia, impacting over 770,000 individuals, resulting in 148 fatalities, and causing economic losses amounting to RM5.82 billion.

Floods can significantly impact on public health, both directly and indirectly. French et al. (2019) emphasize that, apart from causing social disruption, floods pose significant health risks. These include acute effects such as trauma, injuries, drowning, hypothermia, and infectious diseases like waterborne and vector-borne illnesses, as well as long-term consequences such as mental health struggles. Addressing the distress experienced by individuals, whether temporarily or over prolonged periods after disasters, can be particularly difficult. This highlights the importance of mitigating the stressors that flood victims face to support their recovery.

2.2 Community Resilience

Dogulu et al. (2016) assert that community resilience plays a pivotal role in distinguishing how effectively one community recovers compared to another. This perspective is supported by Imperiale and Vanclay (2016), who identify community resilience as a key factor influencing a community's ability to recover following a flood disaster. Similarly, further emphasizes that resilience and vulnerability are key aspects of understanding how well a community can resist, adapt, and cope with the trauma of natural disasters. Further discussions by Dim et al., (2023) found that flood victims often face significant emotional challenges that require different coping strategies. Receiving emotional support from family, friends, or counsellors, practicing mindfulness, and engaging in creative activities such as art or journaling are effective approaches that promote mental clarity and emotional balance. Community resilience reflects how well a community can respond to disaster risks, persevere through difficulties, recover, and adapt to challenging situations. Besides, at a societal level, the collective bonds between families, friends and communities play a crucial role in reconstruction, with social solidarity forming the basis for reconstruction efforts. However, social inequalities can lead to inequalities in the distribution of aid and significantly disadvantage vulnerable groups. Additionally, resilient communities showcase the strength of individuals, groups, and communities as a whole in overcoming adversity and recovering from disasters effectively and efficiently (Cutter et al., 2008; Bushnell & Cottrell, 2007; Coles & Buckle, 2004).

Positive coping strategies enable individuals to address problems, manage emotional stress, and overcome challenges more effectively, thereby strengthening their resilience to flooding (Md Akhir et al., 2019). Since flooding often brings prolonged social and mental health challenges, coping skills are essential for building resilience. Unfortunately, research on community resilience in Malaysia is still limited (Irasanti et al., 2023; Md Akhir et al., 2019). Notably, there has yet to be a study focused on identifying coping strategies that could strengthen community resilience to flooding in Malaysia. This issue is also supported by Zal (2018) who thinks that while floods are a recurring disaster in Malaysia, limited research and discussion have been conducted on the topic of community resilience among flood victims. This argument is also supported by Akhir et al. (2023) and Noremy et al. (2020) who describe resilient communities as those that draw on their internal strengths, such as their sense of unity and togetherness, while also utilizing available external resources to address the challenges and problems arising from flood disasters.

2.3 Psychology Impact on Flood Victims

According to Isia et al. (2023) and Noremy (2020), flooding causes significant disruption to daily life, and mental health is notably impacted as victims face stress, anxiety, and trauma resulting from uncertainty, displacement, and the loss of property. Prolonged emotional harm can occur, particularly for individuals who experience repeated flooding, leading to conditions such as depression, Post-Traumatic Stress Disorder (PTSD), and emotional distress. Akhir et al. (2023) assert that natural disasters result in immediate psychological stress and may also have long-term consequences. People affected by these events may experience grief, anxiety, depression, difficulty adjusting, stress-related issues, and, in more severe cases, Post-Traumatic Stress Disorder (PTSD). Furthermore, ineffective strategies such as denial, withdrawal, or unproductive behavior may provide temporary relief but often hinder long-term recovery by delaying problem solving and adjustment (Kurata et al., 2022). It is undeniable that the impact of flooding has long-term psychological effects on the victims. In terms of support for flood victims, Mustaffa and Khalid (2021) emphasize that, in addition to providing financial and healthcare assistance to mitigate long-term psychological stress, psychological support such as counselling and therapy services is also crucial. These services allow individuals to face the aftermath of the disaster with a more positive outlook. Also, Saidon et al. (2021) provided insightful findings that spirituality and beliefs also play a crucial role in shaping coping perceptions, with practices like prayer and meditation providing victims with comfort, hope, and guidance. In addition, Kirin et al. (2024) emphasize that faith-based practices and spiritual counselling serve as emotional anchors and inspire victims to recover and rebuild. Therefore, both communities and healthcare professionals need to integrate religious and spiritual elements into their approaches to improving mental health and overall well-being, which are strongly influenced by internal factors such as the soul, psyche, intellect and heart. These activities serve as a source of reassurance during challenging times. Thus, preparing people mentally before a disaster can also act as a shield, helping them cope better with the psychological effects that follow.

Most research on floods in Malaysia focused mainly on the challenges faced by flood victims (Noremy et al., 2017) flood mitigation, and social networking (Chan et al., 2018). However, there is a noticeable gap in the studies of how individuals, groups, and communities can build resilience and reduce flood risks. Mustaffa and Khalid (2021) found that psychological preparedness, including health models, flood preparedness programs, and mental health components, was poorly implemented among scholars, despite the importance of mental health studies. Clearly, everyone, including the government, must take an active role in supporting both the psychological and physical well-being of flood victims to help reduce the mental health issues and stress they face, particularly when they are unable to seek help.

3. Materials and Methods

This research utilizes a qualitative content analysis method to address its research inquiries. It involves inductive analysis of textual data, and creating typologies based on the data. Categorizing the data and tallying the frequencies of themes or categories within the data. It relied on eight article journals to analyze the coping mechanisms among flood victims in Malaysia. These eight articles were selected according to strict criteria to ensure relevance and quality. Each article was chosen for its direct relevance to coping mechanisms and their impact on psychological resilience. Priority was given to studies that provided comprehensive data, such as empirical analyses or detailed case studies that investigated the complexities of coping strategies. Additionally, the diversity of methodologies and cultural contexts of these articles further supports a comprehensive understanding of the topic, while the inclusion of recent

publications ensure that the findings are consistent with contemporary developments. Detailed publication information is provided in Table 1.

Table 1: Analysed Academic Journal Articles Sourced from Google Scholar

No.	Article Journals	Authors	Year	Mentions
1	Effectiveness of Community-Based Health Education on Preparedness for Flood-Related Communicable Diseases in Kelantan	Mohammad, W. M. Z. W., Mansor, W. N. A. W., Hamid, N. A. A., Sukeri, S., Hasan, H., Yeh, L. Y.,	2020	1
2	Public Awareness and Preparedness on Local Institutions Coping Strategies Towards Natural Disaster Management	Jayabalan, J., Nair, M. N. N., & Veloo, P.	2020	3
3	Exploring Factors Influencing Resilience Among Flood Victims in Malaysia	Akhir, N. M., Aun, N. S. M., Selamat, M. N., & Amin, A. S.	2021	10
4	Holistic Nursing and Quran Recitation and its Impact on Flood Survivors in Indonesia	Ariani, T. A., Hernawaty, T., Keliat, B. A., Konara Mudiyansele, S. P., & Lin, M. F.	2023	4
5	The Elements of Asset-Based Approach in the Flood Recovery Process	Abd Razak, S. M., Sapri, M., Sipan, I., & Maimun, N. H. A.	2022	1
6	The Development of the Flood Victim-Psychospiritual Module: Spiritual-Religious Strategies	Bullare, M. I., Japil, A. R., Endalan, L. M., Malek, M., Mutang, J. A., Ismail, R., & Sulaiman, W. A.	2019	3
7	Local Community Knowledge for Flood Resilience: A Case Study from East Coast Malaysia	Kamarudin, K. H., Rashid, M. F., & Chong, N. O.	2022	3
8	Positive Coping and Community Resilience in Disaster Management for Flooding in Malaysia	Chen, H. W. J., Marzo, R. R., Htay, M. N. N., Ruhi, S., Abidin, S. M. Z., & Salim, A.	2024	5

Thematic analysis was used to examine the data, which involved identifying recurring themes by grouping and categorizing statements and quotes in coping mechanisms journals. The software ATLAS.ti version 24 was used for this analysis process. Figure 1 illustrates the methodology used in this study.

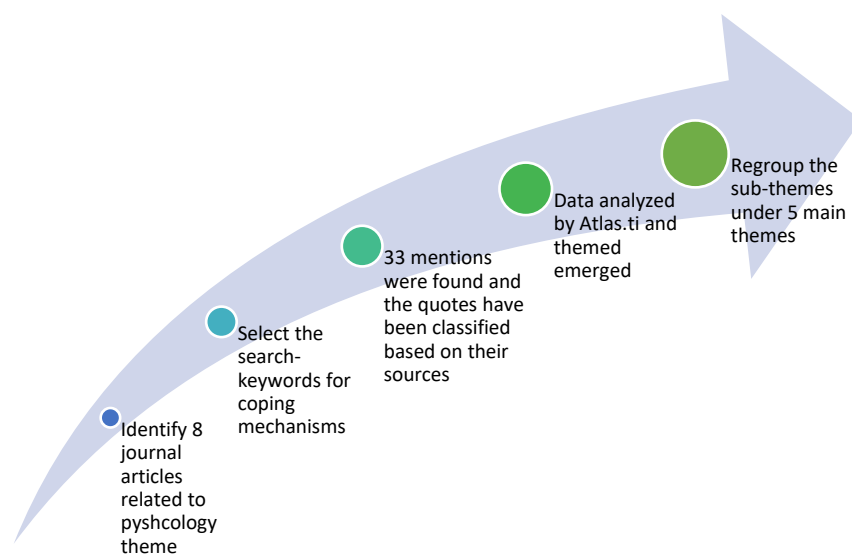


Figure 1: Flow Process of Methodology

Based on Figure 1, the process of developing the content analysis article begins with identifying some journal articles. A total of eight journals were identified that discussed issues related to coping mechanisms. The study then filtered the information and citations using three primary keywords: coping mechanisms, coping strategies, and resilience, all in the context of flooding. By applying these keywords to Portable Document Format (PDF) documents, 33 relevant citations were identified and subjected to analysis.

Following the analysis, 33 quotes were mentioned, thoroughly reviewed, identified and listed. The qualitative research software ATLAS.ti version 24 was implemented to classify all mentioned thematically. As a result, five main themes, along with several sub-themes, were identified. The study integrated the relevant sub-themes and organized them into five main themes for further analysis.

4. Result

The content analysis conducted in this study focuses on examining texts that highlight coping strategies and resilience within the context of floods. The following represents a compiled list of key references identified through the analysis.

Table 2: Quotes on Coping Mechanisms and Strategies

No.	Quotes
Effectiveness of Community-Based Health Education on Preparedness for Flood-Related Communicable Diseases in Kelantan	
1	Reducing flood risk and averting its health consequences among communities in flood- prone areas require empowering and supporting those living in these areas with ability to initiate long-term coping mechanism and creating risks awareness about future.
Public Awareness and Preparedness on Local Institutions Coping Strategies Towards Natural Disaster Management	
2	The respondents thought that some methods that the local council used in coping with natural disasters were impractical and did not establish lasting security. They also mentioned that it has been a long-standing problem till now.
3	The survey also revealed that not all coping strategy by the local council were well received by the respondents.
4	In this study the respondents presented several examples of common coping strategies used to tackle the impacts of climate change.
Exploring Factors Influencing Resilience Among Flood Victims in Malaysia	
6	Based on the results, the majority of the respondents did not apply effective coping strategies. Thus, they failed to solve their problems and ended up having a high level of dependency.
7	Most respondents applied a maladaptive coping strategy; only expecting assistance without putting any effort into solving their problems.
9	This coping strategy is not productive and may cause social dysfunction among the flood victims.
10	This is because this coping strategy does not assist individuals to cope with their problems in the long term.
11	Thus, this coping strategy correlates to a low resilience level. However, some respondents used coping strategies stemming from positive religious approaches.
12	By using effective coping strategies, individuals can solve problems, handle emotional stress, and can achieve their goals and overcome the crisis.
13	At personal level, people's problem-solving skills (action coping) are developed, their belief in the benefits of flood disasters mitigation and their ability to confront flood disasters are mitigated.
14	Based on the Community Resilience Development Theory, individuals are encouraged to develop effective coping strategies to improve community resilience.
15	Coping strategies are considered one of the factors influencing flood resilience to increase and recover after a disastrous event.
16	The coping strategies that the flood victims applied need to be improved, and the positive spirit among the community members needs to be strengthened.

17	The resilience level of the respondents that participated in this study was influenced by four major factors, namely the flood victims' self-efficacy, coping strategies applied, the characteristics of community spirit existing in the settlement areas, and the social support provided to the flood victims.
Holistic Nursing and Quran Recitation and its Impact on Floods Survivors in Indonesia	
18	Nonetheless, the extent to which QR can effectively enhance coping skills to overcome the detrimental effects of annual floods is an area that requires further investigation.
19	The age of participants classified as mature could have caused their cognitive abilities to decline, affecting their ability to choose their coping strategies when facing annual floods.
20	The coping strategies they formed were reinforced by words from the chapters during QR, which gave the study participants a good reason to stay in their village and not think about moving elsewhere.
The Elements of Asset-Based Approach in the Flood Recovery Process	
21	By understanding the ecosystem's dynamics and coping mechanism as well as its response to coastal hazards, the ecological governance will be able to plan how the vulnerability of the coastal area can be diminished.
The Development of the Flood Victim-Psychospiritual Module: Spiritual-Religious Strategies	
22	This study seek to explore the spiritual-religious coping strategies among post-flood victims, and to develop Flood Victim-Psychospiritual Module (FV-PSM): Spiritual-Religious Strategies.
23	Hence, disaster victims may seek comfort from their beliefs, and spiritual beliefs might be able to assist victims in coping with post-disaster stress and developing resilience.
24	Studies has found that across various stressful life situations, religious coping strategies of acceptance, hope, and spiritual growth is consistently associated with improved psychological outcomes.
Local Community Knowledge for Flood Resilience: A Case Study from East Coast Malaysia	
25	Adoption of local knowledge in DRR reflected the four stages of community resilience strategies: prevention, prediction, preparation and coping mechanisms.
26	As for coping mechanisms, they make sure to provide safe storage for rice and other staples, trading livestock for cash during emergency, etc.
28	Flood prevention strategies implemented as observed include 1) improving building techniques and building materials (using concrete in construction); and coping strategies including 2) ensuring food security and sufficient emergency supplies; 3) improving agriculture/farming techniques.
Positive Coping and Community Resilience in Disaster Management for Flooding in Malaysia	
29	The discovery of a positive association between problem-focused coping and connection and caring emphasizes the importance of coping strategies in fostering interpersonal connections necessary for fostering community resilience.
30	A previous study stresses lack of effective coping strategies will lead those involved in disaster to have a high level of dependency whereby only expect assistance without putting effort into coping with the situation.
31	The findings demonstrate a noteworthy correlation, indicating that individuals who employ emotion-focused coping strategies at a lower level are likely to exhibit diminished levels of community resilience across various dimensions.
32	The dependence on self-reported data for both coping mechanisms and community resilience introduces the prospect of self-report bias, potentially compromising the accuracy of results.
33	Future studies might enhance the comprehension of the complex interaction between coping mechanisms and community resilience, so making a valuable contribution towards the development of more efficient approaches to improve communal welfare and adaptation.

According to Table 3, primary themes were identified through ATLAS.ti AI coding. These themes highlight various aspects necessary to enhance social resilience among flood victims.

Table 3: Main Themes and Sub Themes

Behavioral Coping	Common Coping Mechanisms	Cultural / Societal Influence	Emotional Coping	Perceived Effectiveness
<ul style="list-style-type: none"> Challenges Goals and outcome Coping mechanisms 	<ul style="list-style-type: none"> Empowerment and growth Coping mechanisms Spirituality and religion 	<ul style="list-style-type: none"> Cultural influence Societal influence Resilience and recovery Positive outlook 	<ul style="list-style-type: none"> Maladaptive strategies Effective coping mechanisms 	<ul style="list-style-type: none"> Ineffective strategies Problem-solving and recovery Resilience and growth

<ul style="list-style-type: none"> • Resilience and growth • Spirituality 	<ul style="list-style-type: none"> • Community support and development • Essentials and fundamentals 	<ul style="list-style-type: none"> • Spirituality and beliefs 	<ul style="list-style-type: none"> • Goal-oriented resilience • Community and collective resilience • Positive spiritual influence 	<ul style="list-style-type: none"> • Spirituality and beliefs • Acceptance and enduring
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5. Discussion

In this discussion section, the results of the study are discussed using content analysis in the context of coping mechanisms for community resilience. As mentioned in the findings,

5.1 Behavioral Coping

Behavioral coping refers to the actions and strategies individuals employ to manage stress, adapt to challenges, and foster resilience in the face of adversity (Che Su et al., 2018). It involves practical steps and responses aimed at navigating difficulties while striving for personal growth and well-being. Flood victims face multifaceted challenges that require a combination of coping mechanisms to navigate the immediate and long-term impacts of such disasters. These challenges include emotional and psychological struggles like anxiety, grief, and trauma. Social disruptions and economic difficulties further compound their hardships, straining relationships and livelihoods. This was similar to findings by Md Akhir et al. (2019) that concluded positive coping strategies empower individuals to effectively address problems, manage emotional stress, and navigate challenges, thereby enhancing their resilience in the face of flooding. Since flooding often present long-term social and mental health problems, resilience are essential to deal with the consequences. Despite these adversities, victims have demonstrated remarkable ability to set goals such as survival, restoring stability, strengthening support systems, and preparing for future disasters. To achieve these outcomes, they must adopt various coping strategies, including problem-focused approaches such as relief assistance, and participation in community rebuilding efforts. Emotion-based coping, such as seeking support from family, friends, or religious communities, is essential to managing stress and fostering emotional resilience. The resilience and growth shown by many flood victims are noteworthy, as they have rebuilt their lives with emotional strength, adaptability, and post-traumatic growth, and have found meaning and purpose in their struggle.

5.2 Common Coping Mechanisms

Flood victims rely on diverse coping mechanisms to address the challenges posed by natural disasters, with empowerment and growth emerging as key outcomes of effective strategies. Many individuals experience post-traumatic growth, discovering newfound strengths and perspectives that enhance their resilience. Coping mechanisms often include securing immediate essentials such as food, water, and shelter, while also addressing emotional needs through stress management, counselling, or mindfulness practices (Dim et al., 2023). Practical actions like rebuilding homes or finding alternative livelihoods empower victims to regain control over their lives. These findings are coherent with Isia et al. (2023) and Noremy (2020) that flooding significantly disrupts daily life and profoundly affects mental health, as individuals experience stress, anxiety, and trauma stemming from uncertainty, displacement, and property loss. Spirituality and religion provide significant emotional solace, with practices such as prayer and meditation offering comfort, instilling hope, and helping victims find meaning in their experiences (Saidon et al., 2021). Community support and development play a pivotal role in recovery, as collective efforts to rebuild infrastructure, share resources, and

provide emotional support foster solidarity and strengthen social bonds. At the core of these strategies is the prioritization of essentials and fundamentals, ensuring survival and providing a stable foundation for long-term recovery and personal growth. Together, these coping mechanisms enable flood victims to navigate adversity, rebuild their lives, and emerge stronger and more resilient.

5.3 Cultural or Societal Influence

The cultural and societal dimensions of flood victims' experiences play a critical role in shaping their resilience and recovery. Cultural values, traditions, and local knowledge often guide individual and community responses, as practices of mutual aid and shared customs foster solidarity during times of crisis. Rituals and ceremonies provide continuity and hope, helping victims process their experiences and rebuild their lives. On a societal level, the collective bonds of families, friends, and communities are pivotal for recovery, with social solidarity serving as a cornerstone of rebuilding efforts. However, societal inequalities can create disparities in aid distribution, potentially leaving vulnerable groups at a disadvantage (Ridzuan et al., 2024). Despite these challenges, many flood victims show remarkable resilience by maintaining a positive outlook, which helps them focus on solutions and strengthens psychological well-being. This view is supported by the findings of Akhir et al. (2023) and Noremy et al. (2020), who characterize resilient communities as those that leverage their internal strengths, such as unity and cohesion, and make efficient use of external resources to address the challenges and problems of flood disasters. Cultural narratives of resilience and heroism are emerging, inspiring communities to rebuild and fostering a sense of shared identity. Spirituality and religious faith also help to cope, offering comfort, hope, and a framework for acceptance in times of uncertainty. This is consistent with findings by Kirin et al., (2024) that faith-based practices and spiritual counselling provide emotional anchors that motivate victims to recover and rebuild. Together, cultural and social influences, together with spirituality, enable flood victims to overcome adversity and emerge with a stronger resilience.

5.4 Emotional Coping

Flood victims often face significant emotional challenges that demand various coping strategies. While maladaptive behaviors such as avoidance, or denial may arise initially, they often hinder long-term recovery by compounding emotional distress. Effective coping mechanisms, however, empower victims to process their experiences and navigate their emotions constructively. As proved by Dim et al., (2023), seeking emotional support from family, friends, or counsellors, engaging in mindfulness practices, and participating in creative outlets like art or journaling are valuable strategies that promote mental clarity and balance. Goal-oriented resilience is crucial, because focusing on rebuilding homes, livelihoods, or planning for a secure future gives victims a sense of purpose and control amidst the chaos. Community and collective resilience further enhance emotional recovery, and social networks provide a shared sense of belonging and solidarity. By participating in collective recovery efforts, victims reduce feelings of isolation and foster hope and empowerment. Positive spirituality and religion offer emotional comfort, with practices like prayer and meditation fostering hope, providing comfort, and helping individuals to make sense of their struggles (Saidon et al., 2021). Together, these strategies underscore the importance of emotional coping in enabling flood victims to overcome adversity, rebuild their lives, and emerge stronger.

5.5 Perceived Effectiveness

The perceived effectiveness of coping strategies among flood victims is shaped by their ability to navigate challenges and adapt to their circumstances. As highlighted by Kurata et al., (2022), ineffective strategies such as denial, withdrawal, or unproductive behaviors may offer

temporary relief but often hinder long-term recovery by delaying problem-solving and adaptation. In contrast, problem-solving and recovery-focused strategies are seen as more effective, as they empower victims to actively address their challenges. Seeking relief assistance, rebuilding homes, and planning for future disaster preparedness creates a sense of control and accomplishment, enhancing recovery outcomes. Collective problem-solving within communities further amplifies these efforts, fostering resilience and shared purpose. The coping strategies also lead to resilience and growth, as victims develop emotional strength, develop post-traumatic growth, and make their struggle more meaningful. Spirituality and belief play a crucial role in shaping coping patterns, as they serve as a source of reassurance in difficult times (Saidon et al., 2021). These spiritual elements motivate victims to endure hardship and to focus on recovery. Acceptance is another critical factor, as acknowledging the reality of their circumstances enables victims to channel their energy into constructive action, fostering resilience and adaptability. Together, these strategies highlight the importance of effective coping to enable flood victims to overcome adversity, to recovery, and to build a stronger and more prepared future.

6. Conclusion and Recommendation

The analysis of the theme has revealed that eight journal articles indeed highlight the importance of coping mechanisms and resilience in managing victims' psychology in managing flood disasters. This emphasis on coping mechanisms is crucial not just for the country as a whole, but especially for flood victims who increasingly face unpredictable recurrent floods annually. The interplay between coping mechanisms and resilience is pivotal in fostering individual and community well-being particularly through the cultivation of community spirit and the provision of robust social support networks. The psychological well-being of disaster victims plays a crucial role in disaster management, as it is an often invisible yet deeply felt aspect that can persist long after the disaster. While financial and healthcare assistance are essential for addressing immediate needs and mitigating the long-term effects of psychological stress, it is equally important to provide psychological support through counselling services. Such interventions enable victims to better cope with the emotional aftermath of disasters, fostering a more positive and resilient response to the challenges they face. Furthermore, maintaining an active community through regular social routines and participation in various activities is essential for fostering strong relationships among members. According to Zal (2018), the community must remain consistently engaged through regular social routines. This involves fostering a habit of participating in social activities to reinforce the community's cohesion and resilience. Such efforts are vital, as the surrounding environment and social relationships play a key role in cultivating a strong sense of belonging, selflessness, and a willingness to contribute to the community, particularly during times of disaster.

Remarkably, spirituality has been consistently highlighted across various themes. For example, the insights from these articles highlight the importance of spirituality as a critical coping mechanism. It is often mentioned in discussions about behavioural management and cultural and societal influences. Furthermore, the findings suggest that spirituality plays a central role in emotional coping, demonstrating its effectiveness as a strategy to address the psychological and emotional challenges of flood victims. Some individuals utilize positive religious coping strategies, which can provide emotional comfort and a sense of hope. These strategies are associated with improved psychological outcomes and can contribute to both individual and community resilience.

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