

# Disaster-related resiliency theory among older adults who survived Typhoon Haiyan

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## INTRODUCTION & OBJECTIVES

In recent decades, exposure to natural disasters has steadily risen at a global level. The older adult population, in particular, is regarded as vulnerable to the increasing frequency of disasters. This investigation provides important information regarding older adults' adaptation patterns following adversity.

## **RESEARCH AIMS**

This study aims to describe and explain disaster-related resiliency from the perspective of older adult survivors through the grounded theory approach.

## METHODS

### **RESEARCH DESIGN**

Grounded theory was used to develop a disaster-related resiliency theory for older adults.

### **RESEARCH SETTINGS**

The study was conducted in three shelter homes in Eastern Philippines.

### **PARTICIPANTS**

A total of 14 older adult survivors of Typhoon Haiyan aged between 65 and 72 years were interviewed.

### **Sampling**

Purposive sampling was utilized to establish the data richness (settings and participants) within the study.

## RESULTS

There were three theoretical categories formulated from 12 subcategories.

List of categories and subcategories.

Subcategory	Category
Previous experiences behaviors	Perception of strength of the typhoon
Taken for granted the situation	
Choosing to stay in the house	
Cultural norms	
News broadcasting	Self-regulating behaviors
Traumatizing experience	
Recognizing adjustment	
Preparedness for the typhoons	
Sharing unselfishly	
Staying connected and strong family support	
Having freedom to access the physical needs	
Institutional capacity	Positive attitude
Engaging in alternative livelihood	
Keeping faith in hard times	
Choosing to help	
Accepting the situation	
Finding ways to survive	

## CONCLUSIONS & IMPLICATIONS

This study highlighted the experiences of older adults who survived Typhoon Haiyan before, during, and after the disaster. The problems they encountered and the processes they used to cope were investigated as well. The main contextual factors (i.e., perception of disaster, self-regulating behaviors, and positivity) played an important role in the post-disaster recovery process. The study offers a clear picture of the process, responses, and recovery after disasters. The study could help to produce quick and effective responses to disaster survivors.

## CONTACTS



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