

ASSESSING THE EXTENT OF THE PROVISION OF PSYCHOSOCIAL SUPPORT AMONG PEOPLE AFFECTED BY FLOODS IN CHIKWAWA DISTRICTS (T/A KATUNGA).

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MALAWI UNIVERSITY OF SCIENCE AND TECHNOLOGY

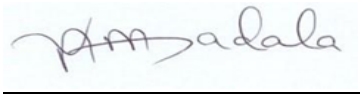
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DECLARATION

I **Ollings Mghandira** declare that this research project represents my work and that it has never been submitted to this institution or any other institution for any academic purpose. All sources of information have been appropriately acknowledged.

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ABSTRACT

The study was assessing to what extent the provision of psychosocial support among people affected by floods. The specific objectives were; to determine the extent to which the psychosocial support is being provided amongst people affected by floods, to determine the coping strategies used by the people or communities to get away with the psychological torture, and to determine the exposure of the people from the psychological issues relating to the impacts of the floods. The study is descriptive and used both qualitative and quantitative methods to meet the objectives. The sample size was 96 which was calculated using Cochran's formula, and a snowball sampling technique was used to recruit participants into the study. Quantitative data was collected using a household questionnaire and analyzed using excel and Statistic Package for Social Science and the results have been presented in form of graphs, charts, and tables. Qualitative data was collected using focus groups and key informant interviews and analyzed using thematic analysis. The results from the two methods have been triangulated to come up with conclusions. All ethics were followed according to the MUSTREC guidelines. The finding of the study has shown that the majority of people do understand what it means by psychosocial support and that it is not fully provided due to a lack of resources, expertise, and time. The most used coping strategies of psychological torture are; going for prayers, chatting with family and friends. The study has also found out that provision of the basic needs and restoration of the lost properties reduces stress. The study, also found out that the vulnerability of most of the households to floods also plays a role in exacerbating the psychological exposure amongst people. Psychosocial support based on the finding can therefore be considered an important aspect of the humanitarian package for the development of the individuals' lives and the community at large.

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DEDICATION

In a very special way, I dedicate this work to my late sister Doricas Kasimba. May her soul rest in eternal peace. I know for sure that she is in the safer hands of God, till we meet again sister in heavenly places.

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LIST OF ABBREVIATIONS AND ACRONYMS

ACPC:	Area Civil Protection Committee
DoDMA:	Department of Disaster Management affairs
GBV:	Gender-Based Violence
IDPs:	Internal Displacement Persons
IRC:	International Red Cross
MUSTREC:	Malawi University of Science and Technology Research Ethics Committee
MHPSS:	Mental Health and Psychosocial Support
NGOs:	Non-Governmental Organisations
RRO:	Relief and Rehabilitation Officer
SPSS:	Statistical Package for Social Sciences
T/A:	Traditional Authority
VCPC:	Village Civil Protection Committee
WFP:	World Food Program
WVM:	World Vision Malawi

CHAPTER ONE

1.0 BACKGROUND

Malawi is a disaster-prone country with common hazards such as floods, heavy rains, strong winds, earthquakes, and disease and pest outbreaks, among others. It is a small, landlocked country in sub-Saharan Africa, ranked as one of the poorest in the world. Malawi's economic growth is frequently affected by disasters like flash floods during the rainy season(Government of Malawi, 2019). This in turn slows down the country's development. Rural communities in Malawi are particularly vulnerable to floods which negatively impact livelihoods, infrastructure, and local communities' social, economic, cultural, and psychological values (Mijoni & Izadkhah, 2009).

The world faces increasing challenges every day and the International Federation of Red Cross and red crescent Societies provide humanitarian assistance not only with traditional relief aid such as shelters, food distribution, and basic health care but also psychosocial support. Psychosocial support is an integral part of the International Federal Red Cross' emergency response. It helps individuals and communities to heal psychological wounds and rebuild social structures after an emergency or a critical event. It can help change people into active survivors rather than passive survivors. (Paper, 2001)

Disaster, conflict, and health problems have severe psychosocial consequences. The emotional wounds may be less visible than the destruction of homes, but it takes far longer to recover from emotional impact than to overcome material losses. Humans' psychosocial is referred to as the close relationship between the individual and the collective aspects of any social entity. Psychosocial support can be adapted in particular situations to respond to the psychological and physical needs of the people concerned, by helping them to accept the situation and cope with it (Paper, 2001).

According to Bird (2016) stated that the psychosocial effects of flooding are long-lasting and if left unattended can complicate recovery and rebuilding and can cause lasting harm to individuals, families, and communities. In Malawi, according to a 2015 report

on the flood situation, it indicated that Emergency psychosocial support is urgently needed in all camps. Children and families are reported to be traumatized and not receiving sufficient support. Reports also indicate child neglect and violence as a result of increased stress and tension in the family resulting from loss of livelihood, shelter, food, and clothes. (Report, 2015)

When a crisis happens, countries mobilize themselves through sourcing funds, materials, and psychological support That may result in a nation of materially provided victims whose psychological status remains unbalanced (Malawi News Agency Online - "Flood Victims Need Psycho-Social Counseling," 2015.).

Therefore, this study aims to assess the extent of the provision of psychosocial support amongst people affected by floods. According to Mana online (2015). However, evidence has shown that financial and material support is often provided in the first place leaving out the psychological interventions as either the last action or a forgotten item as cited by Blackson Mkupatira, "professor Hamakwa noted that those people who were not provided with the psychological support, had a negative perception of themselves, lacked self-esteem, and had lost their identity."

1.1 Problem statement

Psychosocial effects are considered long-lasting and if left unattended, they can complicate recovery and rebuilding and can lead to long-lasting harm to individuals, families, and communities. `Women and children are reported to be traumatized more as compared to men and they do not receive sufficient support. Flooding events lead to the loss of livelihood. Due to that, it increases the stress and tensions in the families and communities. Therefore, psychosocial support is much needed among those people who are affected by floods.

Significant achievements were made in reaching the most vulnerable slightly above 12,856 people who remained displaced in camps in Chikwawa and Nsanje districts (DoDMA, 2019). In responding to the 2019 flood, the situation reports in chikwawa almost addressed all the clusters except the cluster of psychosocial support. The post-disaster need assessment (PDNA) was done and the assessment did not incorporate the element of psychosocial support rather it focussed much on assessing the damage of the physical structures such as roads, buildings, and blockage of the communications

facilities. The assessment also observed that the conditions were poor at the camps, posing a threat to the security of the women and girls. This puts people to be at high risk of psychological instability.

The humanitarian providing organizations and government focus are much in providing the financial and materials (shelters, foods, and clothes) support to the flood-affected people. Thereby, leaving out the psychosocial interventions as either the last action to be taken or a forgotten item. Malawi the flood situation report (2015), indicates that emergency psychosocial support was urgently needed in all camps among people who were affected. Since there has never been a study conducted in the area of this kind. Therefore, this study intends to assess the extent of the provision of psychosocial support amongst people affected by floods in traditional authority Katunga, in the Chikwawa district.

1.2 Main and specific objective

1.2.1 Main objective

Assessing the extent of the provision of psychosocial support to floods affected people.

1.2.2 Specific objectives

- To determine the extent to which people affected by floods are psychologically supported
- To determine coping strategies used by the individuals/communities when psychologically affected.
- To assess the level of psychological exposure amongst people from the impacts of the floods.

1.3 Research questions

- ✓ To what extent are people affected by floods psychologically supported?
- ✓ What are the coping strategies used by individuals when they are psychologically affected?
- ✓ To what level are people exposed to psychological torture from the impact of floods.

1.4 Significance of the study

This study would address one of the most neglected and least attended aspects of relief by the most non-government organization and governmental organizations themselves among people who are affected by floods in T/A Katunga. The results would be used to establish and strengthens the need for the psychosocial support aspect as part of basic relief by the organizations among the floods affected people. This study would also reduce the problems that come due to the insufficient provision of psychosocial support.

CHAPTER TWO

2.0 LITERATURE REVIEW

The communities worldwide can be confronted with disasters and crises that might have an enormous impact on the health and well-being of those affected. The health effects of disasters have received a considerable amount of attention in the scientific literature, which is helpful for public authorities and other service providers involved in the planning and delivery of mental health and psychosocial support (MHPSS) to affected populations (Duckers MLA et al, 2018).

Internationally, disaster situations challenge governments and service providers to incorporate a potentially broad range of activities into a coherent MHPSS program: "a community intervention that can differ in length (weeks, months, years), scope (variation in themes) and organization (number of partner organizations at different levels)". An MHPSS program seeks to prevent, detect, mitigate, and improve the often complex psychosocial problems of exposed populations (Duckers MLA et al, 2018).

According to (Umeda et al., 2020), states that over the past two decades, the psychological impact of disasters has come to be a major focus of disaster health management. The morbidity of psychiatric disorders after disasters has been reported to be as high as 60%, with an increased risk for anxiety, depression, stress-related disorders, and alcohol and substance abuse. Deteriorating psychological health substantially decreases the quality of life, and negatively affects physical and social functioning. These facts highlight the importance of enhancing psychological health as critical to alleviating the health impact of disasters.

This scheme should inform the understanding of all humanitarian needs in a community in its interrelatedness. Therefore, biopsychological needs should be understood as being related to socio-relational and socioeconomic determinants, and their manifestations read based on culture. Likewise, socioeconomic and socio-relational needs should be understood as being interrelated to the biopsychological and cultural disruptions they derive from and generate (Nations et al., 2010).

In the training guide to psychosocial programs, the IRC (2004) suggest that opportunities to participate in structured, meaningful activities including education, recreation, and interacting with peers are essential and will provide the majority with sufficient support to recover, whilst a smaller number may need some additional informal support, and an even smaller number may need a referral to specialist support (Mattingly, 2017).

Humanitarian responses called always be mindful of these interrelations that exist when providing relief. Needs must be prioritized, and agencies may respond to one set of needs rather than another. Yet, this interconnectedness should always be considered, for instance, by the following:

> The first one is the provision of psychiatric support, one should be mindful of cultural explanatory systems and adapt culturally the diagnostic tools. One should also be mindful of how the provision of services can be understood by the community and how this can affect the well-being of the client and can't be detached from the consideration of the socio-economic possibilities the family has to provide for the care. (IOM, 2019)
>
> The second one is that of the distribution of food, one should be mindful of the cultural elements of the distribution, such as which food is appropriate for that community and, for instance, how receiving in-kind charity can be perceived in the environment, to mitigate possible stigma. On the other side, one should also consider the emotions, such as the biopsychological element, the modality that the distribution can imply: such as shame and a sense of disempowerment, among others (IOM, 2019)

Almost all persons exposed to a natural disaster will experience increased levels of fear and distress during times of overt danger (Butler et al., 2003 as cited in (Shultz et al., 2013)). The threat of disaster can trigger stress even in the absence of impact. Consider the fear responses and frantic preparatory activities in coastal communities during the warning phase for an approaching hurricane that ultimately remains over water without making landfall (Shultz et al., 2007).

2.1. The flood assessment In Malawi

The inter-agency assessments were conducted, several assessments were also carried out by different agencies. At the beginning of the flooding crisis, Malawi red cross society conducted an initial rapid assessment and noted the following: 75000 people were displaced with 31,667 males, 45,164 females. Of those, 8947 were children under the age of 5, 5136 people living with, and 139 people living with disabilities. Besides, 80% of the campus were schools and needed to be moved to decongest the area and to enable classes to resume. It was clear that the number that the impact of the flooding has exposed women and children to serious protection as well as health risk(DoDMA, 2019)

According to the Malawi 2019, flood post-disaster needs assessment report, 2019. the assessment which was conducted did not even incorporate the psychosocial support in its vicinity rather it looked at the damaging of the health materials and the blockages of the communication to the health facilities due to damaged roads leading to such. The assessment also observed that generally, there were poor and no lighting facilities in all the camps, posing a threat to the security of women, girls, and children, and the possibility of Gender-based violence, assault is very high in these situations. Most displaced are accommodated in schools and using classrooms as a shelter which is gender-separated although most sites had significantly inadequate shelter. This means that some schools are not completely functioning and others are completely closed. Disrupting the education of children in host communities. The relatively insecure camp settings and shortage of basic needs such as food increase the risk of, violence within and beyond families. This risk of gender-based violence(GBV) for young girls and women is particularly high(DoDMA, 2019).

Education has been disrupted particularly in Phalombe due to issues of access and some schools being occupied by IDPs resulting in some schools not functioning fully and others completely closed. Besides, food was not readily available and most people were relying on piece work as a source of income but due to flood piece works are not available/scarce. There is an increased risk that people may resort to negative coping practices as a way of meeting food and other needs. Three sites in southern Nsanje received close to 900 displaced individuals from Mozambique requiring assistance. The

loss or destruction of legal documents is also putting vulnerable groups at risk. While no official reports of separated or unaccompanied minors or cases of violence have yet been recorded, there was a high demand for psychosocial support and limited capacities to provide(Government of Malawi, 2019).

2.2. Flood situation in Malawi

Both the intensity and the frequency of floods are indicating to be on the increase in the country while the capacity to contain them and to protect people to substantial levels is lacking. The flood hazard has continuously made the inhabitants of flood plains in Malawi vulnerable and that the extent of vulnerability to the flood risk is very high in the Lower Shire Valley(Government of Malawi, 2019).

According to the overview situation of the floods in Malawi concerning humanitarian works in the 2018/19 rain season. Almost 15 districts were affected by floods among which Chikwawa was not spared. Some 200,000 people in the country were displaced by floods which affected half of the country's 28 districts. The government recorded at least 56 deaths and over 500 injuries. Many of those affected were in evacuation camps because of floods that have destroyed their houses, damaged roads, washed away bridges, and killed livestock. Weather experts said that the flooding was a result of a tropical cyclone that blew in from neighboring Mozambique(Malawi_ Floods - Situation Report No, n.d.).

According to the flood situation report (2019), the humanitarian response succeeded in reaching at least 731,879 people with food distribution in all 15 districts affected by the floods. In-kind distribution and cash transfers were being rolled out in 9 of the 15 districts. Food packages are not standardized with some households receiving cash while others receiving food in form of maize or rice. Partners were encouraged to contribute towards the return home package proposed by DODMA. Water trucking and repair of boreholes in camps successfully ensured 91,101 people had safe and potable water. Priority was given to improved sanitation amenities for 42,874 people in the camps and surrounding communities affected by the floods. Despite the significant achievements made in reaching the most vulnerable slightly above 12,856 people remained displaced in camps in Chikwawa and Nsanje districts(DoDMA, 2019). In

responding to the 2019 flood, the situation report in chikwawa almost addressed all the clusters apart from the cluster of psychosocial support

CHAPTER THREE

3.0 RESEARCH METHODOLOGY

3.1 Research design

The study is descriptive and both quantitative and qualitative data collection and analysis methods have been used. Where qualitative data were collected using the focus group discussion and key informant interviews. While the quantitative data was collected using a questionnaire which was developed using a kobocollect tool where the researcher was asking questions based on the guide on the mobile app and the responses were recorded in the mobile app.

Quantitative research methodology focuses more on counting and classifying features and constructing statistical models and figures to explain what is observed. Qualitative research methods allow the researcher to gain an in-depth or clearer understanding of people's views, opinions, and interpretations. Using both methods helped to balance the limitations of the other method

3.2 Study Area

The study was conducted in T/A Katunga in Chikwawa district. The area has a population of 32943 contributing 5.83% of the total population of the district (Government of Malawi, 2019b). Chikwawa is located in the southern part of Malawi. It's bordered by Blantyre city to its north and thyolo district to its east and Nsanje district to its south. Katunga area lies almost in the middle of the Chikwawa district. To the east of the area where Shire river lies and it's the area which is frequently affected by floods. The area is prone to flooding and drought that affect the livelihoods of people in the communities. The area was among the areas which were heavily affected by the floods which occurred in the 2018/2019 rainy season. Most people from the surrounding village of GVH isso and Kapasule got affected by the event. The disaster caused a lot of damages for example collapsing of houses which led to the displacement of people themselves and loss of livelihood. This is the reason, why, T/A Katunga was selected for the study to assess the extent of the provision of psychosocial support among flood-affected people.

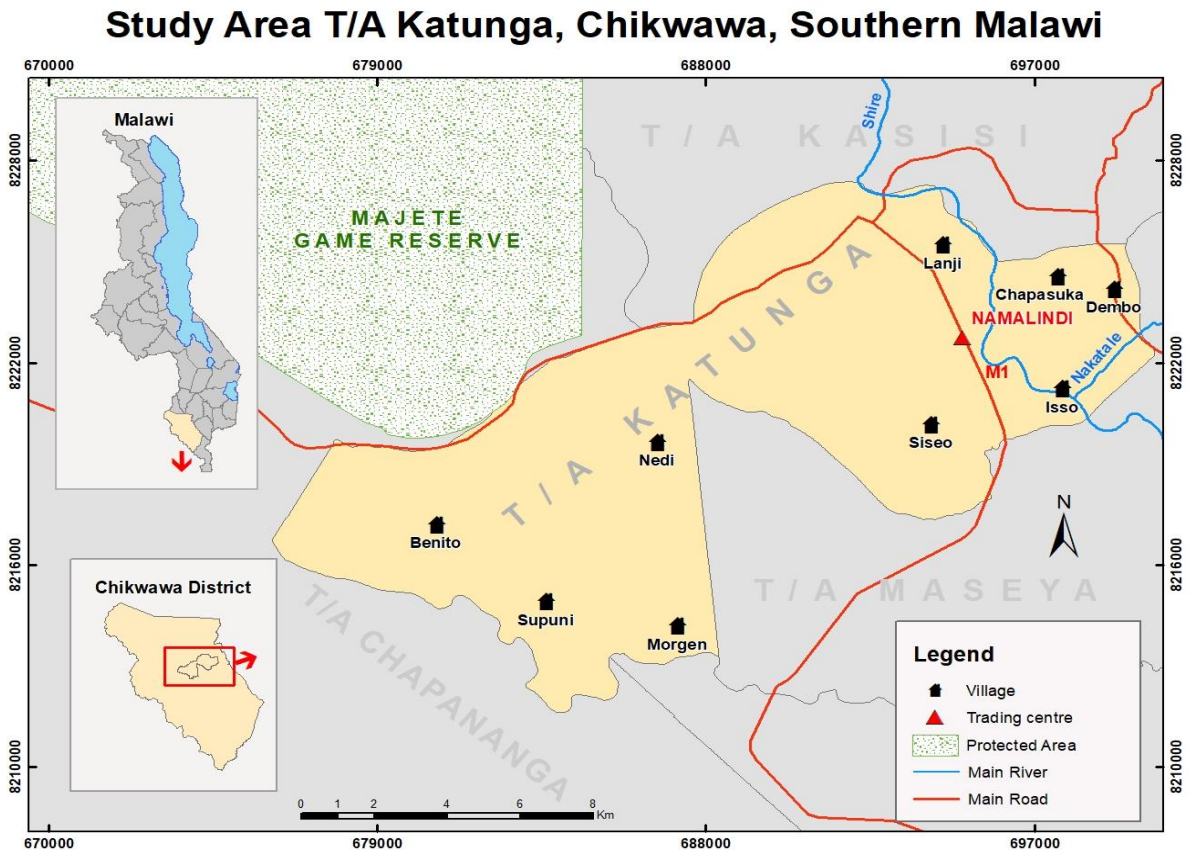


FIGURE 1: MAP OF T/A KATUNGA.

3.3 Data collection

Quantitative data was collected using a household survey where a semi-structured questionnaire was used. A Kobocollect mobile application was used to collect data for the study. The questionnaire was administered to people who have ever been affected by the 2018/19 floods to assess their psychological wellbeing during the disaster. A total of 90 participants from 2 different GVH namely Kapasule and Issoh, were involved in the study. In the area of GVH Kapasule, 76.7% of respondents who were affected by 2018/19 flooding events were randomly selected from 4 village heads (VH) were selected. While in SGVH Issoh, 21% of respondents were randomly selected from 1 village head and thus Issoh. In total 90 subjects were interviewed.

TABLE 1: GROUP VILLAGE HEADMAN WITH PROPORTIONAL OF RESPONDENTS.

Group village head	Frequency	Percent
Issoh	21	23.3
Kapasule	69	76.7
Total	90	100.0

1 Focus group was done in GVH Kapasule and it had 8 participants having 3 males and 5 females of which two of them were from VCPC and 1 from ACPC. The representative from department of social welfare at the district council was also interviewed as a key informant in the provision of psychosocial support.

3.4 Sampling techniques and sample size

For quantitative data, the villages that contributed questionnaire respondents were purposively selected depending on whether they have ever been heavily affected by floods or not. Snowball sampling was used to select individuals to be involved in the study. The initial respondents were randomly selected and the new leads were being identified by the initial respondents. The targeted household were only those that have ever been heavily affected by floods. The sample size of the study was calculated using Cochran's formula below;

$$n = \frac{z2(1-p)}{e2}$$ Where:

n= sample size

P= estimated proportion of the population (p=0.5 since the proportion of the participant is unknown)

z= Desired level of confidence (z = 1.96 = 95% Confidence level)

e= absolute size of error allowed by the study (e = +10%)

This gave a sample size of 96. The sample size was reduced to 90, because of limited resources and time.

The research used purposive sampling to select individuals that were used for qualitative data collection. These include key informants and focus group participants. Consideration of some factors like age, sex, and level of education helped to have in-depth information that was useful in the study.

3.5 Data analysis and presentations

Data analysis involves organizing, accounting for, and explaining data in making sense of the data in terms of participants' definitions of the situation (Kumar, 2011). Quantitative data was analyzed using Statistical Packages for Social Sciences (SPSS) version 25 and Microsoft Excel. The data that was collected using a KoboCollect application was exported from the KoboToolBox platform to data formats that were compatible with SPSS and Excel. Descriptive analysis was used to generate percentages and statistics of the data collected which has been presented in form of tables and graphs.

Qualitative data analysis was analyzed by using the thematic method. The thematic analysis uses themes that are drawn from quotations and statements recorded from the interviewees. The results from both qualitative and quantitative analysis were compared and combined to come up with the final results and conclusions.

3.6 Ethical consideration

Ethical considerations can be specified as one of the most important parts of the research design and methodology as it involves an approach to the study area (Connelly, 2014). The study was reviewed and approved by the Malawi University of Science and Technology Research Ethics Committee (MUSTREC) that it involved human subjects and ethics had to be followed. Permissions were granted from the district council through Rehabilitation and Relief Officer (RRO) Mr. Humphrey Magalasi and the traditional authority of the area before data collection and lastly, consent was obtained from the GVH Kapasule and Issoh. Informed consent was also obtained to interview the selected respondents. The participants were informed about the significance of the study and that their participation in the study was voluntary and they were free to withdraw anytime they wanted. The research participants were also assured of total confidentiality of their participation and that the information collected was to be used for the study. All the information collected was anonymous and no names were

attached to any questionnaire or quoted in the report. During the interviews, the participants were treated with respect and dignity.

CHAPTER FOUR

4.0 RESULTS AND DISCUSSIONS

This section presents the findings and discussion of the study. The data has been presented following the specific objectives of the study. SPSS version 25 and Microsoft Excel were used to analyze the quantitative data collected using the household questionnaire and the results have been presented in tables, graphs, and charts. Thematic analysis that uses quotations and statements was also applied in the study to analyze data from interviews and focus groups. The results from the two methods have been triangulated in the discussions.

4.1 DEMOGRAPHIC INFORMATION

4.1.1 Gender and Age of the respondents

Approximately 62.2% of the respondents were female compared to 38.8% who were male. This can be explained on a general basis as women are expected to be home taking care of the household and their dominance is less questionable. This made the researcher recruit more women into the study than men.

TABLE 2: BELOW SHOWS THE PROPORTION OF GENDER OF THE RESPONDENTS.

Gender	Frequency	Percent
Female	56	62.2
Male	34	37.8
Total	90	100.0

4.1.2 Age of the respondents

Age of the respondents; 38.9% of the total who were interviewed were of the age range from (36-55) years. Seconded by those between the age range of (18-35) years which contribute about 31.1% of respondents. This could be because people within this age range are usually married, therefore it was very easy to find them at home during the data collection. Respondents of the age range below 18, contribute about 4.4% of the total respondents as most of them are usually in school. While those of age above

55years were also 25.6% due to the life expectancy of which we expect to find few to be still alive in the communities.

TABLE 3: BELOW SHOWS PROPORTIONAL OF AGE RANGES OF THE RESPONDENTS.

Age range	Frequency	Percent
below_18_years	4	4.4
between_18_to_35years	28	31.1
between_36_to_55years	35	38.9
above_55	23	25.6
Total	90	100.0

4.1.3 Marital status

Marital status is paramount when it comes to the issue relating to the responsibilities which one can have. The more the responsibility, the more psychologically one is affected during the time of disaster. A greater proportion of respondents were married people. Married people either a man or woman is usually expected to be at home to look after children and other family assets. This explains the reason why 68 respondents of 90 respondents were married.

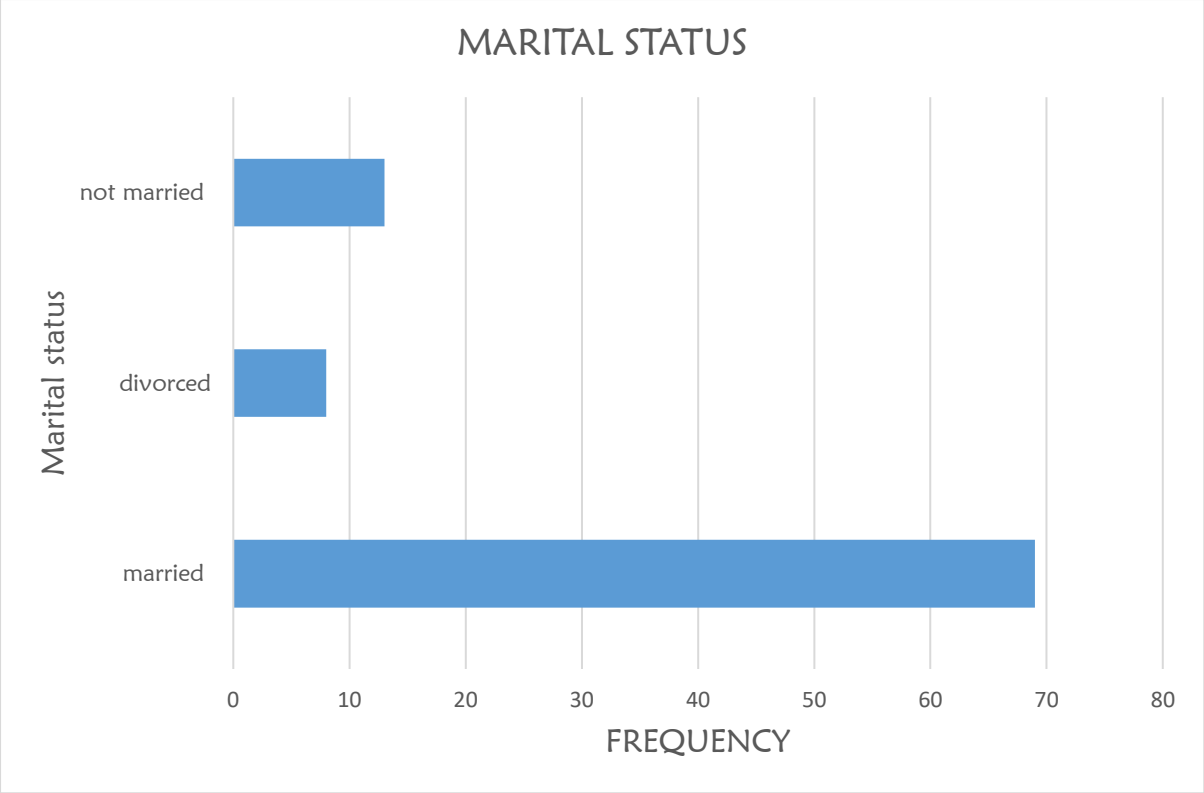


FIGURE 2: MARITAL STATUS OF THE RESPONDENTS.

4.1.4 Level of Education

Literacy levels determine the type of information that an individual can provide. The data shows that none of the respondents attended tertiary education. The number of respondents that did not attend school is 18%. A total of 82% are the ones that attended school and 15% representing those that reached the secondary level. Education status adds the capacity of individuals to reading and writing which also eases the understanding of information. An increased literacy level that was met during the data collection is important for the study in terms of the information given.

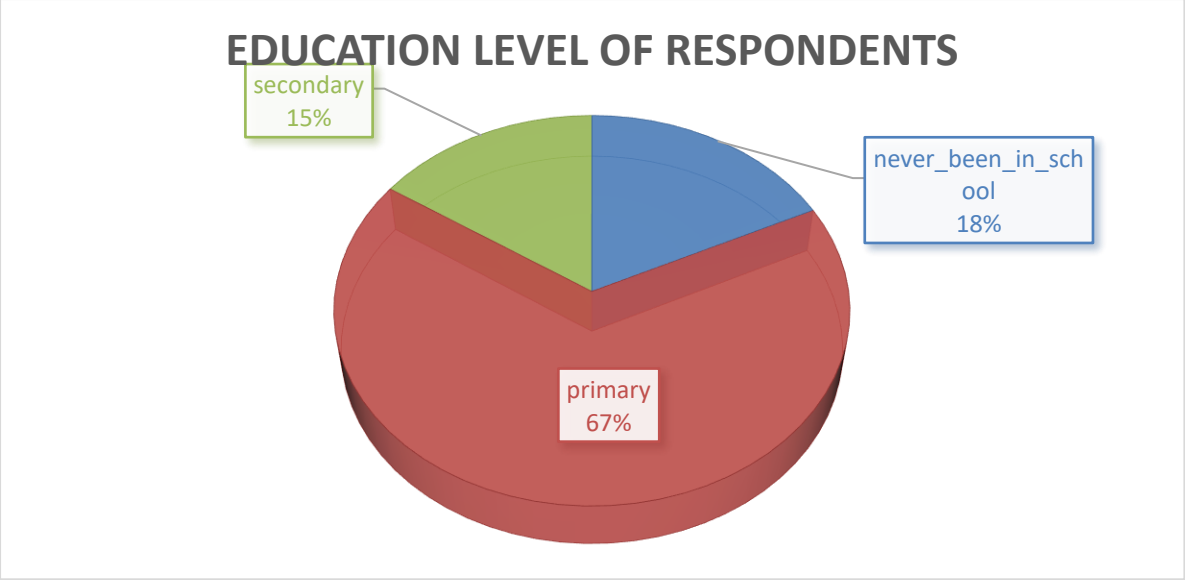


FIGURE 3: LEVEL OF EDUCATION OF THE RESPONDENTS

4.1.5 Household head

In Malawi, most of the households are male-headed based on cultural and spiritual beliefs where the husband is regarded as the head of the family. In line with this, the research showed that 71% of the households are headed by males, this includes the households in which females were interviewed but headed by males. Figure 4 below is showing the frequencies of the gender of the household head.

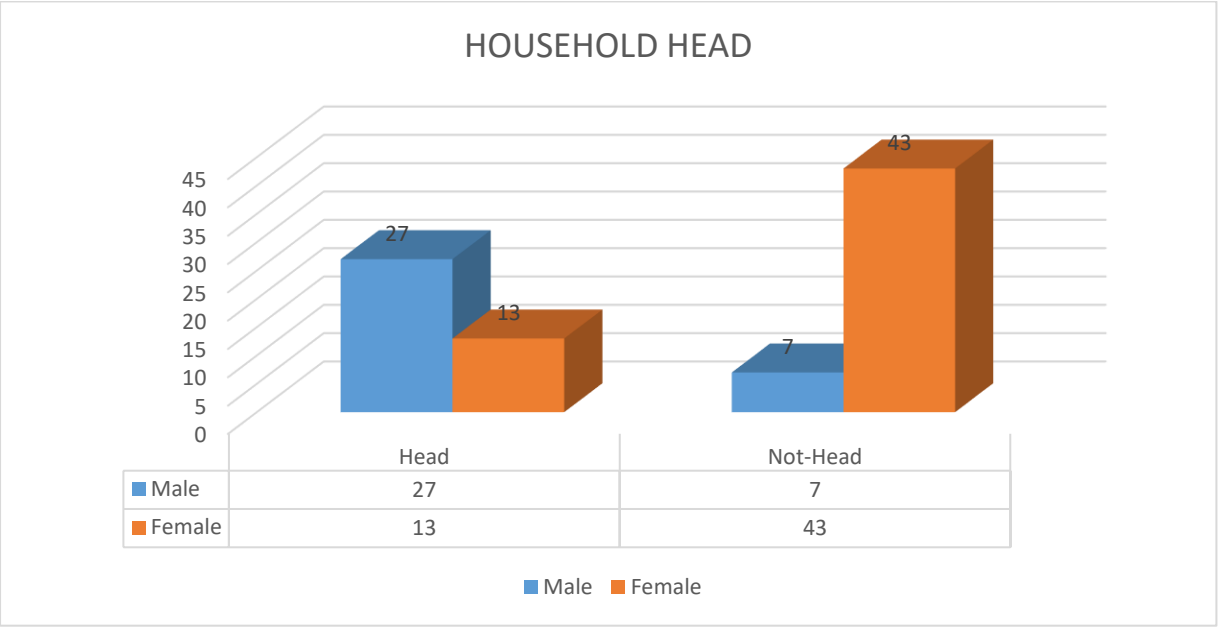


FIGURE 4: HEAD OF THE FAMILY

4.2 The extent to which people affected by floods are psychologically supported

The first objective of the study was to determine the extent to which people affected by floods are psychologically supported. The provision of psychosocial support is centered within four basic layers in a pyramidal arrangement of which they are supposed to be done concurrently (Rochanakorn, 2007). A key to organizing mental health and psychosocial support is to develop a layered system of complementary supports that meets the needs of different groups. These interventions for mental health and psychosocial support are aligned in a pyramid way and these include; basic services and security, community and family support, focussed non-specialized supports, and specialized services (Rochanakorn, 2007). From the data which was gathered from the respondents, it shows that 81% of the people do understand what psychosocial support is, but it's not adequately provided as expected by people in the area.

4.2.1 Level of knowledge

The pie chart below shows that 71% of the respondents demonstrated that they know what psychosocial support is and that their knowledge was classified as good. That means they were able to define and explain what psychosocial support is. While 16% of the respondents do not even understand "what psychosocial support is?", and more importantly they could not describe what it is, and their understanding was classified as poor. 13% percent of the total respondents demonstrated full knowledge about psychosocial support.

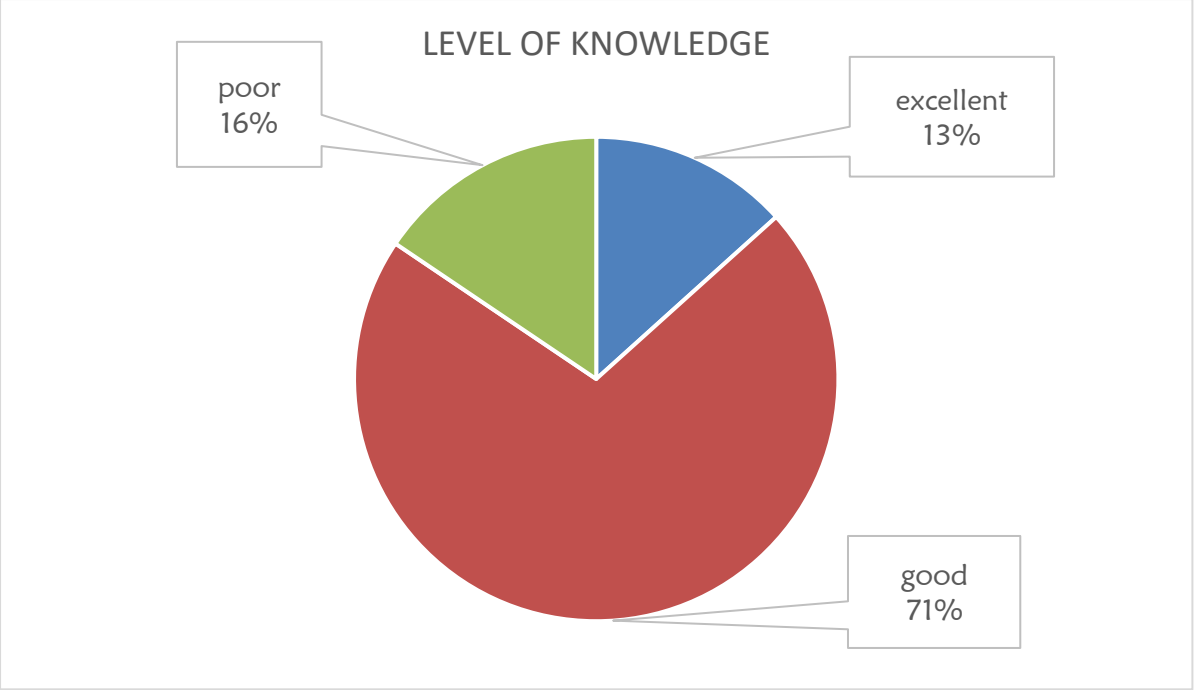


FIGURE 5: LEVEL OF KNOWLEDGE

4.2.2 Psychosocial provision support

Psychosocial support provision being understood as not an important aspect of the community when it comes to humanitarian. Out of all the respondents, 94.4% said they have never been provided with psychosocial support services. While 5.6% of them said they have ever been provided with psychosocial support, more especially when the humanitarian organizations come to provide them with basic needs. As shown in the pie chart below.

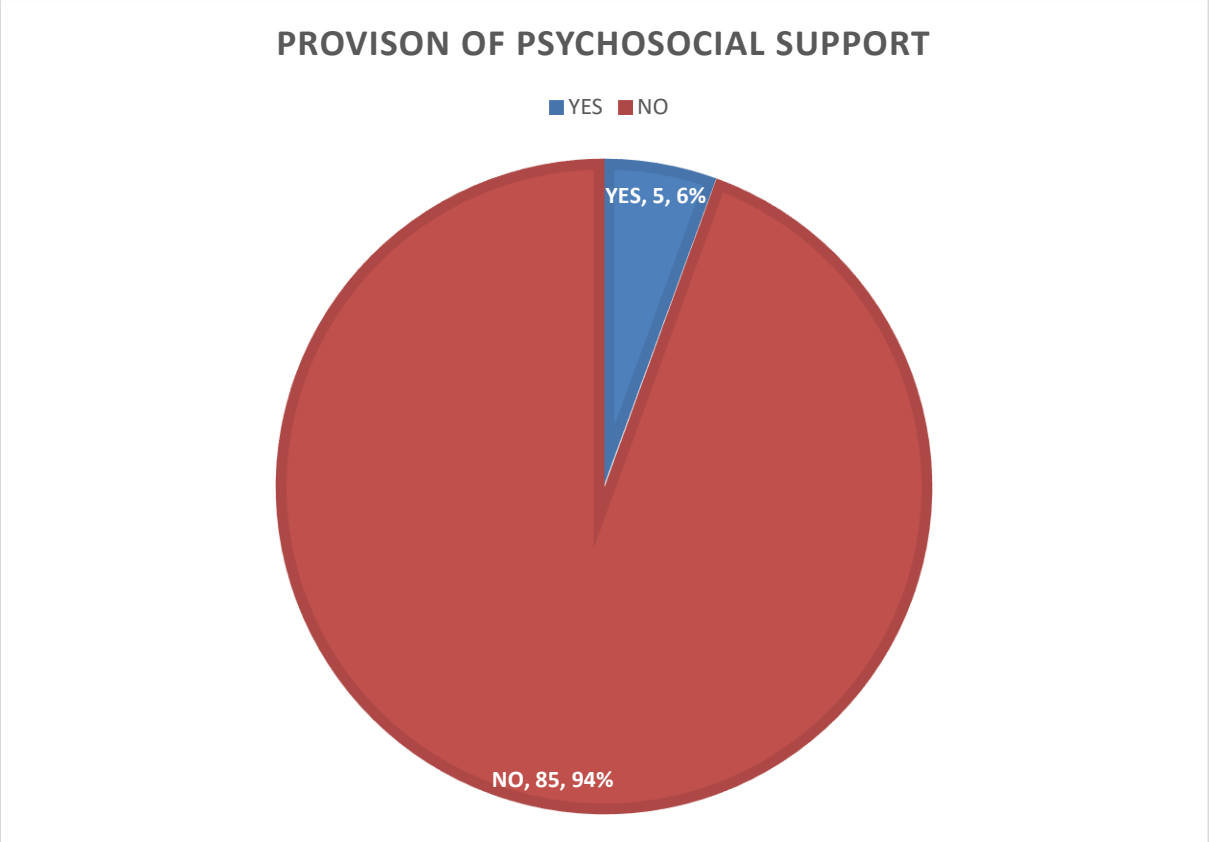


FIGURE 6: PROVISION OF PSYCHOSOCIAL SUPPORT

4.2.3 NGOs that provide material support

During the focus group discussion which was conducted in group village head man Kapasule, one of the participants emphasized and he said:

> "… nthawi zina ma bungwe monga Christian Aid, amangotiuza kuti pepani chifukwa cha ngozi ya chitikayi, kenako timangozindikila anthu aja apita kenako nthawi yina akabwera amazatipatsa zimene tikusowekela basi" (sometimes, the organizations for instance Christian Aid, could say sorry for whatever happened during the event, then they go and later on thus after somedays they would bring basic items which we need at that particular time).

TABLE 4: ORGANISATION THAT PROVIDES BASIC NEEDS AS PART OF PSYCHOSOCIAL SUPPORT.

Name of Organisation	Frequency	Percent
Christian aid, WFP	45	50.0
Christian aid, Red Cross	4	5.4
WVM, Christian aid, WFP	41	45.6
Total	90	100.0

Based on the results as indicated in Table 4 above, where the participants were asked about the organization which was providing psychosocial support. It shows that the 2018/19 rainy season affected the area heavily. The organization which contributed much to the provision of basic needs is the Christian Aid then seconded by World Food Programme (WFP). Approximately 50% of the respondents said Christian Aid and WFP, 45% of the respondents said that World Vision Malawi (WVM), Christian Aid, and WFP were actively providing basic needs as per needs at the camp (Evacuation center). Almost 100% of the respondents said during the 2018/19 flooding Christian aid was dominating in providing psychosocial support in form of distribution of basic needs.

During focus group discussion, where the same question was asked, one of the respondents said:

> "… umphunguwu ukumaperekedwa koma sumakhala wolunjika kuti munthu ungauzindikile ndi kuphunzirapo kanthu, ayi, chifukwa chakuti anthufe timakhala kuti tikungodikila zolandila kuti atipatsa chani ma bungwe" (the psychosocial support is being provided but it's not necessary specific that someone can recognize and learn something, no, the reason is that people are already set to receive something from these organization)

4.3 Coping strategies

This was a secondary objective of the study, to determine the coping strategies used by individuals or communities when psychologically affected due to flooding impacts. These are the ways which are taken by people or communities to get through a particular situation(s) mentally.

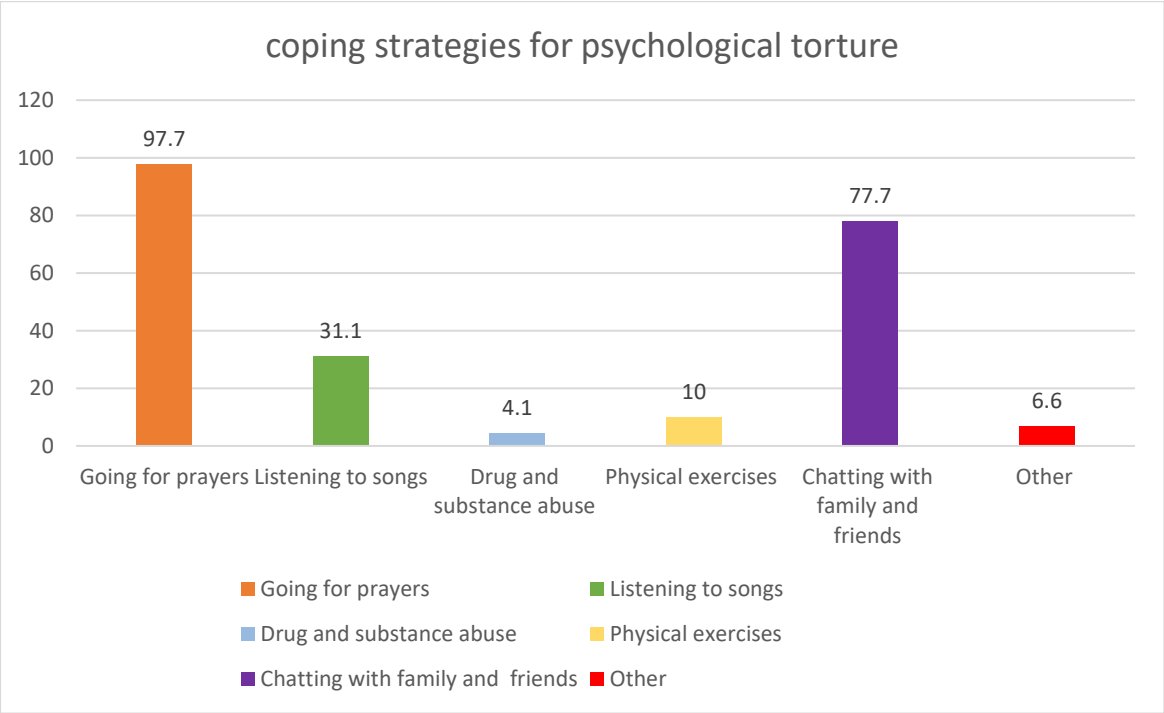


FIGURE 7: COPING STRATEGIES OF PSYCHOLOGICAL TORTURE

Coping strategies relating to psychological torture that comes in due to impacts of floods. These act as the first steps that are taken by people when they are psychologically affected by the impacts of flooding events. Respondents were asked as to which of the following suggested coping strategies they use whenever they are psychologically unstable?. These strategies include going for prayers, listening to songs or (singing songs to oneself), being involved in doing physical exercises for instance playing football, drug and substance abuse (excessive drinking of alcohol), chatting with family and friends. The commonly used coping strategy that was identified by approximately 97.8% of the respondents is going for prayers. 77.8% mentioned that they usually chat with family and friends. Approximately 31.0% mentioned that they like listening to songs or singing to themselves when they are heavily affected

psychologically. In addition, 6.7% of the participants mention that sometimes they would just stay idle, one of the participants said:

> "… nthawi yina ndinkangochoka pa kampu(msasa) kupita kokayenda kuti mwina ndisamaganize za kusowa kwa katundu wanga kamba kosefukila kwa madzi, penanso ndinkakhala duu osamapanga china chilichonse" (sometimes, I could just move out of the camp place going somewhere just to make sure that I shouldn't think about my properties which got lost during the time of flooding event and whatever I have lost or else I would just stay idle without doing anything).

Among all these coping strategies, going for prayers was considered convenient by respondents who mentioned it they said it's because it's immediate and with the hope, it provides based on faith. The other coping strategy which was mentioned was the provision of basic needs which is mostly done by governments and NGOs in the area and well-wishers. The initiative in the area through its not done by people themselves but it was said in one of the focus group discussion by one of the participants that:

> "… nthawi zina timasowa mtendere chifukwa chakuti zinthu zoti zintha kutithandiza nthawi yomweyo pamakhala kuti palibepo monga chakudya, nde kungotipatsa zinthuzo timakhala kuti tapepukidwa mumalingaliro." (sometimes, we are heavily affected psychologically, just because we do lack basic things, for instance food, therefore they provision of those, relieves us psychologically).

One of the members in a focus group discussion further added that,

"…kukhala mmagulu kumathandiza kuchepetsa kukhala ndi malingaliro kapena kuti nkhawa zambiri" which means (staying in groups also helps a lot in relieving us psychologically) and the person explained that:

"…magulu amathandiza chifukwa choti timalimbikisana munjira zambiri ndi kuthandizana nzeru mmene tingamapangire zinthu zina" which means (.. being in groups really help because we encourage one another in so many ways and help one another on how we can handle some other things going on in our lives). Though the groups which are present in the area are not meant for the provision of psychosocial support, rather they are for other purposes, for example, income-generating groups,

money savings also known as (Bank Nkhonde). Therefore, if these clubs/groups can be empowered through training of their participants on the way they can be handling some of these issues relating to psychosocial in times of disaster and broadening the participation of people in the communities. It would be of great help to the community.

4.4 The level of psychological exposure

The last objective was to assess the level of psychological exposure amongst people from the impacts of the floods. The questions regarding the value of properties and assets which a person has were asked and the responses were in form of how someone can feel given that the flooding is to happen. The responses were categorized into the following; much worse, worse, same, better, much better. The respondents were supposed to choose the best situation which describes their mental status when the same or similar event can happen now or shortly which affects them.

Out of all the respondents, about 93.3% of them said they would feel worse to have their properties destroyed due to the flooding. 78,9% of the respondents said they would expect their financial circumstances to be worse and 91.1% of the respondents mentioned that after the flooding they would expect the value of their house to be worse. These were used the act as a pillar to the development of psychological issues among people. Tables 5,6 and 7; below shows the distribution of respondents on the levels of exposure to the psychosocial issues.

TABLE 5: SHOWS FINANCIAL CIRCUMSTANCES

Expectations	Frequency	Percent
Better	1	1.1
much_better	1	1.1
much_worse	3	3.3
the_same	3	3.3
Worse	82	91.1
Total	90	100.0

TABLE 6: SHOWS HOUSE VALUE EXPECTATIONS

Expectations	Frequency	Percent
Better	1	1.1
much_worse	13	14.4
the_same	5	5.6
Worse	71	78.9
Total	90	100.0

TABLE 7: SHOWS PROPERTY DESTRUCTION.

Feeling	Frequency	Percent
Better	1	1.1
much_worse	3	3.3
the_same	2	2.2
Worse	84	93.3
Total	90	100.0

Therefore, the psychological exposure of people to flooding is generally worse. As 87.77% of people mentioned that their psychological torture would be worse if the floods happen in their face. Due do their level of vulnerability is just too much that they cannot afford to stand against the occurrence of floods.

One of the respondents in the focus group said that due to the way his house is built, his financial muscle, his essential properties are more vulnerable. Structures such as houses are built with substandard materials which makes it to be at a higher risk of being

destroyed from the flooding event. The means of generating the income would be interrupted as most of the respondents said they depend on farming as a source of income hence flooding would mean crops will be affected. This would cause the harvest to be reduced. Based on the experience one of the respondents in a focus group said that; "as it was during the 2014/15 flooding event we lost most of our crops and livestock, that meant we had no food and subsequently we suffered from the hunger and our income generation went down".

CHAPTER FIVE

5.0 CONCLUSION AND RECOMMENDATIONS

5.1 Conclusion

From this study, the main problems which were identified are that most people are not provided with the full psychosocial support which they are expecting to be getting. Despite that most people demonstrated that they know what it means by psychosocial support. As it has been observed from the findings it shows that the extent to which the psychosocial support is being provided is not to the fullest as expected. This is seen as most of the respondents mentioned that they are still affected psychologically as whatever they lost during the events is still flashing back in their minds. This is the reason why most people are no longer interested to build houses or do some other personal developments as they are still anxious about what can happen to them if another event happens.

The research also identified that the most used coping capacity is the act of going for prayers and seconded by the act of chatting with family and friends. The adoption of some of the local coping capacities which are used by people helps to reduce the negative effects which people experience relating to psychology. The exposure of most people in the community is extreme such that people would feel worse when flooding events would occur in their faces.

It is therefore imperative that the provision of psychosocial support must be taken seriously by government departments looking after such issues and the NGOs. Though due to limited resources and expertise acts as a hindrance towards the provision of psychosocial support services.

5.2 Recommendations

The study findings and conclusion have helped the researcher to come up with the following recommendations that the governments, NGOs, and individuals in the communities should put into consideration when it comes to undertaking the provision of psychosocial support.

- There is a need for the government and NGOs to be incorporating the assessment of the impacts of flooding events on psychosocial among people affected by floods for instance in the Post Disaster Need assessment.
- There is a need for timely provision of psychosocial supports amongst those people who have been identified and heavily affected psychologically.
- There is a need for the government and NGOs to maximize and promote the adoption of some of the local coping strategies.
- The communities need to develop and embrace the culture of gathering together in a time of flooding and any other disaster as it gives them hope for living and making good decisions.
- There is a need to continue monitoring the progress of the people who have ever been provided with psychosocial support to see if their well-being is normalizing.
- There is a need for the government and NGOs to allocate more resources including human resources on the provision of the basic needs as they act as fundamentals to the reduction of the psychological instability amongst people affected.
- Government and NGOs should empower clubs/groups through training and imparting them with the knowledge of psychological support.
- People in the community have to make sure that they observe all the preventive measures to the impacts of floods more importantly by reducing their vulnerability.

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The government of Malawi, flood victims needs psychosocial counseling.

APPENDICES

APPENDIX 1: RESEARCH CONSENT SEEKING FORM

RESEARCH TITLE: ASSESSING THE EXTENT OF THE PROVISION OF PSYCHOSOCIAL SUPPORT AMONG PEOPLE AFFECTED BY FLOODS.

My name is Ollings Mghandira. Am a fourth-year student at the Malawi University of Science and Technology (MUST) pursuing a Bachelor's of Science Degree in Disaster Risk Management. I am carrying out research to assess the extent of the provision of psychosocial support among people affected by the flood. Your acceptance to participate in this study is recognized with credits.

The goal of the research is to collect your feedback, as well as feedback from others, about the extent of the provision of psychosocial support in the area. This information will help in developing a comprehensive approach in improving the provision of psychosocial support to reduce the psychological problems that come due to flooding.

Feel free to respond to each question and be assured that the information will only be used for research. Please note that your responses to all the questions will be kept anonymous and confidential.

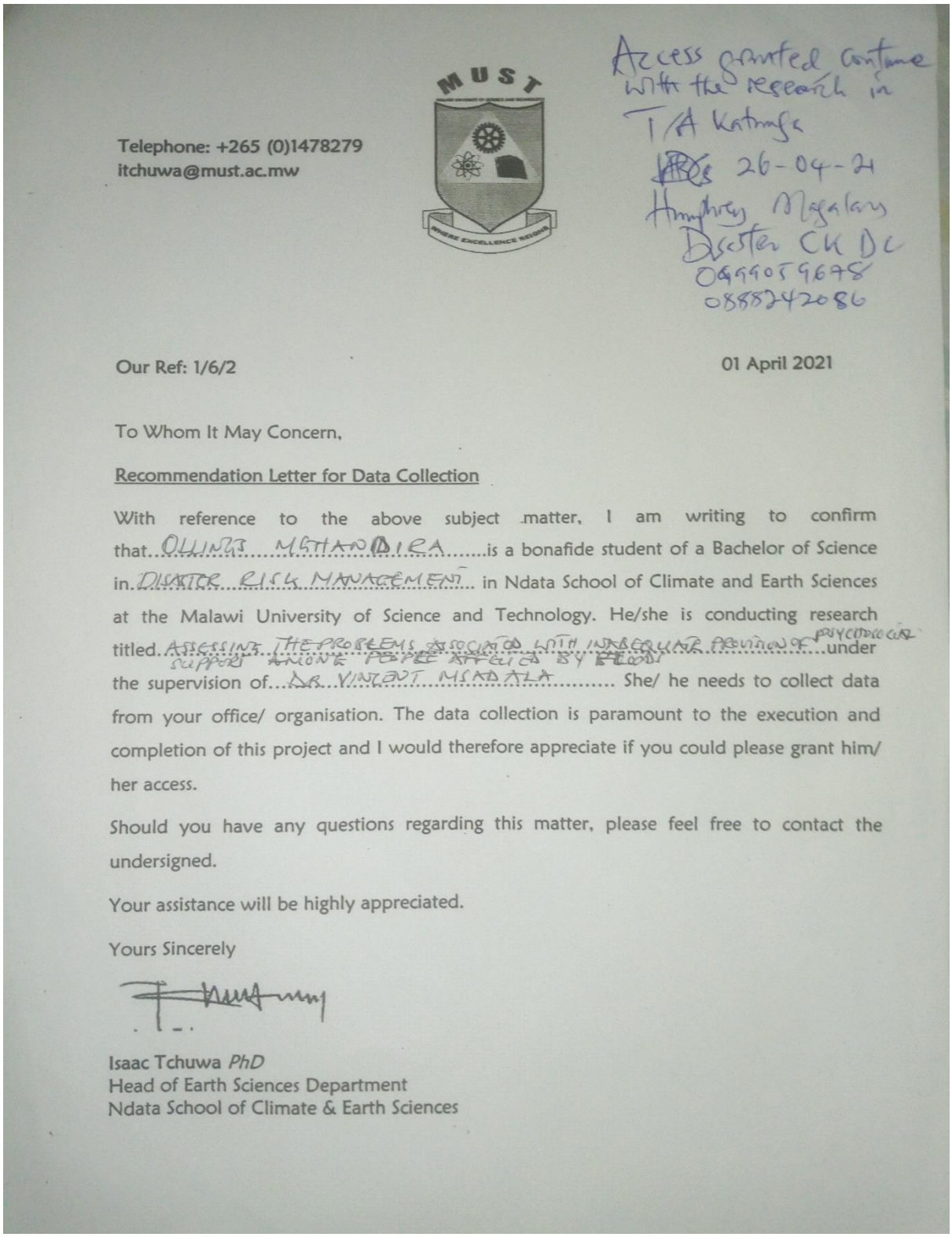
If there is any question(s) related to the subject you are free to ask at any time.

May I, therefore, request your consent to respond to the questions which will be taking a maximum of 15 minutes.

Signature of Respondents

……..

APPENDIX 2: RECOMMENDATION LETTER FOR DATA COLLECTION



Access granted contame with the research in T/A Katunga 26-04-21 Humphrey Magalasi Disaster CH DC 0999059678 0888242086

Telephone: +265 (0)1478279
itchuwa@must.ac.mw

MUST

Our Ref: 1/6/2

01 April 2021

To Whom It May Concern,

Recommendation Letter for Data Collection

With reference to the above subject matter, I am writing to confirm that..OLUNGI MSHANDIRA.....is a bonafide student of a Bachelor of Science in..DISASTER RISK MANAGEMENT... in Ndata School of Climate and Earth Sciences at the Malawi University of Science and Technology. He/she is conducting research titled..ASSESSING THE PROBLEMS ASSOCIATED WITH INADEQUATE PROVISION OF PSYCHOSOCIAL SUPPORT AMONG PEOPLE AFFECTED BY FLOODS under the supervision of...DR. VINCENT MSANDILA..... She/ he needs to collect data from your office/ organisation. The data collection is paramount to the execution and completion of this project and I would therefore appreciate if you could please grant him/ her access.

Should you have any questions regarding this matter, please feel free to contact the undersigned.

Your assistance will be highly appreciated.

Yours Sincerely

Isaac Tchuwa *PhD*
Head of Earth Sciences Department
Ndata School of Climate & Earth Sciences

APPENDIX 3: QUESTIONNAIRE WHICH WAS USED TO COLLECT DATA FROM THE RESPONDENTS

Instructions:

I. Your name will not be written here or identity of any kind on this answer sheet.
II. The question has multiple-choice. You will just be required to pick the best answer(s).
III. If you are not clear about the question I have asked and you feel like I should repeat, please say "pardon or come again"
IV. Answer all questions.

BACKGROUND

Form No:	Date/month/year:	Group Village Head (GVH):	Traditional Authority (T/A)	District Name:

A. Personal details

Gender of the respondent.

a) male
b) female

Marital status:

a) married,
b) single,
c) divorced

If married, are you the household head?

a) Yes

b) No

Gender of the household head;

a) Male
b) Female

What is the number of family sizes?*****

Age of the respondents

a) Below 18 years
b) Between 18years to 35years
c) Between 36-55years
d) Above 55years

Highest level of education:

a) Never been to school
b) Primary
c) Secondary
d) Tertiary

What is your occupation? What is the source of income?

a) Businessman
b) Employed
c) Farmer
d) Other, specify _____

B. To determine the extent to which people affected by floods are psychological supported

Are you being provided with psychosocial support after floods have occurred?

a) Yes
b) No

If yes, during what time of the event.

a) At the warning stage before a flooding event

b) During the flooding event
c) After the flooding event

Which organization/agencies have been providing psychosocial support in your area?

_____

How do you understand psychosocial support? (testing understanding using open-ended questions)

What is psychosocial support?

a) Excellent
b) Good
c) poor

How many times are you being visited to be provided with such support?

a) 1 time
b) 2 times
c) More than two times

How is psychosocial support being administered?

a) Through group discussion
b) Through teaching
c) Through one-on-one discussion with the provider
d) Other please indicate……

To those who have ever experienced and there were psychologically supported do you think it's beneficial?

a) Yes
b) No
c) Not sure

If yes, do you think the provision of this support should continue?

_____

Why do you think so?

_____

Is there a problem with the psychosocial support which you are provided with?

a) Yes
b) No

If yes what is (are) the problem? _____

Have you ever gone to the hospital to seek medical attention due to psychological torture which emerges from the impacts of floods?

a) yes
b) No

C. coping strategies to psychological issues

Coping strategies for the psychological issues by people in the community

Coping strategies	Yes	No
Going for prayers		
Drug and substance abuse e.g. (excessive drinking of alcohol)		
Listening to songs		
Doing exercises e.g., playing football		
Rely on the psychological support provided by humanitarian agencies		

Others specify_____

D. To measure the level of psychological exposure among people due to the impact of floods

How do you feel when the floods have occurred and some of your properties have been destroyed?

a) WorseWORSE
b) Much worse
c) better
d) Much better
e) The same

As a result of the floods, how do you expect your financial circumstances to be?

a) Much better
b) Better
c) The same
d) Worse
e) Much worse

As a result of floods, how do you expect the house value to be?

a) Much better
b) Better
c) The same
d) Worse
e) Much worse

Do you have any health worries relating to the flood for yourself or your family?

a) Yes
b) No
c) Not so sure

End of question

If there is any question or comment which you would wish to ask or comment on, please you can do so.

……
……
……

Thank you for your participation

APPENDIX 4: GUIDING QUESTION FOR KEY INFORMANTS- FOCUS GROUP DISCUSSION

Guiding question	Answer
Is psychosocial support provided among people affected by floods?	-Not really
Is the psychosocial support provided in this area adequate?	-Not adequate (about 100% of the participants mentioned that the psychosocial support which is being provided is not adequate)
what are the problems associated with its provisions?	-most of the participants suggested that its due to lack of resources (including expertise) and time factor, since when they come they don't spend much time.
What are the coping capacities which people in the community use, about psychological torture?	-going for prayers -chatting with friends and family -substances and drug abuse -listening to songs -doing exercises -staying idle -use of traditional ways such as storytellings
Do you think the provision of psychosocial support is of benefit to people in the communities? And why do you think so?	yes -because it helps us in getting back to our normal senses and not lose hope -because it also helps us to focus on continuing our personal development -Reduces stress and anxiety
What do you think communities can be doing on their own to reduce the negative effects of inadequate provision of psychosocial support?	-formulation of more social groups/clubs and get trained on issues relating to psychosocial support, so that when different issues are discussed they can

	comfortably including that of psychosocial torture.
What else do you think the government or NGOs need to be doing to improve the provision of psychosocial support services?	-By supporting the service through funding. -70% of the participants said that provision of basic needs and other necessary relief items help them a lot in getting away with stress. -provision of expertise in the provision of psychosocial support -activation of the already existing social group and helping them to incorporate psychosocial support in their agendas. -they should promote income generation programs such as Bank Nkhonde.
Is there anything else that you would like to share relating to psychosocial support?	-It's an important package as far as humanity is concerned, it helps increase resilience amongst people.

APPENDIX 5: GUIDING QUESTION FOR KEY INFORMANTS- FOR OFFICIAL FROM THE SOCIAL WELFARE DEPARTMENT

Guiding question	Answer

Is psychosocial support provided among people affected by floods?	**Yes it is provided, …..to the affected.**
Is the psychosocial support provided in this area adequate?	**Not so adequate, because the time and resources come in as a challenge.**
what are the problems associated with its provisions?	**a. Time factor** **b. Resources finances to support the activity**
What are the coping capacities which people in the community use, to curb or deal with psychological torture?	**Once they are provided with the psychosocial concept, they use the knowledge gain to cope up with the situation, but in most cases own their own it becomes so difficult to cope.**
Do you think the provision of psychosocial support is of benefit to people in the communities? And why do you think so?	**Yes, they benefit a lot. The reason being that psychosocial brings in the resilience kind of so that the community starts realizing that they can use relations, resources around to cushion their problems, and in that way, other problems start getting solved.**
What do you think communities can be doing on their own to reduce the negative effects of inadequate provision of psychosocial support?	**On their own, they can be using the local traditional way our forefathers used to do, like by having storytelling, traditional dances, and counseling which was also so paramount during that time. If there would be adopted and put into use then to some extent it corresponding to psychosocial.**

What else do you think the government or NGOs need to be doing to improve the provision of psychosocial support services?	A, to allocate more resources in this area. B, lobby their donors for more funding for the provision of psychosocial. C. to use the government officers in facilitating the package to achieve the objective without comprising the services.
Is there anything else that you would like to share relating to psychosocial?	Yes ……psychosocial is a package required by any individual but mainly those that have been victimized. So there is a need to do more in providing these services because without this we can even lose the lives of people not because they are sick but due to psychological problems.