

INVESTIGATING SELF RECOVERY STRATEGIES USED AFTER DISASTERS: THE CASE OF TA KYUNGU, KARONGA DISTRICT.

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ABSTRACT

This dissertation examines the self-recovery strategies employed by communities in TA Kyungu, Karonga District, following disasters. The research study aimed to achieve the following objectives: Identifying the self –recovery strategies employed by these communities, assessing the effectiveness of these strategies, identifying the key factors facilitating or hindering self-recovery efforts, investigating which strategies are good or bad. The study has used the following methodology qualitative and quantitative methodologies including interviews surveys document reviews. A sample of 40 participants was used to understand strategies used. The data have been analysed using SPSS and excel spread sheet and presented in graphs and tables using themes and coding. Additionally, the research discovered critical factors such as diversified farming, irrigation farming, resource sharing good leadership have influenced the success of self-recovery efforts. Finally, this dissertation sheds light to understand the community based adaptation and provides insight into the strength and weakness of different adaptations leading to future disaster management policies and practices in the district.

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ACRONYMS/ABREVIATIONS

ACPC: Area Civil Protection Committee

VCPC: Village Civil Protection Committee

DCPC: District Civil Protection Committee

FDGS: Focus Group Discussions

NGOs: Non-Governmental Organisation

DRMO: Disaster Risk Management Officer

TA: Traditional Authority

UNDP: United Nations Development Programme

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1.0. CHAPTER ONE: GENERAL INTRODUCTION

1.1. Background

Both man-made and natural disasters pose a serious threat to communities around the world, damaging infrastructure, livelihoods, and lives. Communities often depend on their innate resilience and self-recovery mechanisms to manage and recover from the fallout of these incidents when faced with such difficulties. To improve disaster planning, response, and resilience building efforts in the context of Karonga, a district in Malawi prone to various calamities, it is imperative to comprehend and document these self-recovery tactics.

The purpose of this dissertation is to examine the self-recovery tactics used by the people in the Karonga region of TA Kyungu after natural disasters. The aim of this study is to investigate the resilience of TA Kyungu communities in Karonga to catastrophes by examining local behaviours, adaptive mechanisms, and community-led activities. In addition, it looks for variables that affect these techniques' sustainability and efficacy, offering practitioners policymakers, and other stakeholders in disaster risk reduction and management valuable information.

This research is important because it could add to the body of knowledge already available on community resilience and catastrophe recovery, especially in the setting of sub-Saharan Africa. This study aims to provide insights into the recovery and coping strategies used by the indigenous populations in Karonga. These insights will be useful in the creation of culturally sensitive and contextually appropriate interventions that will increase disaster resilience at the local level.

This study aims to capture the many viewpoints and experiences of community residents, local leaders, and pertinent stakeholders through a combination of qualitative and quantitative methodologies, such as focus groups, surveys, and interviews. This study intends to provide a thorough understanding of the dynamics of self-recovery in Karonga by involving the voices of those who have been directly impacted by disasters. This will enable

the co-creation of sustainable and inclusive strategies for enhancing resilience to shocks and stresses in the future.

Essentially, this dissertation pays homage to the villages of Karonga that have persevered through hardship by being resourceful, resilient, and united. The ultimate goal is to promote sustainable development and well-being in disaster-prone areas. By elevating their perspectives and experiences, it aims to contribute to the larger conversation on disaster risk reduction and resilience-building initiatives.

1.2. Problem Statement

Community recovery from catastrophes remains a persistent concern in Karonga, Malawi, despite substantial investments in planning and response activities. External aid is frequently essential in the immediate wake of such incidents, but it might not be enough for a long-term recovery if it is relied upon exclusively.

The ability of impacted communities to rebuild and recover, as well as their resilience and capacity for adaptation, are critical factors in the efficacy and sustainability of recovery efforts. Nonetheless, there remains a significant knowledge vacuum on the self-repair tactics used by Karonga communities after natural disasters. The indigenous coping strategies, adaptive behaviours, and community-led projects that support efforts to rebuild resilience and recover from disasters have not received much attention in the scientific literature. As a result, a thorough understanding of the variables affecting these techniques' efficacy, durability, and scalability is lacking.

The dynamic character of disasters and the changing socioeconomic and environmental conditions in Karonga district TA Kyungu exacerbate this study challenge. The susceptibility of communities to catastrophes is further exacerbated by factors including urbanization, population expansion, climate change, and land-use dynamics. As a result, a greater understanding of locally relevant and context-specific self-recovery solutions is required. Thus, the main issue this research attempts to solve is the necessity of looking into

and recording the self-recovery tactics that the communities of Karonga TA Kyungu employ in the wake of disasters. This project aims to close the current knowledge vacuum and offer practical insights for improving disaster resilience, community empowerment, and sustainable development in disaster-prone areas by identifying and analysing these solutions.

1.3. Main and Specific Objectives of the Study

The main objective of the research is to investigate Self-recovery strategies used by communities in Karonga District TA Kyungu after disasters. In order to achieve this objective, the following specific objectives will be taken into account.

1. To identify the self-recovery strategies which communities use for self-recovery.
2. To assess the effectiveness of self-recovery strategies employed by communities after disasters.
3. To identify the key factors that will facilitate or hinder self-recovery efforts within communities.
4. To distinguish which strategies are effective and which are ineffective.

1.4. Research Questions

1. What are the key factors that enable communities to initiate and sustain self –recovery efforts following a disaster?
2. What are the main challenges and obstacles that communities face when attempting self-recovery without external support?
3. What are long term implications of community-led self-recovery in terms of resilience and preparedness for future disasters?
4. How can governments and non-governmental organizations best support and complement self –recovery efforts without undermining local autonomy

1.5. Significance of Study

In addition to safeguarding people and property, disaster recovery ensures the quick restoration of vital services and infrastructure following a disaster, which helps save lives. As listed below, this study will be significant in several ways.

i. Building Resilience

Building resilient communities requires an understanding of how communities can recover on their own following calamities. It can assist communities in becoming more independent and better equipped to handle calamities in the future.

ii. Allocation of Resources

The study's conclusions can help humanitarians and decision-makers decide how best to distribute their resources. More effective disaster response plans may result from this.

iii. Empowerment of the Community

Long-term sustainability can be achieved through self-recovery activities since they will improve local resources, tactics, and expertise.

iv. Disaster Risk Reduction

Disaster risk reduction programs can incorporate self-recovery techniques to help communities lessen the effects of upcoming calamities. The research study, in summary, will tackle a crucial component of disaster management and recovery. By strengthening resilience and self-reliance in the wake of disasters, it has the potential to help communities, policy makers, and humanitarian actors alike.

2.0. CHAPTER TWO: LITERATURE REVIEW

Natural or man-made, disasters cause havoc with lives, livelihoods, and infrastructure, and they provide serious difficulties to communities all over the world. Communities frequently rely on their innate resilience and self-recovery techniques in the wake of such tragedies to deal with and recover from the destruction. This review of the literature focuses on the Karonga district TA Kyungu, Malawi, and looks at the research that has been done on the self-recovery techniques used by communities in disaster-prone areas.

2.0. Community Resilience and Self-Recovery

In the debate surrounding disaster management, community resilience—which is characterized as the capacity of communities to endure, adjust to, and recover from disasters—has gained significance. According to Norris et al. (2008), it's critical to comprehend the socio-ecological dynamics—such as social cohesiveness, adaptability, and resourcefulness—that support community resilience. Berkes and Ross (2013) emphasize the importance of social networks, cultural customs, and local knowledge in supporting community-led rehabilitation initiatives within the framework of self-recovery. Numerous research highlight the connection between community resilience and self-recovery. Effective self-recovery initiatives are more likely to be undertaken by communities with strong social cohesion and existing networks (Sarfraz, n.d.). According to their research, pre-existing community ties facilitate quick resource sharing and coordination in the wake of a disaster.

2.1. Indigenous Coping Mechanisms

The importance of indigenous coping strategies in disaster recovery is highlighted by research by Manyena (2006), who contends that local populations frequently have invaluable knowledge and abilities developed over centuries of living in catastrophe-prone areas. These coping strategies, which could involve communal support networks, agro-ecological methods, and traditional building skills, are essential for reducing the effects of disasters and accelerating recovery.

2.2. Community-Led Initiative

Initiatives driven by the community have proven to be successful in resiliency and catastrophe recovery. Pelling et al. (2008) emphasize the significance of bottom-up strategies that enable local communities to successfully organize their resources and take charge of the recovery process. In Karonga, community-based networks and grassroots organizations have been essential in planning joint efforts, providing relief supplies, and reconstructing infrastructure following natural catastrophes. (UNDP, 2015).

Identifying the self-recovery tactics used in communities is one noteworthy theme in the literature. In order to support self-recovery, (Berke et al., 1993) highlights the significance of community-driven initiatives such neighbourhood volunteer groups and grassroots organizations. According to (Berke et al., 1993), these programs enable local communities to take care of their immediate needs—such as food, shelter, and medical attention—without depending on outside organizations.

2.3. Challenge and Opportunities

Self-recovery techniques present opportunities to improve disaster resilience, but they are not without difficulties. These tactics frequently encounter obstacles such restricted resource availability, institutional impediments, and outside dependence (Gaillard, 2010). Furthermore, contextual elements including socioeconomic position, governmental frameworks, and cultural norms may have varying effects on the efficacy and sustainability of self-recovery initiatives (Mercer et al., 2010).

2.4. Research Gap and Justification

Even while the value of self-recovery techniques is becoming more widely acknowledged, there is still a dearth of studies that especially address the Karonga, Malawi, environment. Previous research has primarily concentrated on other areas and might not adequately convey the distinct socio-cultural and environmental dynamics of Karonga. Consequently, there is a strong need for empirical study that looks into the self-recovery techniques that Karonga communities use after natural disasters. This dissertation attempts to fill this knowledge vacuum by addressing community resilience and disaster recovery, as well as by offering

practitioners, policymakers, and community stakeholders who are participating in disaster risk reduction efforts useful insights.

2.5. Challenges and Limitations

Self-recovery has showed potential, but there are obstacles to overcome. (Alipour et al., 2015) draws attention to the resource limitations that communities, particularly those in low-income areas, confront when seeking self-recovery. Insufficient availability of monetary funds and specialized knowledge may impede attempts at self-healing.

The Role of knowledge Transfer

Dissemination of information and transfer of knowledge are identified in literature as essential components. (Doyle et al., n.d.) highlights the significance of communities' internal and external exchange of best practices and experiences from previous disasters. This information sharing helps communities heal by arming them with the knowledge they need to make wise decisions.

2.6. Policy and External support

It is important to remember that some academics contend that it is important to acknowledges the value of outside assistance. Governments and non-governmental organizations (NGOs) can still play a supportive role by offering advice, training, and resources as needed, even if self-recovery is essential (Schofield et al., 2019). Finding a balance between outside assistance and self-recovery is a subject of constant discussion.

3.0. CHAPTER THREE: MATERIALS AND METHODOLOGY

3.0. Research Design

In order to better understand the self-recovery tactics used by communities in Malawi's Karonga district after disasters, this study used a qualitative methodology. exploring the complex nature of self-recovery processes requires a deep understanding of the lived experiences, viewpoints, and practices of the afflicted communities, which qualitative approaches provide. furthermore, a mixed-methods approach that combines qualitative and quantitative components has been used to offer thorough insights into the topic being studied.

3.1. Study Area

The study has been conducted in Karonga District, situated in the Northern region of Malawi. Specifically, focus will be placed on the area of Traditional Authority (T/A) Kyungu, which is prone to various hazards, including flooding. This area presents a suitable context for examining self-recovery strategies due to its vulnerability to recurrent disasters. The area is also near North Rukuru river which pose risk of flooding during heavy and prolonged rainfall.

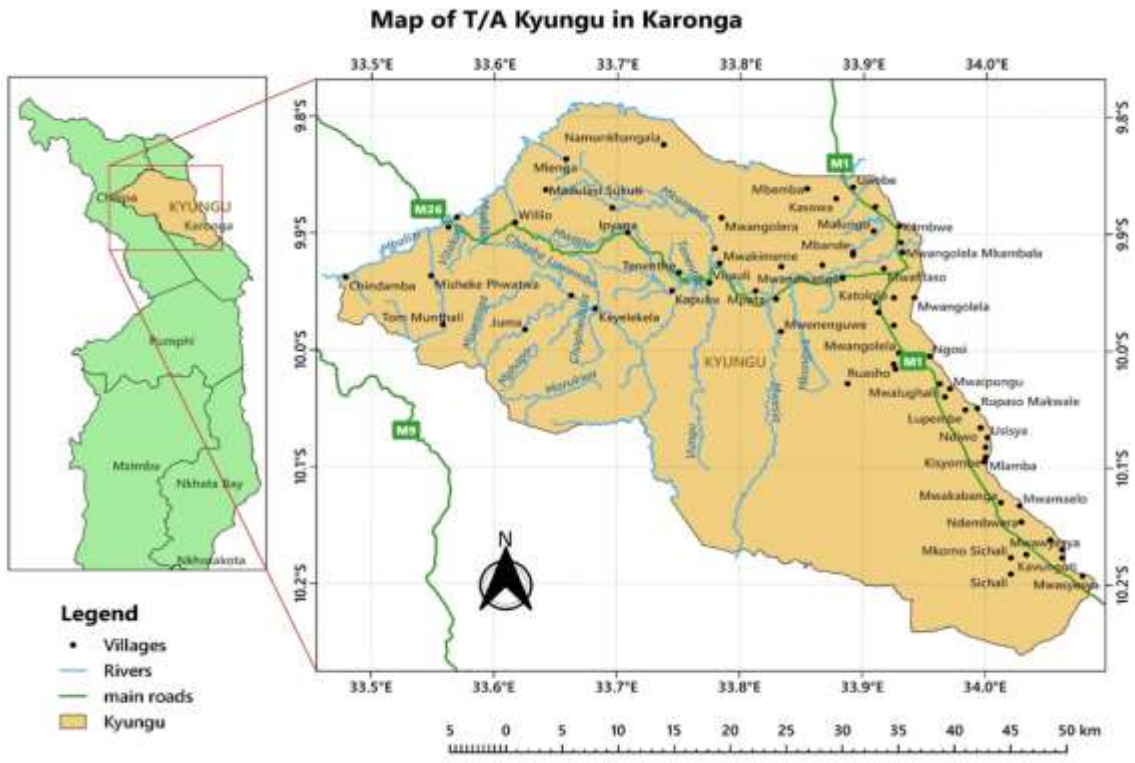


Figure 1. Map of the Study Area

3.2. Sampling Strategy

The study's participants have been chosen using a purposive sampling technique. People from T/A Kyungu communities who have gone through calamities and are attempting self-recovery make up the sample. The sample has also been augmented with key informants, such as local officials, community leaders, and members of non-governmental organizations (NGOs) engaged in disaster response and recovery. This study used a sample size of 40 participants to determine the self-recovery strategies that the communities in Karonga TA Kyungu District employed.

3.3. Data Collection Methods

Data of the project has been collected through, in-depth interview, Focus groups discussions and document review. I made a questionnaire of six sections which included demographics,

disaster experience, self-recovery strategies, facilitators and barriers, strategy assessment, preferred strategies. I have used this questionnaire to collect the right information of my project.

3.3.1. In-depth Interviews:

Semi-structured interviews have been conducted with selected community members and key informants to gather detailed insights into their experiences, perceptions, and practices related to self-recovery. The interviews have explored topics such as the specific self-recovery strategies employed, challenges faced, coping mechanisms utilized, and the impact of self-recovery efforts on community resilience. I engaged the ACPCs VCPCs, DCPCs, Malawi red cross society, Agriculture extension workers to have an insight for self-recovery strategies used.

3.3.2. Focus Group Discussions (FGDs):

FGDs have been conducted with groups of community members to facilitate interactive discussions on self-recovery experiences and practices. FGDs has enable the exploration of shared perspectives, group dynamics, and collective strategies employed by communities during the recovery process.

3.3.3. Document Review:

Relevant documents, reports, and literature on disaster management, community resilience, and self-recovery initiatives in Malawi and similar contexts have been reviewed to provide additional insights and context for the study (KARONGA DRY SPELL SUMMARY REPORT.Pdf, n.d.).

3.4. Data Analysis

Thematic analysis has been utilized to examine the qualitative information obtained from document reviews, FGDs, and interviews. The documents and transcripts have been methodically classified and arranged into themes and categories that highlight important ideas and trends found in the material. Themes have been examined, contrasted, and interpreted

repeatedly through iterative data analysis to produce thorough results. Here are some important conclusions and observations drawn from participant responses about their experiences with disasters, self-recovery techniques, facilitators, obstacles, and favoured strategies, in addition to supplementary remarks.

A. Types of Disasters:

In the Karonga District, the most frequent natural disasters are earthquakes, high winds, floods, dry spells, and combinations of these. Floods and dry spells appear to be the most common forms.

B. Self-Recovery Strategies:

Participants talked about a variety of self-recovery techniques used in the wake of disasters, such as building sturdy homes, burning charcoal, constructing makeshift shelters, exchanging communal resources, engaging in irrigation farming, starting small enterprises, moving to safer locations, fishing and selling livestock.

C. Effectiveness of Strategies:

Participants' perceptions of these tactics' efficacy differed. While some believed that tactics like resource sharing, irrigation farming, and erecting sturdy homes were beneficial, others said that makeshift shelters, and cattle sales were ineffective.

D. Facilitators:

The effective execution of self-recovery tactics was aided by various factors such as government action, relief aids, community organization, cooperative efforts, strong leadership, and the availability of resources.

E. Barriers

Implementing self-recovery solutions was hampered by discrimination, a lack of civic education on disaster concerns, a lack of resources, and a reliance on relief aid.

F. Preferred Strategies:

Preferred techniques for disaster recovery were listed as varied farming, community resource mobilization, disaster planning, moving to safer places, and engaging in irrigated farming.

G. Discouraged Strategies:

Participants discouraged strategies like livestock selling, charcoal burning and depending on temporary shelters.

H. Additional Comments:

Some participants highlighted the need for continuous civic education on disaster risk management, the importance of leadership and cooperation, and the necessity for long-term mitigation actions.

Overall, the evidence points to a range of self-recovery techniques being used in the Karonga District, with differing degrees of success. The ability of communities to withstand calamities is greatly enhanced by resource availability, and community organization. To improve disaster recovery efforts in the area, it is still imperative to address obstacles including a lack of resources and education.

3.5. Ethical Considerations

Throughout the research process, rigorous adherence to ethical norms such as informed consent, voluntary participation, confidentiality, and respect for participants' rights have been maintained. The appropriate institutional review boards or ethics committees has provided their prior ethical approval before proceeding. All participants have been asked for their informed consent, and safeguards has been put in place to guarantee the privacy and confidentiality of their answers.

3.6. Limitations

Even with measures taken to guarantee the reliability and validity of the study results, there can still be a few restrictions. These include possible biases in participant selection, limitations on participant availability and access, and difficulties interpreting the data because of cultural and contextual variation.

3.7. Conclusion

This chapter provides an overview of the technique used to examine the post-disaster self-recovery initiatives utilized by communities in Malawi's Karonga District. This research attempts to offer important insights into the dynamics of self-recovery and its implications for disaster management and community resilience by using a qualitative methodology, a variety of data gathering techniques, and adherence to ethical principles.

4.0. CHAPTER FOUR: RESULTS AND DISCUSSIONS

To generate comprehensive findings, results and discussions have been presented in statistical form for each specific objective including tables and graphs. Demographic data have also been analyzed to give the holistic findings of the project for easy informed decision making.

4.1. Demographics

The following demographics have been used in this study, gender, age, level of education and occupation. Based on the responses from participants the following are the statistical findings.

4.1.1. Gender

From the study the following data have been collected based on gender distribution.

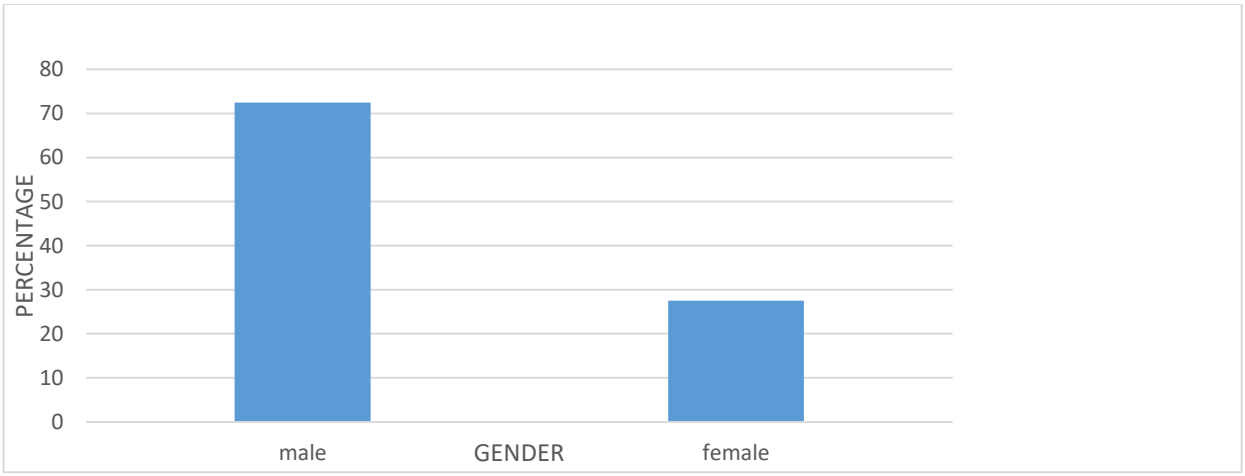


Figure 2. Graph of Participant's Gender Vs Percentages

From gender distribution table there are 29 males who participated in survey representing 73% of 40 sample size and 11 females representing 28% of 40 sample size.

4.1.2. Age

As for age 50% of the respondents were between 31-45 years old ,28% were of ages between 18 -30 ,15 % were ages between 46- 60,5% were ages over 60 and 3 % were under 18. This information has been summarized in the histogram below.

Table 1. The Ages of Participants

AGE OF PARTICIPANT	FREQUENCY	PERCENTAGE
Under 18	1	3
18-30	11	28
31-45	20	50
46-60	6	15
Over 60	2	5

4.1.3. Educational Level

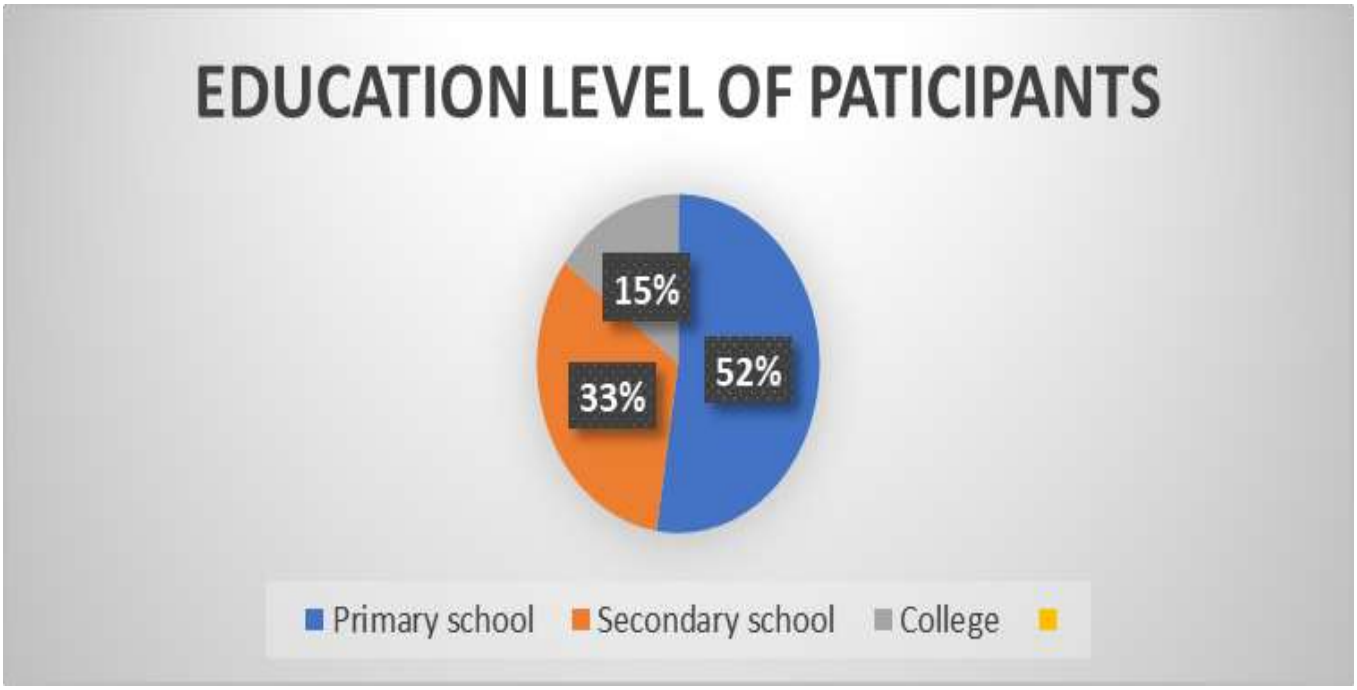


Figure 3. Educational Level of different participants

According to the data, the bulk of respondents twenty-one respondents had completed their primary school education, followed by secondary school education thirteen respondents, and a lesser percentage six respondents had completed higher education at the college or university level. The participants' varied educational backgrounds are shown in this distribution, which may have an impact on their viewpoints, aptitudes, and methods for using self-recovery techniques. Understanding the various levels of formal education and their possible effects on community resilience and disaster response mechanisms in the examined area is made possible by analysing this data within the dissertation framework.

4.1.4. Occupation

Table 2. Occupation of the Participants

Occupation	Respondents	Percentage %
Farmer	23	58
Business owner/farmer	14	35
NGOs worker	2	5
Farmer/NGO worker	1	3

When examining the self-recovery tactics used by communities in Karonga TA Kyungu, demographic information showed that respondents' occupations varied widely. With 23 responses, farmers made up the largest group, illustrating the region's predominately agrarian lifestyle. Moreover, a sizable portion of respondents 14 in all performed dual roles as farmers and business owners. The fact that one respondent and two NGO workers are involved in both farming and NGO activity indicates that a smaller but crucial non-agrarian sector is actively involved in community recovery initiatives. These results emphasize the complex interplay between individual responsibilities in supporting self-recovery techniques within the Karonga TA Kyungu community and the multiple nature of community resilience.

4.1.5. Disaster Experience

Table 3. Disaster Experienced by Respondents with their Respective Period

Disasters experienced	Respondents	Period	Percent %
Dry spell, floods, Earthquakes	13	1-5years ago	33
Floods	8	Within this year	20
Dry spells, foods	10	Within last year	25
Dry spells, floods, strong winds	5	Within last year	13
Dry spell, strong winds	3	1-5 years ago	8
Dry spell, strong winds Earthquakes	1	1-5yearsago	3

In order to better understand the disaster experiences and coping methods in the area, data was gathered from a variety of sources for this study project, which examined the self-recovery tactics utilized by communities in Karonga TA Kyungu. The results show a pattern of recurrent natural disasters that have affected the community over the last five years, including earthquakes, strong winds, floods, and dry periods. In particular, ten respondents mentioned that they had experienced floods and dry spells in the previous year. Among the other concerns that respondents had about the current year, eight mentioned flooding. Looking further back, 13 respondents reported having experienced earthquakes, floods, and

dry periods in the previous one to five years, demonstrating the persistent nature of these difficulties. Furthermore, three respondents experienced comparable problems one to five years ago, and five respondents reported experiencing a combination of severe winds and dry spells in the past year. Notably, during the course of the one to five-year period, one respondent reported experiencing a mix of dry spells, severe winds, and earthquakes. The aforementioned results highlight the intricate and diverse aspects of the catastrophe experiences in Karonga TA Kyungu, underscoring the necessity of resilient and adaptable approaches to lessen the effects of recurrent natural hazards on the infrastructure and livelihoods of the community.

4.2. Self-Recovery Strategies Used

Table 4. Self-Recovery Strategies

Strategy	Frequency	Percentage
Piece work	3	8
Charcoal burning	1	3
Fishing	1	3
Community resource sharing	6	15
Irrigation	4	10
Business	6	15
Building strong houses	2	5
Relocation to safe areas	3	8
livestock selling	14	35

DISCUSSIONS

The study found that the community members used a variety of self-recovery techniques. Three of the respondents mentioned piecework among them, suggesting a reliance on temporary work to get revenue right away. One person brought up the topic of burning charcoal, which implies using local resources for commercial endeavours. Six respondents brought up the topic of community resource sharing, which emphasizes the shared resource pool and network of assistance within the community. Four respondents mentioned irrigation farming as an indicator of agricultural methods used to maintain food production. Six respondents brought up business activities, which are indicative of entrepreneurial attempts to spur economic recovery. According to two respondents, constructing sturdy homes emphasizes the need for resilient infrastructure. Three respondents brought up moving to safe regions, which suggests a proactive approach to risk minimization. Fourteen respondents mentioned selling livestock as a way to leverage assets for financial security. These results shed light on the complex relationship between community resilience and emphasize the value of various, situation-specific recovery approaches in the aftermath of disasters.

Table 5. Effectiveness of Self-Recovery Strategies

Self-Recovery Strategy	Effectiveness	Positive Outcomes	Challenges
peace work	High	strengthened social cohesion, reduced conflicts	sustaining long-term peace, occasional resistance from certain groups
local resource sharing	Moderate	equitable resource distribution, strengthened community ties	resource scarcity, ensuring fair distribution
building strong houses	High	enhanced resilience to future disasters, improved living conditions	high costs, access to quality materials and skilled labor
business	Moderate	sustaining long-term peace, occasional resistance from certain groups	market instability, limited access to capital and resources
irrigation	High	increased agricultural productivity, food security	initial setup costs, maintenance requirements, access to water sources
charcoal burning	Moderate	short-term income generation	environmental degradation, health risks, unsustainability

The assessment of self-recovery strategies in communities revealed varying effectiveness. Peace work was highly effective in strengthening social cohesion and reducing conflicts, despite occasional resistance. Business ventures had moderate success, aiding economic revitalization and job creation, but faced market instability and limited capital access. Building strong houses significantly improved disaster resilience and living conditions but was hindered by high costs and material access. Local resource mobilization improved self-sufficiency moderately, despite

resource and coordination challenges. Irrigation strategies were highly effective in boosting agricultural productivity and food security, although initial costs and maintenance posed challenges. Local resource sharing promoted equitable distribution and community ties moderately, but resource scarcity and fair distribution were issues. Charcoal burning was the least effective, providing short-term income but causing environmental and health problems. Overall, the findings emphasize the importance of community involvement, local resource use, enhanced external support, and environmental sustainability for effective self-recovery strategies

4.3. Facilitating Factors of Self-Recovery Strategies

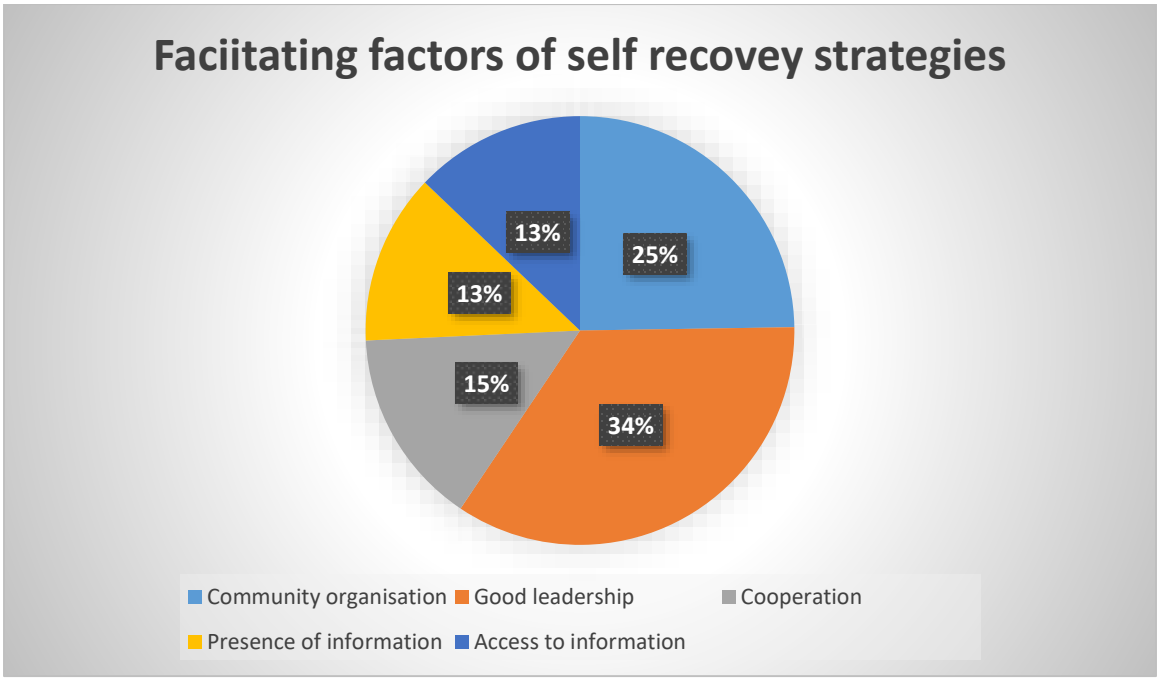


Figure 4. Facilitating Factors to Implementation of Self-Recovery

DISCUSSSIONS.

Research on the "Investigating Self-Recovery Strategies Used by Communities in Karonga TA Kyungu after Disasters" has produced important new understandings of the critical elements supporting the application of recovery techniques. Community organization was noted by ten respondents, making it the most commonly stated component among the respondents. This indicates the importance of community organization in building resilience after a disaster. Additionally, fourteen respondents agreed that competent leadership was essential to successful recovery efforts. six respondents cited community members' cooperation as a crucial component, highlighting the significance of group efforts and cooperation. Interestingly, the presence of limited resources was mentioned by five respondents, indicating that communities often rely on ingenuity and resourcefulness in challenging circumstances. Access to information, although mentioned by five respondents , underscores the role of knowledge dissemination and awareness in enabling communities to recover

effectively. These findings collectively emphasize the multifaceted nature of community resilience and the interconnectedness of various factors in facilitating self-recovery strategies post-disaster.

4.4. Barriers to Implementation of Self-Recovery Strategies

Table 6. Barriers to Implementation of Self-Recovery Strategies

Barriers to self – recovery strategies	Frequency	Percent
Lack of resources	27	66
Lack of civic education	4	10
Discrimination in sharing of resources	10	24

DISCUSSIONS

The collected data on barriers faced in implementing self-recovery strategies revealed that lack of resources was the most prominent barrier, reported by twenty-seven individuals, encompassing financial constraints and shortages in materials and for recovery efforts. Additionally, ten respondents cited discrimination in resource sharing, highlighting social challenges hindering collaboration. Furthermore, four respondents identified lack of civic education as a significant barrier, emphasizing the need for tailored education programs to address community-specific challenges. These findings underscore the urgent need for external support, investment in resources, and targeted education initiatives to enhance community resilience and effective self-recovery strategies in Karonga TA Kyungu.

4.5. Effective Recovery Strategies.

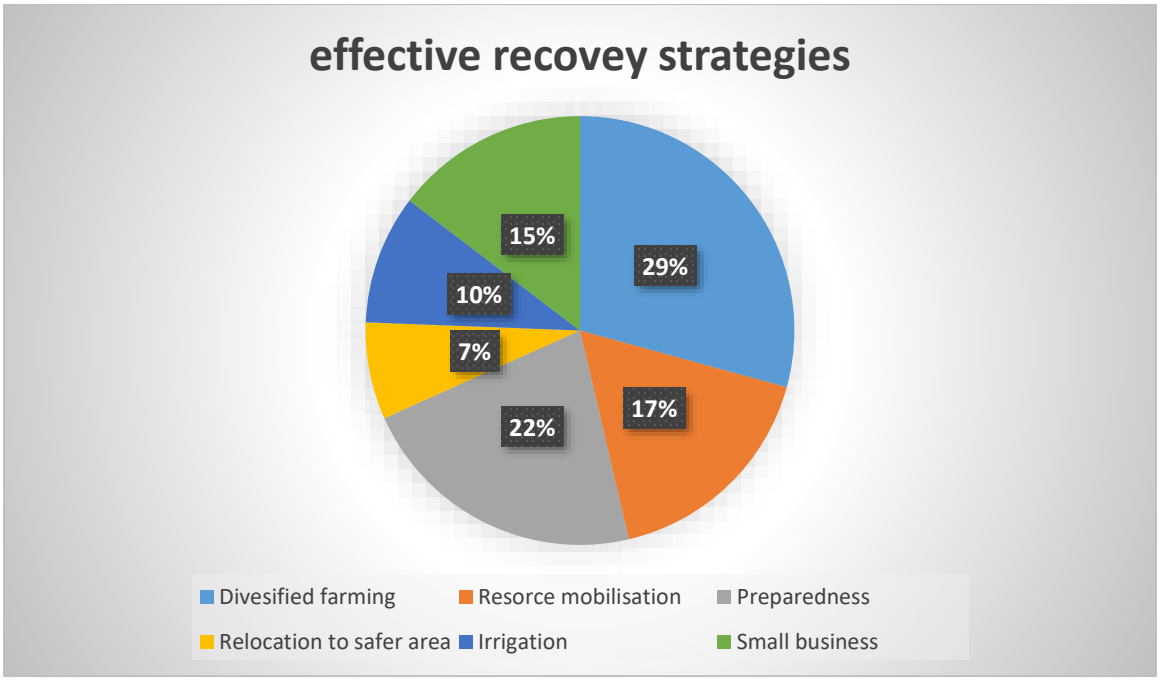


Figure 5. Effective Recovery Strategies

DISCUSSIONS

The data collected for investigating self-recovery strategies in Karonga District, particularly in TA Kyungu, revealed several positive and effective strategies utilized by respondents. Among these strategies, diversified farming was mentioned by twelve respondents, indicating a shift towards sustainable agricultural practices. Community resource mobilization was noted by seven respondents, highlighting the importance of collective efforts in overcoming challenges. Disaster preparedness emerged as a key strategy for nine respondents, showcasing a proactive approach to mitigating risks. Relocation to safer areas was cited by three respondents, indicating a recognition of the importance of environmental safety. Additionally, practicing irrigation farming was mentioned by four respondents, emphasizing the adoption of efficient farming techniques. Small-scale business ventures were reported by six respondents, reflecting economic resilience and diversification. With a sample size of 40 respondents, these findings

demonstrate a range of effective self-recovery strategies adopted by communities, showcasing their resilience and adaptive capacity in the face of adversity.

4.6. Ineffective Recovery Strategies

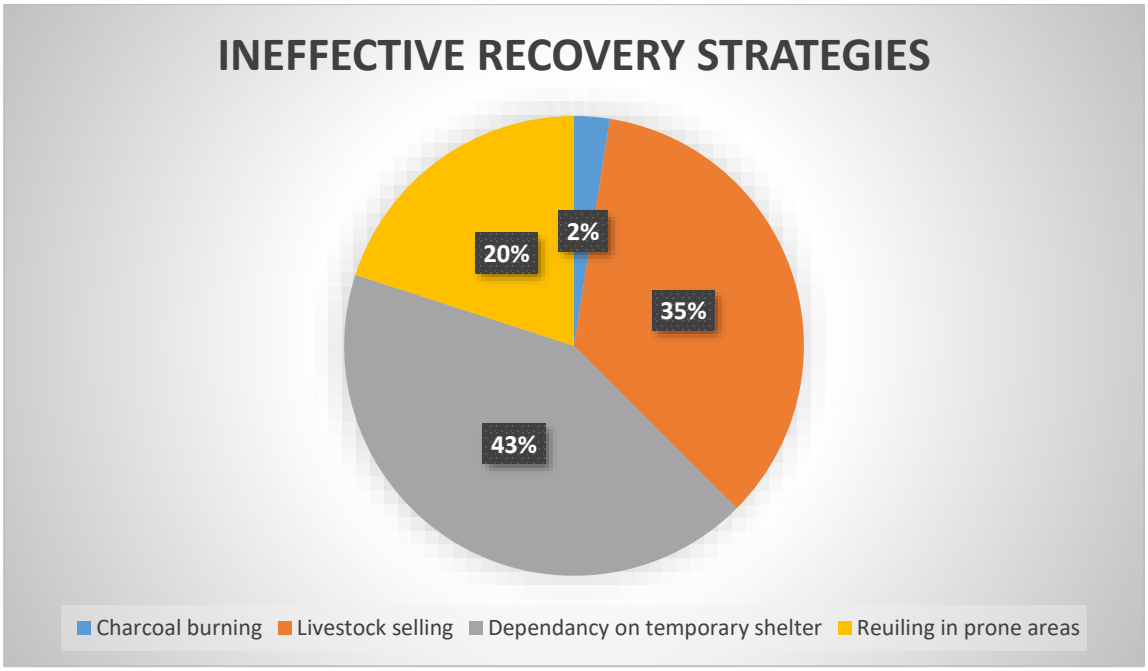


Figure 6. Ineffective Recovery Strategies

DISCUSSIONS

In investigating self-recovery strategies used by communities in Karonga District, specifically TA Kyungu, data analysis revealed several prevalent strategies among respondents. Among these, livestock selling as a prominent strategy, with fourteen respondents citing its use. Charcoal burning, although less common, was mentioned by one respondents. Dependency on temporally shelter emerged as another coping mechanism, with seventeen respondents resorting to this strategy. Furthermore, eight respondents mentioned rebuilding in prone areas, suggesting a lack of awareness or alternative options. These findings underscore the diverse range of strategies employed by communities in response to challenges such as displacement and environmental risks, highlighting the complexity of self-recovery dynamics in the study area.

4.7. Suggested Comments

In investigating self-recovery strategies utilized by communities in Karonga TA Kyungu, several key themes emerged from the data collected. Civic education on disaster risk management was identified as a significant strategy, with 18 respondents acknowledging its importance. Good leadership and cooperation were also highlighted, with 6 respondents emphasizing their role in facilitating recovery efforts. Interestingly, long-term mitigation measures were only mentioned by 1 respondent, suggesting a potential gap in community awareness or focus. Government intervention emerged as another crucial aspect, with 12 respondents recognizing its impact on recovery processes. Preparedness, although mentioned by only 3 respondents, still holds importance as part of the overall recovery strategy. These findings underscore the multifaceted nature of community-driven recovery efforts, highlighting the need for a comprehensive approach that integrates education, leadership, government support, and long-term planning for effective disaster management and recovery in Karonga TA Kyungu.

5. CHAPTER FIVE: CONCLUSIONS AND RECOMMENDATIONS

5.1. Conclusion

The study investigated self-recovery strategies employed by communities in Karonga District following disasters. The demographics revealed a predominantly male population aged between **18-45**, with a significant portion involved in farming and other occupations. Various disasters like floods, dry spells, strong winds, and earthquakes were experienced, mostly within the last five years. The self-recovery strategies employed included piece works, diversified farming, temporary shelters, and community resource sharing. While some strategies like piece works and resource sharing were effective, others like charcoal burning a proved less beneficial. Facilitators such as community organization and good leadership were identified, while barriers included resource constraints and dependence on relief aids.

5.2. Recommendations

Enhanced Disaster Preparedness: Encourage communities to prioritize disaster preparedness through continuous civic education programs. This can include training on early warning systems, evacuation plans, and stockpiling essential supplies.

Diversified Farming: Promote diversified farming practices that are resilient to various disasters. This can involve introducing crops resistant to dry spells, promoting cover plants, and educating on sustainable agricultural techniques.

Community Resource Mobilization: Strengthen community resource mobilization efforts to enhance self-recovery capabilities. Encourage the establishment of community funds or cooperatives for disaster response and recovery initiatives.

Government Intervention: Advocate for increased government intervention in disaster-prone areas like Karonga District. This can include providing resources, infrastructure development, and policy support to improve disaster resilience at the community level.

Mindset Change: Foster a mindset change towards proactive disaster management and recovery. Emphasize the importance of self-reliance, cooperation, and long-term planning in mitigating the impact of disasters and promoting sustainable development.

By implementing these recommendations, stakeholders can contribute to building more resilient communities in Karonga District and similar disaster-prone regions, ultimately improving self-recovery strategies and enhancing overall disaster resilience

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