



Dealing with Burden of Masculinity: A Qualitative Exploration of Coping Strategies Utilized by Male Flood Survivors

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ABSTRACT

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The current study was carried out to explore the coping strategies adopted by male flood survivors to overcome the damage and loss induced by floods in Punjab and Sindh provinces of Pakistan in the aftermath of 2022 floods. The study also sought to explore the strategies adopted by flood survivors to cope with emotional and psychological challenges posed by flood disaster. As bread earners, male flood survivors are confronted with a plethora of challenges that include but are not limited to, livelihood disruptions and economic instability from the destruction of agricultural land, livestock, and infrastructure. For evaluating coping methods adopted by male flood during disaster cycle viz preparedness, response and recovery, the current study was conducted by using qualitative research design. Data were collected from 48 male victims of floods in the south of Punjab, especially from Dera Ghazi Khan and Rajan Pur districts and from Qamber Shah Dad Kot and Dadu Districts of Sindh Province by conducting in depth interviews. Semi structured interview guide was used as a tool of data collection. Data were collected in native language of the participants which was later on translated into English. Activating social networks, providing financial assistance, and implementing practical measures like fish farming and flood-resistant crops were all identified as effective coping strategies.

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1.0 Introduction

The flooding situation in South Punjab, Pakistan, is emblematic of the recurrent inundations that plague the region, unleashing profound and multifaceted impacts on both its landscape and its inhabitants (Frigerio, 2019). An example is the flooding situation in South Punjab, Pakistan, which is an illustration of recurrent inundations affecting the region and both its environmental and human capacities (Jamshed, 2021). A potentially flood-prone region of South Punjab, the Lower Indus Basin is situated on the banks of the Indus River and its major tributaries and exists under environmental stressors, including deforestation, poor infrastructure, and the threat of climate change (Hu et al., 2023). As the monsoon approaches each year, the rain and snow from the Himalaya mountains convert into rivers, and after filling these rivers, they destruct the South Punjab by flash floods (Hassan, 2023). Therefore, these flood waters cause thousands to be evacuated, damage the infrastructure, annihilate crops, cattle, and property, and disrupt vital services such as health care, education, and transport (Chong et al., 2022). In addition, the socio-economic consequences of these flooding events echo deeper by deepening poverty, elevating food insecurity, and causing joblessness in the affected communities (Perzel, 2023). In addition to the initial physical devastation, flooding bears many other destructive effects that affect mental health and wellbeing, strain social relations, and increase vulnerability even in oppressed communities (Sasseville et al., 2022). Consequently, South Punjab is an endemic flooding area, and thus, this problem needs a holistic approach, which includes investment in disaster preparedness, infrastructure strengthening, climate resilience, and the implementation of community-based adaptation measures intended to improve regional resilience and mitigate the socio-economic and environmental issues related to flooding.

1.1 Theoretical Framework

In the coping strategies of male flood survivors in Punjab and Sindh provinces of Pakistan, the theoretical framework is based on various major perspectives drawn from the disciplines of disaster studies, psychology, and sociology. An influential model is the Transactional Model of Stress and Coping put forward by Lazarus and Folkman (1984), (Goh et al., 2010) which suggests that individuals undertake a constant process of appraising stressors and applying coping mechanisms to deal with them. The flooding situation in South Punjab is, within this framework, the main stressor initiating cognitive appraisal processes among male survivors who weigh the danger posed by the disaster and their possible coping resources (Waqar et al., 2023). Coping strategies adopted by male survivors can be understood as falling into two broad categories: problem-focused and emotion-focused coping styles.

Problem-focused coping strategies that include performing livelihood restoration activities and participating in community-based initiatives directly deal with the stressor by changing the external circumstances of the individual (Mouny, 2006). Emotion-focused coping strategies such as religious coping and seeking social support target the emotional pain that is associated with the disaster and thus stimulate the emotional health of the person (Folkman & Moskowitz, 2004). The social support theory has also emerged from sociology and social psychology with a view to emphasizing the role of interpersonal relationships and community

networks in providing instrumental, emotional, and informational support to individuals in their period of distress. For the male flood survivors in South Punjab, social support was a significant resource controlling disaster-related negative impacts and enabling adaptive coping (Solomon, 2019).. These, therefore, adopt comprehensive theoretical approaches to references in evaluating the coping strategies used by the South Punjab male flood survivors and their practical relevance to recovery and resilience (Thoits, 2021).

The concept of the qualitative study that reveals coping strategies for male flood survivors in Punjab and Sindh Provinces of Pakistan, after the floods is based on several theoretical perspectives. In this respect, the framework works on the backdrop of the Transactional Model of Stress and Coping by Lazarus and Folkman, 1984, in which people operate in an ongoing format of cognitive appraisal and coping in reaction to stressors. The occurrence of flooding events in Punjab and Sindh acted as secondary stressors that prompted the cognitive appraisal of male survivors with regard to the threat of the disaster and the available resources. The transactional model is based on a conceptual framework that introduces social support theory, an approach that lays emphasis on interpersonal relations and community networks as the sources of emotional, instrumental, and informational support to be provided to people dealing with hard times. In Pakistan, this social support stands to be one of the most vital instrumental resources at the disposal of male flood survivors, fostering adaptive coping and mitigating the negative impact of disasters in the post-disaster situation. Furthermore, it identifies the role of socio-cultural factors and gender implications on coping responses. Based on the gender studies, the model finds that male survivors would use coping strategies driven by traditional gender roles and expectations and could impact their relationship with support services.

South Punjab is within the lower Indus Basin and is one of the major flood-affected areas where communities live in areas neighboring key water bodies such as the Indus River and its tributaries (Hussain et al., 2023). Its geographical tendency, combined with the range of environmental stressors such as uncontrolled deforestation, poor infrastructural systems, and the threat of climate change, work together to make the occurrence of flooding events more frequent and severe (Ahmad & Afzal, 2022). As a result, the people of southern Punjab are in a vicious grip of floods, dislocation, and rehabilitation again, which damage them in so many ways across socio-economic, psychological, and physical landscapes (Aziz et al., 2023). Every time an area is flooded prone, the community is left with the loss of livelihoods, the disintegration of the social fabric, and the effects on mental and physical health, continuing the vulnerability and poverty cycle (Zaman, 2023). Therefore, emerging knowledge of the interdependent relationship between environmental dynamics and human vulnerabilities in South Punjab is crucial for developing comprehensive strategies that promote resilience, reduce socially constructed risks, and enhance adaptive capacities against frequent flooding incidences.

The 2022 flash floods in Sindh and Punjab severely affected male survivors, creating a significant research gap regarding the psychological, emotional, and socioeconomic challenges they faced. An early study conducted by Akbar (2022) with flash flood victims demonstrated that

respondents experienced multiple psychosocial shocks during different phases of flooding. The victims expressed feelings of shame, guilt, unexpectedness and disbelief. Existing literature does not adequately explore the unique ways in which the burden of masculinity influences men's coping strategies during and after such disasters (Martin et al., 2022). This gap is problematic because cultural norms often discourage men from expressing vulnerability, potentially leading to unaddressed mental health issues and ineffective coping mechanisms (Fahad et al., 2016). The practical problem to solve is the development of targeted support systems and interventions that account for these gender-specific dynamics. By investigating the impacts of the floods on male survivors and the diverse strategies they employed to cope, this study aims to fill the current knowledge void and provide actionable insights for improving disaster response and recovery efforts tailored to male needs. In the end, these study results may be useful in improving the environment and adaptation of male flood survivors in Sindh and Punjab provinces of Pakistan, and similar vulnerable areas, thus helping in better and more sustainable disaster resilience attempts on the local, national, and global levels.

1.2 Objectives of the Study

1. To explore the impacts 2022 flash floods on the male survivors.
2. To explore the diverse coping strategies adopted male flood survivors

1.3 Research questions

1. What are psychological and emotional and socioeconomic impacts/effects of flood disasters on male victims?
2. What are the coping strategies adopted by male flood survivors during different stages of flood events?

2.0 Literature Review

Natural disasters such as floods are major challenges to communities all over the world, and have various impacts that are a result of the cultural, social, economic and environmental factors. Examples include early warning systems, community based disaster response systems, and other measures that farming communities especially in Bangladesh and some parts of South East Asia have adopted to minimize on flood related losses (Rahman et al., 2023). Similar to the Caribbean and the Pacific Islands, Societies in the hurricane and typhoon zones rely on social cohesiveness, Local and indigenous knowledge and practices to overcome the effects of cyclones (Nunn et al., 2020). Some other studies also reveals that the characteristics of the city, such as resources and social networks, and support services, are influential in the recovery and resilience process of people affected by disasters (Crow & Albright, 2021). Comparing coping strategies in various cultures and settings helps researchers identify effective strategies for enhancing Male flood affected people's resilience and recovery in South Punjab Pakistan and other similar regions (Siddique Akbar et al., 2023). The examination of the various shades of grey between the particular and the general leads to the formulation of particular strategies and blueprints to enhance the readiness, response, and recovery from disasters on the both micro and macro levels.

Thus, South Punjab region, situated in the lower Indus Basin is prone to recurrent flooding due to geographical factors and other factors (ALI, 2020). Some of the causes that

aggravate flood risk include; deforestation, undeveloped infrastructure, and climate change. The rivers rise up during the monsoon season because of the heavy rainfall and the melting of the Himalayan snow and most of south Punjab is flooded (Majaw, 2020). Thus, the population of the region is subjected to the loop of flooding, migration and re-settlement which in turn impacts the social, economic, psychological and physical well-being of the persons in the affected communities. Men from South Punjab used number of strategies to minimize the effects of flood disasters and restore their lives in the event of flooding (Munawar et al., 2021). These techniques are divided into two types: These are the problem-focused and the emotion-focused. Problem-focused coping includes the following: Restoring individuals' livelihoods and engaging in community-based DRR and preparedness (Islam & Wahab, 2020). However, other types of coping mechanisms are emotion-focused coping that has religious coping and support from family and friends, as well as other members of the community (Islam & Wahab, 2020).

Male flood survivors are challenged in many ways after flood disasters that affects their income, property, psychology, and social relation through the aspect of mental health; they also reveal resilience and adaptive coping mechanisms (Siddique Akbar et al., 2023). The untapped factors of resilience in male survivors include family and friends' support, faith, community relationships, and effective ways of dealing with challenges (Waseem & Rana, 2023). Further research is needed to understand the impact of flooding on male survivors' mental health and wellbeing, socio-economic status, community and individuals' recovery and habilitation, and to discover potential coping mechanisms for their overall recovery and habilitation.

3.0 Methodology

The 2022 flash floods were amongst the greatest natural disasters, accompanied by heavy and unprecedented rainfall, mainly affecting Pakistan. The flooding started in June 2022 and was also influenced by various climatic factors such as abnormal weather patterns and the effects of climate change. Hill Torrent rainfalls caused an overflow of streams, Nallas and small protection bunds in hilly areas that then resulted in widespread inundation in multiple provinces Punjab, Sindh, Balouchistan, and Khyber Pakhtunkhwa and Gilgit Bultistan in Pakistan. The floods have caused widespread damage to infrastructure, agriculture, Livelihoods and homes of people, leaving millions displaced and massive humanitarian crises in their wake. Floodwaters swept away several thousand livestock, destroyed standing crops, and caused far-reaching disruptions in local economies. The scale of the disaster completely overwhelmed the emergency response efforts, and many areas were left grappling with insufficient emergency, relief and recovery resources. The event exposed weaknesses in flood management and preparedness and generated calls for improved infrastructure and disaster response strategies. The 2022 flash floods really underscore the need to have in place effective climate adaptation measures and resilient infrastructure to mitigate the impacts of future natural disasters like this.

The qualitative research design was used in this study to gather data by including male victims of floods from the south of Punjab, especially from all the tehsils of Dera Ghazi Khan (DG Khan) and Rajan Pur districts, similarly the selective four Taluqas of Qamber Shah Dad Kot and four Taluqas of Dadu districts of Sindh Province. The respondents of this research study

were 48, people who had well enough experience before the event happened and probable persons who could be really useful in giving us a real picture of the adapted coping mechanisms. The tool used to collect data was interview guide, which were neither structured nor non-structured; the language of the participants was taken into consideration, and communication was made effective during the in-depth interview. The tools for data collection included an interview guide that was flexible and accommodated the language of the participants to enable communication in the in-depth interviews. The ethical regulations concerning this research process were supervised throughout, and informed consent was explicitly obtained from all the participants, while the confidentiality of all data was ensured. The in-depth interviews were taking place at the door step of the participants, because they were already familiar with the places and environments that were also somewhat comfortable to them, like their homes or the community facilities, in order to get open and honest answers. We utilized “thematic analysis” technique for the data analysis. Therefore, the researcher could detect frequently themes and patterns in the transcripts. The purpose of data collection ceased when data saturation was attained, which is the point at which no new data or ideas emerged from my interviews. The small sample that was meant to represent a larger population of Punjab and Sindh, being the case, restricts the study to a biased conclusion, a problem common in qualitative research.

The inclusion criteria were only to involved those people who was self-present in the flash flood of 2022 in the selected geographies, with sufficient past experience and play a role to save his family and community in this disaster, who could offer viable information and data on coping mechanisms by himself and others during this natural calamity. On the other hand, all of those who did not have such experience were excluded as a participant for the present research. Ethical considerations were put into consideration, whereby informed consent was sought and data confidentiality put into consideration. These interviews were conducted in the comfort of their own homes or community facilities to help create an environment wherein they can respond openly and honestly.

4.0 Findings and Results

Table 3.1 provides an overview of how multiple demographic variables relate to dimensions of well-being and resilience in the surveyed population. The data clearly show that all these demographic dimensions, including education, occupational background, family size, number of dependents, average annual income, household monthly expenditure, land ownership, sources of loans taken, and house condition, have varying influences on coping strategies, recovery activities, and psychological well-being. For example, those with more years of education exhibit low coping strategies (5) and psychological well-being (2), indicating that education may not directly correlate with better coping mechanisms during floods. Conversely, individuals with higher average annual incomes perform better in recovery activities, implying that financial stability is crucial for effective recovery and restoration. Land ownership shows a strong positive correlation with recovery activities (17) and restoration efforts (15), highlighting its critical role in post-flood rebuilding and livelihood restoration. The condition of the house significantly impacts well-being and coping strategies (22 and 17, respectively), underscoring the importance of housing stability for overall resilience.

Table 3.1: Demographic Detail

Demographics	Floods	Well-Being	Masculinity	Coping Strategies	Recovery Activities	Restoration	Psychological	Reconstruction	Neighbor	Expectations
1. Education	15	12	08	05	08	11	02	03	02	04
2. Occupation	13	08	11	06	11	15	04	06	03	02
3. Family size	18	06	06	05	13	07	02	05	01	02
4. Dependent members	12	09	07	08	11	09	01	05	04	6
5. Average annual income	22	07	11	11	17	06	03	02	02	02
6. Average household Monthly expenditure	05	08	12	17	13	21	03	05	04	02
7. Possessed Land in (Acres)	11	11	17	14	17	15	05	07	02	03
8. Loans Sources	08	18	12	19	15	09	5	04	03	04
9 Condition of house	06	15	22	17	11	12	02	04	06	02

4.2 Thematic Analysis

The thematic analysis process involved reviewing 66 responses on flood coping strategies, revealing diverse methods used by survivors. Key themes identified included spiritual and emotional support, with respondents citing religion and family discussions as sources of consolation. Social networking was crucial for pooling resources and information, while redefinition of self-helped some cope post-trauma. Practical measures like financial assistance, fish farming, and flood-resistant crops were significant for recovery. The analysis also highlighted well-being impacts, with participants noting psychological challenges, the need for immediate aid, and expressions of resilience and gratitude, underscoring the multifaceted nature of coping mechanisms in disaster scenarios.

The psychological impact was indicated by all the participants; four noted a negative impact on their self-esteem and suicidal thoughts, which clearly demonstrated that the disaster had a toll on personal confidence and mental health. As widespread as it is, rumination or over thinking was identified in 3 respondents, indicating repetitive negative thinking. Primary concerns included food, water and shelter which eight respondents pointed out, thus confirming that survival needs were topmost. The importance of family was evident in responses from 4 where people stated that family was the way to endure. Resiliency was reported by 6, meaning that some people were able to cope and bounce back from the disaster. Hoping to live from 2 was an indication of positive attitude amidst hardships. In 3 of them, the general health was an issue, pointing to the psychic fatigue of the flood in general.

The respondents expressed and reported different and profound emotional reactions to the flood. Catharsis and weeping alone were mentioned by 6 respondents, which indicates that the respondents processed their emotions in private frequently. The need to change the self and the self-image emerged as a significant theme in 8 of the respondents, which suggests that the disaster led to a process of re-identification. There were issues of stress and uncertainty with 7 respondents showing that anxiety and unpredictability were rife. Of these, 5 respondents mentioned helplessness and reduced self-efficacy, meaning that they were overwhelmed by the disaster. Four respondents mentioned anxiety as another indication of mental health issues. Five respondents reported that it was essential to have a sense of belonging, which shows that people need to feel that they are not alone.

The respondents took the following steps to cope with the effects of the flood disaster. Three respondents stated that religion helped them cope with the effects of the crisis by providing courage and support. It was noted that one respondent mentioned speaking with family and friends to discuss possible ways and means, demonstrating that communication within one's immediate circles was also a strategy. As many as five respondents stated that activating social networks was critical, demonstrating the importance of utilizing community resources. 13 respondents appreciated the disaster life cycle of preparedness, response, recovery, and mitigation, implying that the organization has a systematic approach to dealing with and recovering from disasters. Ten respondents said they needed financial assistance to start a new life. Fish farming was mentioned as a practical adaptation measure by ten respondents, with six

also mentioning that they had attended flood awareness sessions. Four respondents mentioned flood-resistant crops, demonstrating the population's readiness for future food crises.

Table 4.2: Thematic Analysis

Category	Response	Frequency
Psychological Impacts	Self-esteem	4
	Rumination / Over thinking	3
	Suicidal Ideation	4
	Immediate Needs	8
	Family's Togetherness	4
	Feelings of Resiliency	6
	Gratitude for Survival	2
	Well-being	3
Emotional Impacts	Emotional Release (Catharsis/Weeping in Isolation)	6
	Redefining Oneself/Self-Image	8
	Stress and Uncertainty	7
	Helplessness and Reduced Self-Efficacy	5
	Anxiety	4
	Sense of Belonging	5
Flood Coping Strategies	Religion	3
	Talk to Family/Friends (Discussing Possible Ways and Means)	1
	Activation of Social Networks	5
	Disaster Life Cycle	13
	Financial Assistance	10
	Fish Farming	10
	Flood Awareness Sessions	6
	Flood-Resistant Crops	4

4.3 Psychological and Emotional Impacts

4.3.1 Psychological Impacts

The flood had significant psychological impacts on male survivors, including declines in self-esteem and heightened suicidal ideation. Many respondents reported feeling overwhelmed by constant stress and uncertainty, which negatively affected their mental health. Survivors often struggled with rumination and mental exhaustion, as they continuously replayed the events of the disaster in their minds.

“The flood left me feeling helpless and less capable. It was difficult to maintain my self-esteem when everything seemed out of control.” (R4).

“Constant stress and uncertainty had a negative impact on my well-being. I had to find ways to cope and remain optimistic in the face of adversity.” (R1).

“I couldn’t stop thinking about how we could have done things differently. The constant repetition of events was mentally exhausting.” (R5).

4.3.2 Emotional Impacts

Emotionally, respondents experienced a range of effects, including stress, anxiety, and emotional release. Family togetherness and community support were crucial in helping individuals cope with their emotions. Despite the challenges, many survivors found strength in their faith and in their connections with others.

“There were moments when hopelessness overwhelmed me, and I considered ending it all. It was a dark time.” (R7).

“Although much was lost in the flood, the fact that we were all together as a family provided us with strength. We offered emotional and practical support to one another.” (R11).

“The flood tested us in many ways, but it also demonstrated how resilient we are. We’ve learned to adapt and keep moving.” (R12).

4.4 Coping Strategies

4.4.1 Social Support and Community Engagement

Respondents highlighted the importance of social support and community engagement as critical coping strategies. Engaging with family, friends, and community groups provided emotional backing and practical assistance. This engagement fostered a sense of belonging and improved overall resilience.

“We reached out to our neighbors and community members to form a support network, sharing resources and information.” (R6).

“Joining the conversation with the long-time social circle, like friends and relatives, was indeed the turning point to change our mood and eventually get good for our emotional health as we were able to receive support and also to feel like we belong.” (R5).

“Thus, our community consultation meetings and dialogue with participants from the meetings turned out to have such a beneficial effect on us that our coordination toward recovering from the flood disaster within our village was enhanced. Therefore, our income level improved.” (R8).

4.4.2 Practical and Strategic Responses

Respondents also adopted practical strategies to cope with the aftermath of the floods. These included financial assistance, engaging in flood-resistant farming practices, and participating in flood awareness sessions. These proactive measures helped survivors manage immediate needs and prepare for future disasters.

“Scattered savings and credit societies possess the capability of getting a small sum on loan for rebuilding.” (R21).

“The sowing of flood-resistant crops was chosen as a preventive measure against future losses of agricultural potential.” (R14).

“A group of community leaders in our local area kicked off the session on awareness-raising about floods, and we learned about why disaster preparedness and response are two of the most critical measures to be taken.” (R7).

5.0 Discussion and Conclusion

The results of this thematic analysis highlight the importance of community and individual strategies in dealing with the emotional and practical consequences of a flood. Responses demonstrate how closely these social support systems and personal coping mechanisms influence the recovery process. These findings corroborate the earlier research conducted with flood victims in Pakistan (e.g. Akbar and Aldrich, 2018; Akbar et al., 2022). It has been revealed that social engagement and community support played a significant role in dealing with the flood's aftermath (Burdett, 2024). Many respondents claimed that attending community meetings and relying on social networks were the primary strategies. The literature available emphasizes the importance of social capital in disaster recovery (Siddique Akbar, M., & Aldrich, D. P., 2024). For example, studies have shown that social networks provide not only emotional support but also tangible resources that can boost resilience and speed up recovery. This mindset is reflected in the narratives, in which respondents recognize the importance of communicating with the community and support groups in dealing with the aftermath of the disaster (Rodríguez-Zurita et al., 2024). One respondent's reflection, in which she stated that "talking to family and friends about possible ways to cope with the situation helped me feel less alone and more prepared," demonstrates how such connections aid in the development of emotional stability and practical assistance.

Another common theme was religious coping, with many respondents seeking solace and strength from their faith. This finding is consistent with a large body of previous research

indicating that religious beliefs can alleviate distress by providing comfort and a theoretical framework for understanding and navigating crisis (Kitula & Mhando, 2024). "Praying and just trusting in God's plan kept me calm and gave me hope through all the insanity." This response from one of the study participants suggests that faith provides people with emotional strength and a sense of purpose during times of distress. In fact, this reflects a larger pattern of disaster research: for many survivors, religious coping strategies serve an additional role as an emotional source of support and guidance. The results also show that most respondents' needs were immediate and practical. The emphasis on securing basic needs such as food, water, and shelter, as exemplified by the statement, "Ensuring we had food, water, and shelter was all we could think about," attempts to convey the sense of urgency and priority placed on survival requirements. The practical focus has been well-documented in disaster literature, emphasizing that relief efforts and resources should prioritize meeting immediate basic survival needs before addressing other forms of recovery (Okunola et al., 2024).

The emotional well-being themes, such as self-esteem, ruminations, and feelings of helplessness, shed light on the flood's psychological impact. The struggle to maintain self-esteem, as well as the prevalence of rumination and suicidal ideation, are all signs of serious mental health issues. These findings are consistent with a broader understanding of the psychological effects of disasters, in which the combination of stress, loss, and trauma can cause severe emotional distress (Reggina & Indriani, 2023). It also elicits a sense of hopelessness and a desire for emotional release from respondents, which is reinforced by psychological support and interventions during disaster recovery. These findings follow the same path as existing theoretical frameworks and empirical evidence on disaster coping mechanisms. The emphasis on community support, religious coping, immediate practical needs, and psychological well-being highlights the complex and multifaceted nature of flood response. This study would contribute to a better understanding of individual and community navigation in the aftermath of disasters, emphasizing the importance of comprehensive support systems that address both practical and emotional needs.

5.1 Conclusion

The current study's findings contribute to the literature on coping mechanisms and emotional well-being among flood-affected populations. It demonstrates how the affected people had to rely on community support, religious coping, and meeting immediate needs to get through such a disaster. The respondents' experiences demonstrate how social networks and faith-based practices can help them cope with emotional distress and practical challenges. The emphasis on immediate needs emphasizes survival necessities, whereas the psychological themes highlight severe shocks to mental health, particularly self-esteem, rumination, and feelings of helplessness. These findings support the incorporation of community and individual support systems into disaster response and recovery plans. Community engagement, including participation in support groups and social networks, is critical for providing emotional and practical support. Religious coping mechanisms also provide significant emotional stability and a conceptual framework for understanding the crisis. Address immediate survival needs in order to provide some stability for

the individual or community affected by the disaster. This can then be followed by some form of psychological support to deal with the long-term emotional consequences of the disaster. This increases the ability to withstand such pressures and makes recovery more likely if another catastrophic event occurs. The study's findings have implications for disaster management and recovery efforts, specifically strategies for leveraging community support and individual coping mechanisms. Policymakers and practitioners should prioritize strengthening social networks, improving support systems, providing religious and psychological resources, and ensuring that immediate survival needs are met as soon as possible. Furthermore, mental health service delivery in the aftermath of disasters must be integrated into disaster recovery plans in order to address the psychological effects of such events.

This study adds to the existing literature by exploring the multifaceted nature of coping mechanisms, such as community engagement and faith-based coping with immediate needs. More importantly, this paper emphasizes the interplay between these elements, resulting in a better understanding of how people can deal with the challenges posed by floods. Its findings can thus serve as a foundation for the development of more comprehensive disaster recovery strategies that can address both practical and emotional needs. The study's limitations must be acknowledged. The sample size and focus on a specific geographic area may limit its applicability to other contexts or types of disasters. Furthermore, relying on self-reported data may introduce biases or inaccuracies in capturing the full range of respondents' experiences and coping strategies. One way that future studies could improve on this work is to include a larger, more representative sample and use a longitudinal approach to better understand the long-term effects of disaster experiences on coping and wellbeing.

Muhammad Sajid Nadeem: Problem Identification and Theoretical Framework

Muhammad Siddique Akbar: Supervision and Drafting

Conflict of Interests/Disclosures

The authors declared no potential conflicts of interest in this article's research, authorship, and publication.

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