

Lived Realities of Residents in a Disaster-Prone Community of Tacloban City: A Phenomenological Exploration

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ABSTRACT

This study explored the lived realities of residents in a disaster-prone community in Tacloban City, focusing on their daily experiences, challenges, and coping strategies amidst recurring natural hazards. Using a qualitative phenomenological approach, the research aimed to understand how residents interpret and navigate the emotional, social, and economic impacts of living in a high-risk environment. Through in-depth interviews with selected participants, the researchers gathered detailed accounts describing constant fear, anxiety, and uncertainty related to threats of property damage, livelihood loss, and personal safety. The findings revealed

that residents face long-term exposure to disaster risks, compounded by limited financial resources, unstable livelihoods, and dependence on external assistance. Despite these challenges, participants demonstrated resilience through preparedness practices such as monitoring weather updates, preparing emergency supplies, coordinating with family members, and cooperating with the community. Their narratives highlighted how repeated disaster experiences shape their daily decision-making, emotional well-being, and adaptive strategies. The study concludes that the lived experiences of residents are deeply influenced by the intersection of environmental hazards and socioeconomic vulnerability. Strengthening disaster preparedness programs, improving support systems, and developing responsive policies are essential to addressing these conditions. This research provides valuable insights for local leaders, policymakers, and future scholars seeking to better understand and support disaster-prone communities.

Keywords: *lived realities, disaster-prone community, phenomenology, disaster preparedness, coping strategies, Tacloban City*

INTRODUCTION

Residents of disaster-prone communities in Tacloban City are continuously exposed to natural hazards due to the city's geographic location near the coast and its low-lying terrain, which make it highly vulnerable to flooding, storm surges, and strong typhoons. On November 8, 2013, Super Typhoon Haiyan (locally known as Yolanda) struck the Philippines, causing massive destruction. According to Internet Geography (2025), Haiyan affected approximately 14.1 million people and destroyed nearly 90% of Tacloban City's buildings. Moreover, more than 4.4 million people were left homeless in the days following the typhoon (Philippine Star, 2013). These figures underscore the extreme risks faced by residents in high-risk areas and highlight the severity of the disaster's impact on communities.

In the aftermath of the typhoon, numerous programs were implemented by the government and international organizations to rebuild homes, schools, and businesses. However, recovery in Tacloban's disaster-prone communities was uneven and slow. Mangada and Cuaton (2022) observed that survivors relocated to resettlement sites continued to face serious challenges, including limited access to clean water, healthcare, and education, as well as unstable sources of income. These difficulties were further exacerbated by the COVID-19 pandemic, which disrupted employment opportunities and access to essential support systems. Such experiences reveal that recovery extends beyond the reconstruction of physical infrastructure; it is also shaped by how residents live, survive, and cope with ongoing challenges in their daily lives.

Disasters also have long-term effects on emotional and mental health. Many survivors continue to experience stress, fear, and trauma long after physical damage has been repaired. For instance, a study in coastal Bangladesh by Chowdhury et al. (2022) found that women residing in cyclone shelters experienced intense fear, emotional stress, and uncertainty, which negatively affected their sense of safety and well-being. These findings demonstrate that disasters influence not only physical and economic aspects of life but also social and emotional dimensions, shaping daily experiences through fear, stress, and the continuous effort to remain safe.

Personal circumstances further influence how individuals experience disasters. Chang et al. (2023) reported that people with disabilities faced greater challenges before, during, and after disasters due to limited access to information, healthcare, and emotional support. Such findings underscore the importance of considering vulnerability and individual circumstances when examining survival and recovery processes. Despite the significance of these human and emotional aspects, most research on disaster recovery in Tacloban City has focused primarily on physical reconstruction, housing programs, and economic interventions. There is a notable gap in understanding how residents perceive ongoing risk, cope with repeated disasters, and describe their daily experiences. Studies like the Bangladesh cyclone shelter research reveal that personal narratives capture social and emotional issues—such as cultural expectations, gender roles, and coping strategies—that are often overlooked in quantitative analyses.

Addressing this gap requires studying disasters from the perspective of those who experience them. This research adopts a phenomenological approach to explore the lived experiences of residents in

disaster-prone communities of Tacloban City. By focusing on the stories, feelings, and daily realities of residents, the study aims to provide insights for designing disaster risk reduction programs and community planning initiatives that are human-centered, inclusive, and responsive. Such programs can more effectively address not only physical risks but also the emotional, psychological, and social challenges that affect residents' daily lives.

In line with this purpose, this study explores the everyday experiences of residents in Brgy. 94, Tigbao Diit, Sitio Caliro, Tacloban City. It investigates how residents understand, experience, and cope with the challenges of living in frequently affected areas, particularly in relation to their daily routines, strategies for managing difficulties, and lessons learned from their experiences. Specifically, this study seeks to answer the following questions:

1. What experiences did residents go through in their daily lives while they lived in a disaster-prone community?
2. How did residents cope with or respond to these challenges, especially during and after disasters?
3. What realizations or insights did residents gain from their experiences in disaster-prone community?
4. What kind of support did residents need from local authorities before, during, and after disasters?
5. What future plans could help reduce disaster risks and address the needs of the community?

In conclusion, examining the lived experiences of residents in disaster-prone communities provides critical insights into the emotional, social, and practical realities of surviving in high-risk areas. By documenting their narratives, this study aims to illuminate the challenges, coping strategies, and insights of community members, offering evidence that can guide the development of context-sensitive disaster risk reduction programs and interventions. Ultimately, this knowledge seeks to enhance the resilience, preparedness, and overall well-being of residents in Tacloban City.

METHODOLOGY

Research Design

This study employed a qualitative design, using a transcendental phenomenological approach guided by the descriptivism paradigm to explore the lived experiences of residents in disaster-prone communities. Qualitative research allowed the collection and analysis of non-numerical data to understand participants' experiences, feelings, and perspectives (Creswell, 2013). The descriptive phenomenological approach enabled the study to focus on participants' descriptions while practicing bracketing, where the researcher set aside personal assumptions to capture their experiences authentically (Husserl, 1970; Moustakas, 1994). This approach helped uncover the essence of living in a disaster-prone community, allowing the identification of core themes and meanings related to daily challenges, coping strategies, and resilience.

Participants of the Study

The participants were ten residents of Barangay 94, Tigbao Diit, Sitio Caliro, Tacloban City, who had firsthand experiences with disasters such as typhoons, flooding, and storm surges. Purposive sampling was used to select individuals directly exposed to disasters, ensuring in-depth and relevant data (Creswell, 2013). Inclusion criteria included being 18 years or older, residing in the community, experiencing at least one major disaster, and being willing to participate in interviews. Both male and female participants were included to capture diverse perspectives. The researcher practiced bracketing to set aside personal biases, ensuring that the participants' voices remained central (Moustakas, 1994).

Research Locale

The study was conducted in Barangay 94, Tigbao Diit, Sitio Caliro, Tacloban City, Leyte, Philippines. Tigbao Diit is a low-lying area identified as highly susceptible to flooding due to its topography and proximity to coastal and water systems (Tacloban City Government, 2025). Historical events, including Super Typhoon Yolanda in 2013, highlighted the community's vulnerability, shaping residents' daily routines, housing stability, livelihood, and sense of safety (Tacloban City Socio-Economic Profile, 2018). The locale was chosen for its active population and recurring disaster exposure, providing a meaningful context for phenomenological inquiry and enabling the researchers to capture authentic lived experiences.

Research Instrument

A semi-structured interview guide served as the main instrument to gather detailed information on residents' experiences, coping strategies, and perceptions of living in a disaster-prone community. The guide included three sections: participants' demographics, general questions on daily experiences, and specific questions on struggles, preparedness, support systems, and lessons learned. It was reviewed by three experts—two research teachers and a language expert—for clarity, relevance, and alignment with the study objectives. The questions were translated into the local dialect and validated to ensure accuracy and natural expression.

Data Gathering Procedure

Data collection followed systematic steps. Approval was obtained from Barangay officials, and participants were identified using purposive sampling. Participants were briefed on the study's purpose, voluntary participation, and right to withdraw, and informed consent was secured. Interviews were conducted individually in locations chosen by participants to ensure comfort and privacy, using either English or Waray-Waray, and were audio-recorded with consent. Transcriptions were made verbatim and cross-checked for accuracy. Observational notes complemented the recorded data. Ethical principles were maintained throughout, including confidentiality, respect, and reflexivity to minimize researcher bias.

Data Analysis Procedure

Data were analyzed using Braun and Clarke's (2006) thematic analysis. Transcripts were read repeatedly for familiarization, and initial codes were generated to capture key ideas. Related codes were grouped into potential themes representing participants' shared experiences, including disaster impacts, coping mechanisms, preparedness, and social support. Themes were reviewed, refined, defined, and supported with representative quotations. Triangulation was conducted through comparisons of individual interviews and focus group discussions, and a Focus Group Discussion was used to validate the findings. Themes and sub-themes were presented in a dendrogram table to provide a clear, systematic, and credible account of residents' lived realities.

Ethical Considerations

Ethical standards were strictly observed throughout the study. Anonymity was ensured through pseudonyms, allowing participants to share experiences freely. Informed consent was obtained, with participants aware of their right to withdraw at any time. Participation was voluntary, and data were verified through triangulation to ensure accuracy. Proper in-text citations and references were maintained, and audio recordings were secured with participants' consent. An audit trail documented all research activities to maintain transparency, credibility, and accountability. These measures protected participants' rights and well-being while strengthening the trustworthiness and validity of the findings.

RESULTS AND DISCUSSION

Residents' Daily Experiences in a Disaster-Prone Community

This section presents the findings under the subheading Residents' Daily Experiences in a Disaster-Prone Community. Analysis of the interview data revealed two major themes: (1) *Daily Life Amid Disasters* and (2) *Emotional and Social Experiences*. These themes reflect the everyday realities, emotional struggles, and social dynamics of residents living in a disaster-prone area.

Theme 1: Daily Life Amid Disasters. This refers to how the residents in disaster-prone communities maintain their daily routines despite the constant threat of natural hazards. Participants revealed that fishing, farming, and household chores remain part of their everyday lives, even during typhoons, flooding, and strong winds. This theme illustrates their resilience and determination to sustain both livelihood and family responsibilities, highlighting how disasters are integrated into their normal daily experiences.

Participant responses revealed that residents strive to maintain their daily routines even in the presence of disasters. For instance, Participant 5 (P5, L26) stated, "*Aga pumunta ako ng laot paghila sa lambat.*" (I go to the sea early in the morning to pull the fishing net.) He further added, P5 (L27), "*Pagka*

banda hapon, pupunta naman ako sa laot.” (In the afternoon, I go back to the sea.) Similarly, Participant 3 (P3, L33) shared, “*Nag-aalaga ako hin hayop.*” (I take care of animals.) Participant 4 (P4, L43) mentioned, “*Nagtatanim sa bakuran.*” (I plant crops in our backyard.) Meanwhile, Participant 10 (P10, L10) said, “*Nagluluto ngan naglilinis kada adlaw.*” (I cook and clean every day.) These statements collectively show that residents continue their livelihood and household tasks despite the risks brought by disasters.

The participants’ statements reveal that residents normalize disaster risks by integrating them into their daily routines. This aligns with studies on disaster resilience, which suggest that continuous exposure to hazards strengthens adaptive capacities (Cutter et al., 2008; Paton & Johnston, 2001). Maintaining daily activities is not only an economic necessity but also a psychological strategy, helping residents manage stress and preserve a sense of normalcy (Norris et al., 2008). Their experiences underscore the importance of routine as a coping mechanism in high-risk environments.

These findings are supported by resilience theory, which emphasizes the ability of individuals and communities to adapt to and recover from recurrent hazards (Holling, 1973; Masten, 2014). Previous research also shows that in disaster-prone communities, residents prioritize livelihood continuity and household responsibilities as part of survival strategies (Adger, 2000; Wisner et al., 2004). Similarly, studies in the Philippines indicate that daily routines in coastal communities are shaped by both environmental risks and cultural practices of coping (Lavell & Maskrey, 2014). This suggests that the participants’ daily activities serve dual purposes: sustaining their livelihoods and reinforcing resilience in the face of recurring disasters.

In conclusion, the theme Daily Life Amid Disasters highlights the resilience and perseverance of residents who continue their everyday routines despite frequent natural hazards. Their responses demonstrate that daily activities such as fishing, farming, and household chores are essential not only for survival but also as coping strategies that maintain psychological and economic stability. The findings align with literature on disaster resilience and community adaptation, showing that routine practices help residents manage risk while sustaining their livelihoods. Overall, this theme underscores the adaptive capacity and strength of individuals living in high-risk, disaster-prone environments.

Theme 2: Emotional and Social Experiences. This theme highlights the emotional responses and social interactions of residents living in a disaster-prone community. Participants described feelings of fear, anxiety, and uncertainty during disasters, while also emphasizing the importance of social connection and mutual support. Their responses indicate that disasters affect not only physical safety but also psychological well-being and social relationships.

Under the sub-theme of Stress and Anxiety, participants expressed strong emotional reactions during hazardous events. Participant 1 (P1, L101-102) stated, “*Nalilisang kun may bagyo*” (I feel anxious when there is a typhoon), reflecting fear triggered by disaster warnings. Participant 5 (P5, 81) shared, “*Hadlok nga mawala an pamilya*” (Afraid of losing family), highlighting concern for loved ones. Participant 4 (P4, L57) mentioned, “*Diri ko kaya mag-isa*” (I cannot handle it alone), suggesting

emotional vulnerability. Participant 6 (P6, L70) described, “*Nakakastress an baha*” (Flooding is stressful), while Participant 10 (P10, L93) emphasized, “*Nababalaka han kaligtasan*” (Worried about safety). These responses collectively demonstrate that disasters generate psychological distress characterized by fear, stress, and uncertainty.

Under the sub-theme of Community Interaction, participants emphasized collective support and shared experiences. Participant 8 (P8, L85) stated, “*Nagka-urusa para sigurado safety*” (We unite to ensure safety), highlighting solidarity. Participant 7 (P7, L75) mentioned, “*Nag-aambag kami hin pagkaon*” (We contribute food), showing resource sharing. Participant 3 (P3, L52-53) expressed, “*Tabang tabangan*” (Helping one another), while Participant 2 (P2, L22) shared, “*Nagkikita kada evacuation*” (We meet during evacuation). Participant 10 (P10, L10) noted, “*Nag-share hin balita han weather*” (Sharing weather updates). These responses reflect strong community bonds and mutual assistance during crises.

The participants’ narratives suggest that disasters create emotional strain, yet social relationships help mitigate psychological distress. While fear and anxiety are common experiences, collective interaction and shared responsibility provide comfort and reassurance. This interplay between emotional vulnerability and social solidarity demonstrates how communities navigate crisis situations together.

The findings align with the reviewed literature emphasizing the social and psychological dimensions of disaster experiences. Arcaya et al. (2020) discussed how disasters intensify social and emotional vulnerabilities, particularly among high-risk populations. Similarly, Nguyen et al. (2023) highlighted the role of social capital in strengthening resilience and reducing the negative impacts of disasters. The participants’ experiences also reflect Resilience Theory, which explains that adaptive capacity is strengthened through social networks and collective coping mechanisms (Holling, 1973; Norris et al., 2008). Furthermore, Dales et al. (2020) emphasized that community engagement and cooperation enhance both preparedness and recovery processes. These theoretical and empirical insights confirm that emotional experiences during disasters are closely linked to social support systems.

In conclusion, the theme of Emotional and Social Experiences reveals that residents experience fear, stress, and uncertainty during disasters, yet find strength in community interaction and mutual support. Participants highlighted emotional distress alongside unity, cooperation, and shared responsibility. Their responses demonstrate that resilience is not only built through structural preparedness but also through emotional coping and strong social bonds. Ultimately, this theme underscores the importance of psychological awareness and community solidarity in disaster-prone environments.

Overall, residents’ daily experiences in a disaster-prone community reflect a balance between sustaining everyday routines and managing emotional challenges brought by recurring hazards. Despite frequent typhoons, flooding, and strong winds, they continue their livelihood activities and household responsibilities as part of survival and adaptation. At the same time, disasters evoke fear, anxiety, and concern for safety, which are eased through strong social bonds and mutual support within the community.

These experiences show that resilience is shaped by both practical coping strategies and collective emotional strength.

Coping Strategies and Preparedness Practices of Residents During and After Disasters

This section presents the findings under the subheading Coping Strategies and Preparedness Practices of Residents During and After Disasters. The analysis revealed two central themes: (1) *Preparedness and Coping Strategies* and (2) *Emotional and Spiritual Coping*. These themes demonstrate how residents actively prepare for disasters and rely on both practical actions and emotional strength to cope with difficult situations.

Theme 1: Preparedness & Coping Strategies. This theme reflects how residents actively prepare for disasters and develop coping strategies to reduce risks and protect their families. Participants described evacuation planning, safety measures, family coordination, and proper resource management as essential practices shaped by their repeated exposure to natural hazards. Their responses indicate that preparedness is not only reactive but embedded in their daily routines.

Under the sub-theme of Evacuation & Safety Measures, participants emphasized immediate and organized responses during disasters. Participant 1 (P1, L88) stated, “*Nagbakwit ha safe nga lugar*” (We evacuated to a safe place), highlighting relocation as a primary safety strategy. The same participant also shared, “*Nagiimpa-ke hit mga bado*” (Prepared clothes and essential belongings) (P1, L76), demonstrating readiness for sudden evacuation. Participant 10 (P10, L100) explained, “*Gumagawa han karaniwang precautions, nagpa-check sa internet, lagging handa ang bag*” (We follow usual precautions, check updates on the internet, and always keep an emergency bag ready), reflecting continuous monitoring of information. Participant 9 (P9, L12) emphasized, “*Prioridad an pamilya maligtas, gabay han Diyos*” (The priority is for the family to survive, guided by God), while Participant 8 (P8, L85) shared, “*Nagka-urusa para sigurado safety*” (We unite to ensure safety). These responses collectively demonstrate the integration of planning, coordination, and shared responsibility during emergencies.

Under the sub-theme of Resource Management, participants highlighted the importance of preparing essential supplies. Participant 4 (P4, L63) stated, “*Nag-iipon hin pagkaon*” (Saving food), showing proactive planning. Participant 6 (P6, L128) mentioned, “*Nagtabang sa pagdala han tubig*” (Helping in carrying water), while Participant 2 (P2, L46) shared, “*Naghahanda hin extra clothings*” (Preparing extra clothing). Participant 3 (P3, L68) emphasized, “*May first aid kit sa balay*” (There is a first aid kit at home), and Participant 10 (P10, L107-108) noted, “*Nag-aalaga han mga hayop para diri maapektuhan*” (Taking care of animals so they are not affected). These statements show that residents prioritize securing basic needs and protecting livelihood resources as part of their coping strategies.

The participants’ narratives suggest that preparedness and coping are continuous processes shaped by lived experiences. Their strategies combine early action, family coordination, mutual support,

and resource conservation. These practices demonstrate adaptive behaviors developed from previous disaster encounters, transforming vulnerability into organized responses.

The findings align with Resilience Theory, which explains that communities develop adaptive capacities to respond and reorganize in the face of adversity (Holling, 1973; Norris et al., 2008, as cited in your RRL). The participants' proactive evacuation planning, monitoring of information, and preparation of emergency supplies reflect the adaptive and self-organizing capacities emphasized in resilience frameworks. Additionally, Dales et al. (2020) highlighted that preparedness becomes more effective when communities integrate safety planning into everyday life, which is evident in the residents' routine practices. Nguyen et al. (2023) further emphasized the role of social capital and collective action in strengthening disaster readiness, reflected in participants' focus on family coordination and unity. These connections demonstrate that preparedness and coping strategies are grounded in both practical measures and strong social relationships.

In conclusion, the theme of Preparedness & Coping Strategies reveals that residents actively engage in evacuation planning, safety measures, and resource management to reduce disaster risks. Participants emphasized monitoring information, preparing emergency supplies, coordinating with family, and conserving essential resources. Their responses indicate that resilience is built through continuous learning, shared responsibility, and proactive adaptation. Ultimately, this theme underscores that effective disaster preparedness is both an individual and collective effort shaped by experience and community solidarity.

Theme 2: Emotional and Spiritual Coping. This theme highlights how residents cope with the emotional impact of disasters through faith and social support. Participants emphasized prayer, spiritual guidance, and strong interpersonal relationships as important sources of strength during difficult times. Their responses indicate that coping is not only practical but also deeply emotional and relational.

Under the sub-theme of Faith and Hope, several participants expressed reliance on spiritual practices. Participant 5 (P5, L81) stated, "*Nag-ampo kada gabii*" (Pray every night), reflecting consistent spiritual devotion. Participant 7 (P7, L80-81) emphasized, "*Gabay han Diyos importante*" (God's guidance is important), highlighting reliance on divine support. Similarly, Participant 1 (P1, L122-123) shared, "*Nagaampo antes pumunta sa laot*" (Pray before going to the sea), showing faith as part of daily routine. Participant 9 (P9, L104) mentioned, "*Nagbabasa hin bibliya*" (Reading the Bible), while Participant 10 (P10, L194) stated, "*Nagtuong may maayong resulta*" (Believe that there will be a good outcome). These responses demonstrate that faith provides hope, comfort, and emotional stability amid uncertainty.

Under the sub-theme of Social Support, participants emphasized the importance of family and community relationships. Participant 2 (P2, L101) shared, "*Kauban pamilya ha evacuation*" (With family during evacuation), reflecting emotional security through familial presence. Participant 4 (P4, L89) noted, "*Tabangan han mga kasilinganan*" (Neighbors help each other), showing community solidarity. Participant 3 (P3, L10) mentioned, "*Nagkikita hin pares hin pares*" (Meeting in pairs), while Participant

6 (P6, L104) said, “*Kauban sa pagtan-aw han balita*” (Together in watching the news). Participant 10 (P10, L85) emphasized, “*Nagka-urusa para sigurado*” (United to ensure safety). These statements highlight that shared experiences and collective support reduce fear and strengthen emotional resilience.

The participants’ narratives suggest that emotional and spiritual coping mechanisms are essential in managing disaster-related stress and uncertainty. Faith practices offer psychological comfort, while social connections provide reassurance and shared responsibility. Together, these coping strategies contribute to maintaining stability during times of crisis.

The findings align with the reviewed literature emphasizing the psychological and social dimensions of disaster resilience. Arcaya et al. (2020) highlighted that disasters produce long-term emotional and social consequences, making coping mechanisms crucial for recovery. Similarly, Nguyen et al. (2023) emphasized that social capital and community networks significantly enhance resilience and preparedness. The theme also supports Resilience Theory, which explains that communities adapt to adversity by strengthening emotional resources and social bonds. Furthermore, Builes-Jaramillo et al. (2025) noted that social inequalities and vulnerability influence recovery experiences, reinforcing the importance of strong support systems. These theoretical and empirical insights demonstrate that faith and collective solidarity function as protective factors in disaster-prone communities.

In conclusion, the theme of Emotional and Spiritual Coping reveals that residents rely heavily on faith and social relationships to navigate the challenges brought by disasters. Participants highlighted prayer, belief in divine guidance, family presence, and neighborly support as essential coping mechanisms. Their responses indicate that resilience is not only built through infrastructure and planning but also through emotional strength and communal unity. Ultimately, this theme underscores the role of spirituality and social connectedness in sustaining hope and stability during times of crisis.

Insights and Realizations Gained from Living in a Disaster-Prone Community

This section presents the findings under the subheading Insights and Realizations Gained from Living in a Disaster-Prone Community. The analysis identified three key themes: (1) *Awareness of Risks*, and (2) *Awareness and Preparedness Mindset*, and (3) *Community Values and Personal Growth*. These themes illustrate how continuous exposure to disasters has shaped residents’ perspectives, strengthened their preparedness mindset, and contributed to both personal and community growth.

Theme 1: Awareness of Risks. This theme highlights the participants’ recognition of the dangers associated with living in a disaster-prone community. Residents demonstrated a clear understanding of their vulnerability to natural hazards and emphasized the importance of remaining alert and prepared. Their responses suggest that awareness serves as the foundation for disaster preparedness and adaptive behavior.

Under the sub-theme of Understanding Vulnerability, participants expressed strong awareness of environmental risks. Participant 1 (P1, L63) stated, “*Nakikita ko nga delikado an lugar*” (I can see that

the place is dangerous), directly acknowledging exposure to hazards. Participant 4 (P4, L178) mentioned, “*Dapat handa pirmi*” (We should always be prepared), while Participant 2 (P2, L26) noted, “*Labi na kun bagyo, peligroso*” (Especially during typhoons, it is dangerous). Similarly, Participant 6 (P6, L70) shared, “*Malakas an baha kada tuig*” (Flooding is strong every year), and Participant 10 (P10, L10) emphasized, “*Diri basta-basta puwede mag-relax*” (We cannot easily relax). These responses reflect the community’s lived experience with recurring disasters and their recognition of continuous exposure to risk.

Under the sub-theme of Importance of Preparedness, participants connected awareness with action. Participant 5 (P5, L109) stated, “*Mag-andam pirmi*” (Always prepare), highlighting constant readiness. Participant 3 (P3, L141) noted, “*Diri pwede malimot han bag*” (We should not forget the emergency bag), while Participant 7 (P7, L242) emphasized, “*Sigurado nga may tubig, pagkaon*” (Make sure there is water and food). Participant 9 (P9, L75) mentioned, “*Magtan-aw han weather updates*” (Watch weather updates), and Participant 10 (P10, L103) shared, “*Kauban pamilya pagplano*” (Plan together with family). These statements demonstrate that awareness leads to proactive preparedness measures such as evacuation planning, supply management, and monitoring alerts.

The participants’ narratives indicate that awareness of risks shapes their daily mindset and decision-making. Living in a hazard-prone environment has heightened their sensitivity to warning signs and strengthened their motivation to prepare consistently. Their recognition of vulnerability encourages vigilance and preventive action rather than complacency.

The findings align with Resilience Theory, which emphasizes that recognizing risks and vulnerabilities is a crucial step toward developing adaptive capacity (Holling, 1973; Norris et al., 2008). Awareness enables individuals and communities to anticipate threats and adjust behaviors accordingly. Arcaya et al. (2020) discussed how social and environmental vulnerabilities influence disaster impacts, reinforcing the importance of risk recognition in reducing harm. Additionally, Nguyen et al. (2023) highlighted that informed communities with strong awareness and social coordination are better prepared to respond effectively to disasters. These theoretical and empirical insights support the participants’ emphasis on vigilance, preparedness, and shared planning as protective strategies.

In conclusion, the theme of Awareness of Risks reveals that residents clearly understand their vulnerability to recurring natural hazards. Participants acknowledged the dangers of floods and typhoons and stressed the necessity of continuous preparedness. Their responses show that awareness is not passive knowledge but an active mindset that drives planning, coordination, and preventive action. Ultimately, this theme underscores that recognizing risk is the first essential step in building resilience within disaster-prone communities.

Theme 2: Awareness and Preparedness Mindset. This theme highlights the development of a proactive mindset among residents living in a disaster-prone community. Participants demonstrated increased awareness, personal accountability, and learning from past experiences, which collectively shape their preparedness behaviors. Their responses indicate that disaster readiness is not only about physical preparation but also about cognitive and behavioral transformation over time.

Under the sub-theme of Importance of Disaster Preparedness, participants emphasized awareness and early action. Participant 1 (P1, L213) stated, *“Mas nauunawaan ko na kinahanglan andam pirme”* (I now understand that we must always be prepared), reflecting heightened awareness. Participant 3 (P3, L69) mentioned, *“Gabay han impormasyon tikang sa radio ug internet”* (Guided by information from radio and internet), highlighting the role of accessible information. Participant 5 (P5, L122) shared, *“Nagpreparar daan han emergency bag”* (Prepared the emergency bag in advance), while Participant 7 (P7, L258) stated, *“Diri na maghuhawat hin kalamidad”* (Will no longer wait for a disaster). Participant 10 (P10, L106) emphasized, *“Kahibalo ha mga warning signs”* (Knowledge of warning signs). These statements demonstrate that awareness leads to readiness and preventive action.

Under the sub-theme of Personal Responsibility, participants expressed accountability in ensuring family safety and making decisions during emergencies. Participant 2 (P2, L46) stated, *“Prioridad an pamilya maligtas”* (The priority is for the family to survive). Participant 4 (P4, L178-179) mentioned, *“Nagplano para diri masamokan an pamilya”* (Planning so the family will not be distressed). Participant 6 (P6, L93) shared, *“Ako mismo nagbantay han bata”* (I personally watch over the child), while Participant 8 (P8, L124) emphasized, *“Diri nagasalig la ha iba”* (Not relying only on others). Participant 10 (P10, L12) noted, *“Kahibalo magdesisyon ha kalit nga sitwasyon”* (Able to decide in sudden situations). These responses reflect self-reliance, prioritization, and confidence in decision-making during crises.

Under the sub-theme of Learning from Experience, participants described reflection and adaptation shaped by repeated disaster exposure. Participant 1 (P1, L213) stated, *“Kada bagyo may leksyon”* (Every typhoon has a lesson). Participant 3 (P3, L141) mentioned, *“Mas maayo na an pagplano”* (Planning is better now), while Participant 5 (P5, L199-200) shared, *“Natutunan mag-adjust ha sitwasyon”* (Learned to adjust to situations). Participant 7 (P7, L251) noted, *“Mas kabalo na magmanage han kahadlok”* (Better at managing fear), and Participant 10 (P10, L98-99) emphasized, *“Mas klaro na an mga priority”* (Priorities are clearer now). These statements illustrate that disaster experiences contribute to growth, adaptation, and improved risk assessment.

The participants’ narratives suggest that preparedness evolves from repeated exposure and reflection. Awareness strengthens vigilance, personal responsibility reinforces accountability, and experiential learning enhances adaptive capacity. Their responses indicate that resilience is developed through continuous cognitive, emotional, and behavioral adjustments rather than isolated emergency reactions.

The findings align with Resilience Theory, which explains that individuals and communities build adaptive capacity through learning, self-organization, and experience (Holling, 1973; Norris et al., 2008). The participants’ emphasis on reflection and improvement reflects this adaptive process. Arcaya et al. (2020) highlighted that vulnerability is shaped by social and environmental contexts, reinforcing the importance of informed decision-making and risk recognition. Nguyen et al. (2023) further emphasized that awareness and social coordination enhance preparedness and response capacity. Additionally, Dales

et al. (2020) underscored that preparedness becomes sustainable when it is embedded in community mindset and participatory practices. These theoretical and empirical connections support the idea that disaster readiness is strengthened through awareness, responsibility, and continuous learning.

In conclusion, the theme of Awareness and Preparedness Mindset reveals that residents have developed a proactive and responsible outlook toward disaster risk. Participants demonstrated increased awareness, personal accountability, and lessons learned from past experiences. Their responses show that preparedness is shaped not only by external systems but also by internal growth and behavioral change. Ultimately, this theme underscores that resilience is cultivated through continuous reflection, informed action, and responsible decision-making within disaster-prone communities.

Theme 3: Community Values and Personal Growth. This theme reflects how residents in disaster-prone communities of Tacloban City develop deeper community values and experience personal growth as a result of repeated exposure to natural hazards. Participants shared that beyond physical survival, disasters shape their character, strengthen relationships, and deepen their faith. Their lived experiences reveal that adversity fosters resilience, unity, and spiritual reflection, transforming difficult situations into opportunities for growth.

Several participants described how disasters strengthened their personal resilience and adaptability. Participant 1 (P1, L109) shared, "*Natutuhan ko mag-adjust sa sitwasyon*" (I learned to adjust to situations), showing flexibility in times of crisis. Participant 4 (P4, L179) stated, "*Mas matibay an amon pamilya*" (Our family became stronger), emphasizing emotional strength and perseverance. Similarly, Participant 6 (P6, L145) mentioned, "*Kahibalo magdesisyon ha kalit nga problema*" (I learned how to decide during sudden problems), highlighting improved problem-solving skills. These responses indicate that repeated disaster exposure builds patience, emotional control, and adaptability.

Participants also emphasized solidarity and cooperation within the community. Participant 3 (P3, L111) noted, "*Nagka-urusa an komunidad*" (The community united), while Participant 5 (P5, L88) shared, "*Tabang-tabang ha evacuation*" (Helping each other during evacuation). Participant 9 (P9, L94) expressed, "*Diri nag-iisa ha kalisod*" (No one is alone in hardship), underscoring mutual support. These accounts demonstrate that shared struggles strengthen social bonds and collective responsibility among residents.

Moreover, many participants reflected on gratitude and spiritual growth. Participant 4 (P4, L179) stated, "*Gabay han Diyos ha kalisod*" (God guides us in hardships), while Participant 6 (P6, L90) said, "*Diri mawawara an paglaum*" (Hope never disappears). Participant 1 (P1, L200) expressed, "*Mas nakaka-appreciate han kinabuhi*" (I appreciate life more). These responses reveal that faith and gratitude play significant roles in coping and meaning-making during disasters.

Participants' narratives suggest that disasters do not only bring loss and vulnerability but also opportunities for transformation. Their experiences show that resilience is cultivated through hardship, strengthened by family unity, community cooperation, and spiritual faith. Personal growth becomes an outcome of continuous adaptation to recurring risks.

This theme strongly corresponds with existing literature on post-disaster resilience and community development. According to Resilience Theory (Holling, 1973; Norris et al., 2008), adversity can strengthen adaptive capacities at both individual and community levels. Studies on survivors of Typhoon Yolanda in Tacloban City highlight how collective action and faith contributed to long-term recovery (Barredo, 2020). Furthermore, research on community-based disaster recovery emphasizes the role of social capital and shared identity in rebuilding lives after catastrophic events (Nguyễn et al., 2023). The solidarity described by participants aligns with Community-Based Disaster Risk Management frameworks, which stress participatory cooperation and local empowerment (Dales et al., 2021).

In conclusion, the theme of Community Values and Personal Growth reveals that residents of disaster-prone communities in Tacloban City develop resilience, solidarity, and spiritual depth through lived experiences. Disasters serve not only as sources of vulnerability but also as catalysts for emotional strength, unity, and gratitude. Their stories demonstrate that growth emerges from adversity, highlighting the dynamic interplay between hardship and human resilience in shaping everyday life.

Overall, living in a disaster-prone community has shaped residents' awareness, mindset, and values in meaningful ways. Their recognition of environmental risks strengthens vigilance and motivates continuous preparedness, while personal responsibility and learning from experience foster a proactive and adaptive outlook. Beyond practical readiness, repeated exposure to disasters cultivates resilience, unity, gratitude, and spiritual growth within both individuals and the community. These themes collectively show that disasters, although challenging, contribute to deeper insight, strengthened character, and enhanced collective resilience.

Needed Support from Local Authorities

This section presents the findings under the subheading Needed Support from Local Authorities. Analysis of the data revealed two main themes: (1) *Immediate Relief Assistance*, and (2) *Long-Term Support*. These themes highlight residents' expressed needs for stronger institutional support to reduce risks and improve disaster response in their community.

Theme 1: Immediate Relief Assistance. This theme highlights the urgent needs of residents during and immediately after disasters. Participants emphasized the importance of timely provision of basic necessities and organized evacuation support to ensure safety and survival. Their responses indicate that immediate relief assistance plays a critical role in reducing vulnerability and preventing further harm during crisis situations.

Under the sub-theme of Provision of Supplies, participants stressed the necessity of accessible basic resources. Participant 1 (P1, L178) stated, "*Dapat may ihatag nga pagkaon*" (There should be food provided), emphasizing the need for adequate nutrition. Participant 4 (P4, L51-52) mentioned, "*Kakulang hin tubig, kinahanglan suporta*" (There is a lack of water, support is needed), highlighting water scarcity during disasters. Participant 6 (P6, L153) shared, "*Medisina para han may sakit*" (Medicine for those

who are sick), reflecting health-related concerns. Participant 2 (P2, L76) emphasized, “*Shelter para han evacuees*” (Shelter for evacuees), while Participant 10 (P10, L97-98) noted, “*Extra clothing para han pamilya*” (Extra clothing for the family). These responses collectively demonstrate that food, water, medical assistance, shelter, and clothing are fundamental needs during emergency situations.

Under the sub-theme of Evacuation Support, participants underscored the importance of organized and coordinated response systems. Participant 3 (P3, L131) stated, “*Mag-organize hin transport*” (Organize transportation), indicating the need for mobility assistance. Participant 5 (P5, L130) emphasized, “*Siguraduhon safe an evacuation centers*” (Ensure evacuation centers are safe), highlighting protection in designated shelters. Participant 7 (P7, L235) mentioned, “*May guide kun hain pumunta*” (There is guidance on where to go), while Participant 9 (P9, L235) stressed, “*Coordination ha barangay importante*” (Coordination in the barangay is important). Participant 10 (P10, L163) added, “*Kauban han LGU sa pag-evacuate*” (Together with the LGU during evacuation). These statements reflect the importance of structured evacuation systems and collaboration between community members and local authorities.

The participants’ narratives suggest that immediate relief assistance is essential in minimizing disaster impacts and ensuring survival. Timely distribution of supplies and coordinated evacuation processes reduce chaos, prevent health complications, and protect vulnerable individuals. Their responses highlight the critical role of both material support and organized governance during emergencies.

The findings align with the reviewed literature emphasizing structured disaster response and institutional support. Arcaya et al. (2020) discussed how vulnerable populations are disproportionately affected when access to essential resources is limited, reinforcing the importance of immediate relief distribution. Dales et al. (2020) highlighted that effective disaster management requires coordinated community and local government action, which is reflected in participants’ emphasis on barangay coordination and LGU involvement. Additionally, Builes-Jaramillo et al. (2025) noted that structural and socioeconomic vulnerabilities influence recovery outcomes, underscoring the necessity of timely assistance in preventing prolonged hardship. These insights are further supported by Resilience Theory, which explains that organized systems and collective action strengthen a community’s capacity to absorb and recover from shocks (Holling, 1973; Norris et al., 2008). In conclusion, the theme of Immediate Relief Assistance reveals that residents prioritize the timely provision of basic supplies and organized evacuation support during disasters. Participants emphasized food, water, medicine, shelter, transportation, and coordination with local authorities as critical components of emergency response. Their perspectives demonstrate that effective disaster management requires both material resources and structured collaboration.

Ultimately, this theme underscores the importance of immediate institutional and community support in reducing vulnerability and safeguarding lives in disaster-prone communities.

Theme 2: Long-Term Support. This theme highlights the participants’ call for sustained and structured assistance beyond immediate disaster relief. Residents emphasized the importance of

improving infrastructure, ensuring housing safety, and strengthening community-based programs to reduce long-term risks. Their responses indicate that recovery should not only focus on short-term aid but also on preventive and developmental support.

Several participants stressed the need for improved infrastructure and safety measures within the community. Participant 1 (P1, L228) stated, *“Mag-ayo han kalsada”* (Repair the roads), pointing to the necessity of accessible and functional transportation routes. Participant 4 (P4, L208) emphasized, *“Dapat may flood control”* (There should be flood control), highlighting the importance of structural measures to prevent recurring flooding. Similarly, Participant 6 (P6, L153) shared, *“Housing support para ha pobre”* (Housing support for the poor), underscoring the need for stable and secure shelter. Participant 2 (P2, L76) added, *“Drainage system kinahanglan ayohon”* (The drainage system needs to be fixed), while Participant 10 (P10, L225) noted, *“Siguraduhon nga ligtas an mga balay”* (Ensure that houses are safe).

In terms of community programs, Participant 3 (P3, L131) suggested, *“Training para ha disaster”* (Training for disasters), and Participant 5 (P5, L170) recommended, *“Seminar ha barangay”* (Seminars in the barangay). Participant 7 (P7, L200) proposed, *“Maghatag hin information campaigns”* (Provide information campaigns), while Participant 9 (P9, L219) stressed the need for *“Education bahin han kalamidad”* (Education about disasters). Additionally, Participant 10 (P10, L231) suggested conducting a *“Drill kada tuig”* (Yearly drill). These responses collectively show the community’s desire for organized, long-term interventions that strengthen safety and preparedness.

The participants’ statements reflect that long-term support is viewed as essential for sustainable disaster risk reduction. Rather than relying solely on emergency assistance, residents emphasized preventive infrastructure improvements and continuous educational initiatives. Their responses suggest that resilience must be built through both structural development and consistent community engagement.

The findings align with the reviewed literature emphasizing the importance of community-based and structural approaches to disaster risk reduction. Dales et al. (2020) highlighted that Community-Based Disaster Risk Management strengthens preparedness through active local participation and improved infrastructure systems. Similarly, Nguyen et al. (2023) emphasized that social capital and community resources significantly enhance disaster readiness, which is reflected in participants’ calls for training, seminars, and awareness campaigns. The need for safer housing, flood control, and improved drainage systems corresponds with the findings of Builes-Jaramillo et al. (2025) and Xu et al. (2024), who noted that structural vulnerabilities and socioeconomic conditions influence disaster impacts and recovery processes. Furthermore, Arcaya et al. (2020) underscored that inclusive and long-term recovery efforts are essential in reducing inequality and strengthening resilience. These connections demonstrate that sustained infrastructure development and community education are vital components of long-term disaster support.

In conclusion, the theme of Long-Term Support reveals that residents seek sustainable solutions that extend beyond immediate disaster response. Participants emphasized the need for infrastructure repair, housing safety, and ongoing community-based programs such as training, seminars, and disaster drills.

Their perspectives indicate that resilience is strengthened when physical improvements are combined with continuous education and participation. Ultimately, this theme underscores that long-term institutional commitment and community engagement are crucial in reducing vulnerability and promoting safer living conditions in disaster-prone communities.

Overall, residents emphasized the need for both immediate relief and long-term institutional support to effectively manage disaster risks. While timely provision of food, water, medicine, shelter, and organized evacuation systems is crucial during emergencies, sustainable recovery requires infrastructure improvements, safer housing, and continuous community-based programs. Participants expressed that disaster response should extend beyond short-term aid toward preventive and developmental initiatives. These themes collectively highlight that resilience in disaster-prone communities depends not only on individual and community efforts but also on strong, consistent support from local authorities.

Recommended Future Disaster-Risk Reduction Plans

This section presents the findings under the subheading Recommended Future Disaster-Risk Reduction Plans. The analysis revealed three major themes: (1) *Disaster Preparedness Planning*, (2) *Community Engagement*, and (3) *Infrastructure and Resource Development*. These themes underscore the residents' recommendations for building a safer, more prepared, and more resilient community in the future.

Theme 1: Disaster Preparedness Planning. This theme highlights the importance of proactive planning to reduce disaster risks within the community. Participants emphasized the need for effective early warning systems and clearly organized evacuation and safety protocols. Their responses indicate that preparedness planning is essential to minimize casualties. Several participants stressed the need to strengthen early warning systems in their barangay. Participant 1 (P1, L33) suggested, "*Magbutang hin sirena*" (Install a siren), highlighting the need for audible alerts during emergencies. Participant 4 (P4, L67) stated, "*SMS alert para ha bagyo*" (SMS alerts for typhoons), emphasizing the importance of mobile notifications. Similarly, Participant 6 (P6, L155) noted, "*Dapat may warning system*" (There should be a warning system), while Participant 2 (P2, L36) suggested, "*Broadcast sa radyo*" (Broadcast on the radio). Participant 10 (P10, L226) added, "*Alert kada adlaw kun may bagyo*" (Daily alerts when there is a typhoon). These responses reflect the community's demand for reliable and consistent communication systems.

In terms of evacuation and safety protocols, Participant 3 (P3, L132) emphasized the need for a "*Klaro nga evacuation route*" (Clear evacuation route). Participant 5 (P5, L171) suggested having "*Assembly points ha safe lugar*" (Assembly points in safe places). Participant 7 (P7, L200) proposed, "*Drill kada barangay*" (Drills in every barangay), while Participant 9 (P9, L220) recommended placing a "*Mapa ha evacuation centers*" (Map in evacuation centers). Additionally, Participant 10 (P10, L230) mentioned the importance of "*Gabay sa evacuation*" (Guidance during evacuation). These responses collectively show the need for structured evacuation planning and organized safety procedures.

The participants' statements demonstrate that disaster preparedness planning is viewed as a critical responsibility of both local authorities and the community. Residents emphasized that effective communication systems and organized evacuation procedures can significantly reduce panic and confusion during disasters. Their responses suggest that preparedness must be systematic, accessible, and clearly communicated to all members of the community.

The findings align with the literature discussed in the study regarding community-based disaster preparedness. Dales et al. (2020) emphasized that Community-Based Disaster Risk Management strengthens local response capacity through organized planning and participatory preparedness strategies. Similarly, Nguyen et al. (2023) highlighted that strong communication networks and shared information systems improve disaster readiness and collective action. The importance of structured planning also corresponds with Xu et al. (2024), who noted that communities with better institutional support and preparedness mechanisms experience reduced vulnerability during disasters. Furthermore, Arcaya et al. (2020) emphasized that disaster preparedness planning plays a vital role in reducing social inequalities and protecting vulnerable populations. These connections reinforce that early warning systems and evacuation protocols are fundamental components of effective disaster risk reduction. In conclusion, the theme of Disaster Preparedness Planning reveals that residents prioritize proactive measures to safeguard their community. Participants emphasized the installation of early warning systems, consistent alerts, and well-organized evacuation routes and drills. Their responses highlight that preparedness is not only about reacting to disasters but about systematic planning and coordination.

Ultimately, this theme underscores the importance of structured communication systems and organized safety protocols in strengthening community resilience.

Theme 2: Community Engagement. This theme highlights the importance of active participation and collective involvement in strengthening disaster preparedness within the community. Participants emphasized education, awareness initiatives, and collaborative efforts as essential components of effective disaster risk reduction. Their responses suggest that resilience is strengthened when residents are informed, involved, and united in preparedness activities.

Under the sub-theme of Education & Awareness, participants stressed the need for continuous information dissemination. Participant 1 (P1, L226) stated, "*Seminar para sa kabataan*" (Seminar for the youth), highlighting the importance of educating younger generations. Participant 4 (P4, L207) suggested, "*Community meeting kada bulan*" (Community meeting every month), emphasizing regular discussions. Participant 6 (P6, L156) mentioned, "*Poster ngan flyers*" (Posters and flyers), while Participant 2 (P2, L77) proposed a "*School program bahin disaster*" (School program about disasters). Additionally, Participant 10 (P10, L106) suggested an "*Awareness campaign sa social media*" (Awareness campaign on social media). These responses reflect the community's recognition that accessible and continuous education enhances preparedness and risk awareness.

Under the sub-theme of Collaboration & Participation, participants highlighted the importance of collective action. Participant 3 (P3, L123) stated, "*Volunteer sa barangay*" (Volunteer in the barangay),

indicating civic engagement. Participant 5 (P5, L129-130) mentioned, “*Tabang-tabang sa evacuation*” (Helping each other during evacuation), while Participant 7 (P7, L209) emphasized “*Neighborhood watch*.” Participant 9 (P9, L221) noted, “*Kauban sa training*” (Participating in training), and Participant 10 (P10, L234) highlighted “*Pag-apil ha drills*” (Joining drills). These statements demonstrate that shared responsibility and cooperation are central to strengthening disaster response and preparedness.

The participants’ narratives suggest that community engagement is a vital component of sustainable disaster risk reduction. Education initiatives enhance awareness and preparedness, while collaborative participation builds trust and coordinated response mechanisms. Their responses indicate that resilience is reinforced through collective learning and active involvement.

The findings align with the principles of Community-Based Disaster Risk Management (CBDRM) discussed in the reviewed literature. Dales et al. (2020) emphasized that disaster preparedness becomes more effective when communities actively participate in planning, education, and response activities. The participants’ focus on seminars, school programs, meetings, volunteerism, and drills reflects the participatory approach promoted in CBDRM. This theme also supports Resilience Theory, which explains that communities adapt to adversity by strengthening social networks and collective capacity (Arcaya et al., 2020). Nguyen et al. (2023) further highlighted that social capital and shared community initiatives significantly enhance disaster preparedness and long-term resilience. These theoretical and empirical insights confirm that active engagement and collaboration are fundamental in reducing vulnerability and promoting coordinated disaster response.

In conclusion, the theme of Community Engagement reveals that residents value education, awareness, and collective participation in disaster preparedness efforts. Participants emphasized seminars, school programs, information campaigns, volunteerism, and drills as key strategies for strengthening readiness. Their responses demonstrate that resilience is built not only through infrastructure and planning but also through informed and united community action. Ultimately, this theme underscores the importance of participatory and collaborative approaches in sustaining disaster resilience within the community.

Theme 3: Infrastructure & Resource Development. This theme emphasizes the importance of strengthening physical mitigation structures and ensuring adequate resource allocation to reduce disaster risks in the community. Participants highlighted the need for protective infrastructure and sufficient funding and materials to support preparedness and response efforts. Their responses indicate that sustainable disaster management requires both structural reinforcement and proper distribution of resources.

Under the sub-theme of Mitigation Structures, several participants stressed the importance of building and maintaining protective systems. Participant 1 (P1, L227) stated, “*Magbutang hin sea wall*” (Install a sea wall), emphasizing coastal protection. Participant 4 (P4, L202) noted, “*Flood barriers kinahanglan*” (Flood barriers are necessary), while Participant 6 (P6, L156) shared, “*Ayohon drainage*” (Fix the drainage). Similarly, Participant 2 (P2, L76-77) suggested, “*Protective barriers ha baybay*”

(Protective barriers along the shore), and Participant 10 (P10, L50) emphasized the importance of “*Maintenance kada tuig*” (Yearly maintenance). These responses highlight the community’s recognition of structural mitigation as a key strategy in reducing vulnerability.

Under the sub-theme of Resource Allocation, participants focused on the need for financial and material support. Participant 3 (P3, L149) stated, “*LGU maghatag hin pondo*” (The LGU should provide funds), indicating the role of local government in disaster preparedness. Participant 5 (P5, L209) suggested, “*Emergency kits para sa barangay*” (Emergency kits for the barangay), while Participant 7 (P7, L210) mentioned the need for “*Tools para sa rescue operations*” (Tools for rescue operations). Participant 9 (P9, L70) emphasized “*Budget para ha preparedness*” (Budget for preparedness), and Participant 10 (P10, L232) highlighted the importance of “*Storage hin relief goods*” (Storage of relief goods). These responses demonstrate the community’s awareness that adequate resources are essential for effective disaster response and recovery.

The participants’ statements suggest that infrastructure development and resource allocation are viewed as foundational components of disaster risk reduction. Residents recognize that without protective structures and sufficient materials, preparedness efforts may be limited. Their responses reflect a desire for systematic investment in both physical systems and logistical capacity to strengthen community resilience.

The findings align with the principles of Community-Based Disaster Risk Management (CBDRM) discussed in the reviewed literature. Dales et al. (2020) emphasized that disaster risk reduction requires coordinated structural mitigation and local government support to ensure sustainable protection. The participants’ call for sea walls, flood barriers, and proper drainage systems reflects the importance of reducing physical vulnerability through planned infrastructure development. This theme also supports Resilience Theory, which explains that communities enhance their adaptive capacity by improving structural defenses and strengthening institutional support systems (Arcaya et al., 2020). Furthermore, Xu et al. (2024) and Builes-Jaramillo et al. (2025) noted that socioeconomic conditions and infrastructure quality significantly influence disaster outcomes and recovery processes. These connections demonstrate that effective mitigation structures and adequate resource allocation are essential in building long-term community resilience.

In conclusion, the theme of Infrastructure & Resource Development highlights the community’s call for stronger mitigation structures and sufficient resource support. Participants emphasized the installation and maintenance of protective barriers, improved drainage systems, and proper allocation of funds and emergency materials. Their responses indicate that resilience is strengthened when both physical defenses and logistical resources are systematically developed. Ultimately, this theme underscores that sustainable disaster preparedness depends on continuous investment in infrastructure and equitable distribution of resources within the community.

Overall, residents recommended a comprehensive and forward-looking approach to disaster risk reduction that integrates structured planning, active community engagement, and strengthened

infrastructure development. They emphasized the importance of reliable early warning systems, organized evacuation protocols, and consistent communication to minimize confusion and casualties. At the same time, participants highlighted the need for continuous education, volunteer participation, and collaborative efforts to build collective responsibility. Furthermore, they stressed that mitigation structures and proper resource allocation are essential to ensure long-term safety and sustainability. These themes collectively demonstrate that future disaster-risk reduction plans must combine systematic planning, participatory action, and sustained institutional investment to build a more resilient community.

Summary

This study explored the lived realities of residents in a disaster-prone community in Tacloban City. It aimed to understand their daily experiences, challenges, and coping strategies while living in an area highly exposed to natural hazards. Specifically, the research sought to describe the residents' everyday experiences, identify the challenges they faced, and examine the strategies they employed to prepare for and respond to recurring disasters. A qualitative research design was employed, specifically a phenomenological approach, which focused on capturing the essence of participants' lived experiences. This method allowed the researchers to obtain authentic narratives, emotions, and interpretations from the residents without altering or influencing their perspectives. By applying phenomenology and practicing bracketing to set aside personal biases, the study ensured that the themes and findings reflected the participants' genuine accounts.

The study was limited to selected residents living in Brgy. 94, Sitio Caliro, Tigbao, Tacloban City, and did not include participants from other barangays or disaster-prone areas. The findings relied on participants' honesty, memory, and willingness to share their experiences, which may limit the generalizability of the results to other communities in the Philippines. Despite these limitations, the research provided meaningful insights into the emotional, social, and economic conditions shaping the participants' daily lives, offering a detailed understanding of how disasters affect their routines, decision-making, and well-being.

The results revealed that residents experienced constant fear, anxiety, and uncertainty due to recurring disasters. They faced challenges such as long-term exposure to hazards, limited financial resources, unstable livelihoods, and dependence on external assistance. To manage these difficulties, residents employed a range of coping and preparedness strategies, including monitoring weather updates, preparing emergency supplies, coordinating with family members, and cooperating with the community. Participants also highlighted lessons learned about resilience, caution, and the importance of preparedness, demonstrating how recurring disaster experiences continue to shape their daily choices and overall way of life.

CONCLUSION

Residents' Daily Experiences in a Disaster-Prone Community

The findings show that residents in a disaster-prone community balance maintaining their daily routines with managing emotional and social challenges caused by recurring hazards. Under the theme Daily Life Amid Disasters, participants continue livelihood activities such as fishing, farming, and household chores despite typhoons, flooding, and strong winds, demonstrating resilience and the integration of disaster risks into everyday life. Under Emotional and Social Experiences, residents expressed fear, anxiety, and stress during disasters but emphasized strong community support, unity, and shared responsibility as key coping mechanisms. Overall, the results indicate that resilience is shaped not only by sustaining economic and daily routines but also by emotional coping and collective social support within the community.

Coping Strategies and Preparedness Practices of Residents During and After Disasters

The findings reveal that residents in disaster-prone community employ both practical preparedness measures and emotional coping mechanisms to manage risks during and after disasters. Under Preparedness and Coping Strategies, participants emphasized evacuation planning, monitoring weather updates, preparing emergency supplies, conserving resources, coordinating with family members, and ensuring the safety of livelihood assets, showing that disaster readiness is embedded in their daily routines and shaped by past experiences. Under Emotional and Spiritual Coping, residents highlighted reliance on prayer, faith in God, hope for positive outcomes, and strong family and community support as key sources of emotional strength. Together, these themes demonstrate that resilience is built not only through organized safety measures and resource management but also through spiritual faith, social solidarity, and shared responsibility within the community.

Insights and Realizations Gained from Living in a Disaster-Prone Community

The findings show that living in a disaster-prone community has significantly shaped residents' awareness, mindset, and values. Under Awareness of Risks, participants demonstrated clear recognition of their vulnerability to recurring hazards and emphasized constant vigilance and preparedness as necessary responses. The theme Awareness and Preparedness Mindset highlights how repeated disaster exposure fostered proactive behavior, personal responsibility, informed decision-making, and learning from past experiences, strengthening adaptive capacity over time. Meanwhile, Community Values and Personal Growth reveals that adversity deepened family unity, community solidarity, resilience, gratitude, and spiritual faith, transforming hardship into opportunities for growth. Overall, the results indicate that continuous exposure to disasters not only heightens risk awareness and preparedness but also cultivates emotional strength, collective unity, and long-term resilience within the community.

Needed Support from Local Authorities

The findings show that residents in disaster-prone community require both immediate relief and sustained institutional support from local authorities. Under Immediate Relief Assistance, participants emphasized the urgent need for food, water, medicine, shelter, clothing, transportation, and organized evacuation systems, highlighting that timely and coordinated response is crucial for survival and reducing vulnerability during crises. Under Long-Term Support, residents called for infrastructure improvements such as road repairs, flood control, drainage systems, and safer housing, as well as continuous community-based programs including disaster training, seminars, information campaigns, and annual drills. Overall, the results indicate that effective disaster management must go beyond short-term aid and include preventive, structural, and educational initiatives to strengthen long-term resilience and community safety.

Recommended Future Disaster-Risk Reduction Plans

The findings under Recommended Future Disaster-Risk Reduction Plans reveal that residents advocate for a comprehensive and proactive approach to disaster risk reduction centered on Disaster Preparedness Planning, Community Engagement, and Infrastructure and Resource Development. Participants emphasized the need for reliable early warning systems, consistent communication channels, and clearly organized evacuation routes and drills to minimize panic and casualties during emergencies. They also highlighted the importance of continuous education, seminars, school programs, volunteerism, and community participation to strengthen collective awareness and shared responsibility. In addition, residents stressed the necessity of installing and maintaining mitigation structures such as sea walls and improved drainage systems, alongside ensuring adequate funding, emergency kits, rescue tools, and proper storage of relief goods. Overall, the findings indicate that sustainable disaster resilience requires systematic planning, active community involvement, and sustained investment in both structural and logistical support systems.

RECOMMENDATIONS

Based on the findings of this study, the researchers offer the following recommendations to support the safety, well-being, and resilience of residents living in disaster-prone communities. These recommendations are directed toward key stakeholders identified in the Significance of the Study, including community residents, local authorities, disaster response personnel, school administrators, policymakers, and future researchers.

1. For Community Residents

- 1.1. Strengthen preparedness by consistently monitoring weather updates and participating in disaster drills or community orientations.
- 1.2. Maintain basic emergency supplies and develop family evacuation plans to reduce panic during disasters.

1.3. Build stronger community cooperation by sharing resources, assisting vulnerable neighbors, and participating in barangay-led preparedness programs.

2. For Local Leaders and Barangay Officials

2.1 Conduct regular information campaigns on disaster risks, evacuation procedures, and first-aid responses.

2.2 Improve evacuation sites, warning systems, and accessible communication channels for all residents.

2.3 Establish community-based support groups to assist individuals experiencing emotional distress, fear, or trauma related to disasters.

3. For Disaster Response Personnel and Agencies

3.1 Provide targeted training on disaster risk reduction, especially for high-risk communities with limited resources.

3.2 Develop rapid response plans that prioritize vulnerable populations such as children, older adults, and persons with disabilities.

3.3 Ensure timely distribution of relief goods and coordinate with barangay officials to avoid gaps in assistance.

4. For School Administrators

4.1 Integrate disaster awareness activities and community-based outreach programs to support nearby residents.

4.2 Offer seminars or student-led initiatives on emergency preparedness, mental health, and climate-related risks.

4.3 Strengthen partnerships with local government units to promote youth involvement in community disaster preparedness.

5. For Policymakers and Government Agencies

5.1 Develop and implement localized disaster risk reduction policies that address the specific needs of coastal and high-risk communities.

5.2 Allocate funding for resilient housing, livelihood recovery programs, and accessible evacuation infrastructure.

5.3 Expand mental health and psychosocial support services for communities repeatedly affected by disasters.

6. For Future Researchers

6.1 Conduct similar studies in other barangays to compare lived experiences across different disaster-prone communities.

- 6.2 Explore long-term coping mechanisms and resilience-building practices among residents who repeatedly experience disasters.
- 6.3 Investigate the role of social support networks, local governance, and economic programs in shaping community preparedness and recovery.

These recommendations aim to strengthen disaster preparedness, promote community resilience, and guide stakeholders in developing responsive and sustainable disaster management practices. By implementing these suggestions, communities and local institutions can better protect residents, improve adaptive capacities, and reduce the impacts of recurring hazards.

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