



## Effects of Resilience, Coping Styles and Social Support on Quality of Life among People Living in Flood-Affected Communities

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### Abstract:

Floods are natural disasters that affect individuals, communities and the environment which affects quality of life. Studies have used different predictors to examine quality of life among people affected by flood with varied results. Therefore, the purpose of this study is to examine the effects of resilience, coping styles and social support on quality of life among people living in flood-affected communities in Bayelsa State, Nigeria. Cross-sectional survey design was adopted while purposive sampling technique was used to select five communities affected by flood. Data were collected from 250 participants using validated scales and analyzed with multiple regression to test hypothesis accepted at  $p < .001$  level of significance. The results reveal that resilience, coping styles and social support jointly predicted quality of life among study participants  $R^2 = .738$ ,  $F(2, 448) = 64.89$ ,  $p < .001$ . Furthermore, resilience ( $\beta = 0.667$ ,  $p < .001$ ), coping styles ( $\beta = 0.459$ ,  $p < .001$ ) and social support ( $\beta = 0.587$ ,  $p < .001$ ) independently predicted quality of life among study participants. The study concludes that resilience, coping styles and social support are excellent predictors of quality of life among study participants. The study recommends building robust community support networks to foster resilience and help individuals affected to cope which in turn could improve their quality of life.

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## INTRODUCTION

Floods are natural disasters that have devastating effects on individuals, communities and the environment. Bayelsa State, located in the Niger Delta region of Nigeria, is prone to flooding due to its geographical location and climate. Data from 2022 flooding in Bayelsa State reported that 18% of vegetation and 8% farmlands were affected (Antigha et al., 2025). The 2022 flood disaster in Bayelsa State, as in other years, affected over 100 communities, displacing thousands of people and causing widespread destruction of properties and infrastructure (Nimi & Aliza, 2022). Research has shown that natural disasters such as floods have significant effects on the quality of life of the affected individuals and communities. Quality of life has been variously defined. The World Health Organization (WHO, 2000) described it as individuals' subjective view of their positions in life in line with their cultures and value systems in which they live and in relation to their goals, expectations, standards and concerns. In addition, Amao (2014)

considered it as a function of individuals' subjective judgments of themselves based on their overall perception of what they hold important in their lives at a particular time. Conclusively, quality of life encompasses an individual's emotional, physical, material and social well-being (Fakorede et al., 2024) while taking the environmental challenges such as flooding into consideration.

Some factors that affect quality of life among people living in flood-affected communities have been investigated. One factor considered in this study is resilience which is the ability to withstand, adapt to, and recover from adversity. Resilient individuals tend to be calmed in the face of adversity and endure the phase of transition with equanimity of mind (Konaszewski et al., 2021). Therefore, resilience determines how individuals are able to bounce back and adapt to challenging situations such as flooding. Some studies have investigated resilience on quality of life among different populations and samples. For instance, Fakorede et al. (2024) examined effects of resilience on quality of life among combatant officers in Nigeria and found resilience to be a robust predictor of quality of life among study participants. In addition, Adeka (2024) who examined the relationship between resilience and quality of life among individuals in flood-affected communities found higher levels of resilience to be associated with better coping styles and greater social support, which in turn affected quality of life among people living in flood-affected communities.

Coping style is the second factor considered in this study which is the cognitive and behavioral efforts shown by an individual to manage specific external and internal demands that are appraised as tasking or exceeding the resource of the individual (Isil, 2015). Moreover, it involves the decision of what types of behaviors to utilize to handle current stressful events (Lazarus & Folkman, 1984). Finally, coping style attempts to reduce the perceived discrepancy between situational demands and personal resources (Lazarus, 2006). Studies on coping styles on quality of life have produced varied results. For example, Fakorede et al. (2024) found coping style as a predictor of quality of life among military officers in Nigeria. Furthermore, Adeka (2024) investigated the relationship between coping styles and quality of life among people living in flood-prone coastal communities. The study revealed that adaptive coping styles such as problem-solving and seeking social support, were better predictors of quality of life outcomes, while maladaptive coping styles such as denial and self-blame were linked to low quality of life among people living in flood-affected communities.

Finally, social support is the factor considered in this study which is described as the beliefs individuals hold regarding the level and quality of support that is available to them from family members, friends, and significant others (Oyeniya et al., 2025). It shows how an individual thinks about the support available to them, and whether it can be called upon when needed (Gallagher & Vella-Brodrick, 2008). Moreover, social support has been identified as a key protective factor in mitigating the negative impact of disasters on individuals' well-being. Strong social networks and support systems provide emotional, practical, and informational support to individuals during and after a flood event thus enhancing their resilience and quality of life.

Studies have investigated social support on quality of life among different populations and samples. For instance, Oyeniya et al. (2025) found social support as a robust predictor of quality of life among bereaved young adults. Moreover, Adeka (2024) explored the effect of social support on the quality of life of individuals affected by natural disasters including floods and found social support to play a key role in buffering the

negative effects of disaster-related stress and trauma on the well-being of individuals in these affected communities. The study highlighted the importance of both formal and informal social support networks in promoting resilience and improving quality of life in the aftermath of natural disasters.

Studies have explored quality of life using different predictors on different populations and samples with varying results. However, studies linking resilience, coping styles and social support on quality of life among people living in flood-affected communities in Bayelsa State, Nigeria are lacking leaving gaps in knowledge to be filled. Therefore, the purpose of this study was to examine the effects of resilience, coping styles and social support on quality of life among people living in flood-affected communities in Bayelsa State, Nigeria. The study sought to provide an answer to this question: Would resilience, coping styles and social support jointly and independently predict quality of life among people living in flood-affected communities in Bayelsa State, Nigeria?

By understanding the role of resilience, coping styles, and social support on quality of life among people living in flood-affected communities, the result of this study would inform policy makers, Non-Governmental Organizations and other stakeholders to develop interventions and support systems for individuals affected by this natural disaster.

## RESEARCH METHODS

The study adopted a cross-sectional survey design using validated questionnaires for data collection. The independent variables were resilience, coping styles and social support, while the dependent variable was quality of life among people in flood-affected communities in Bayelsa State. The study was conducted in selected flooded affected communities in Yenegoa, Bayelsa State, South-south Nigeria. Purposive sampling technique was used to select five flood-affected communities while convenience sampling technique was used to potential participants for the distribution of questionnaires.

The following instruments were used for data collection: a) **Connor-Davidson Resilience Scale (CD-RISC)** was used to evaluate resilience among people living in flood-affected communities. Connor and Davidson (2003) CD- RISC Scale consisted of 10-item rated on a 5-point Likert's response format ranges from strongly disagree to strongly agree. Sample items include: " I am able to adapt to change" and " I can deal with whatever comes my way". The authors obtained Cronbach's  $\alpha = .85$  and Oyeniyi et al. (2025) revalidated the scale among Nigerian samples with Cronbach's  $\alpha = .87$  and in this present study, Cronbach's  $\alpha = .82$  was obtained. b) **The World Health Organization Quality of Life Brief (WHOQOL-BREF, 2003)** was used to measure the quality of life among study participants. It is a 26-item scale presented on a 5-point Likert's format with varying responses including: Very poor (strongly dissatisfied/ = 1. Poor/dissagree = 2. Neither poor nor good/satisfied /dissatisfied = 3. Good/satisfied = 4. Very good/strongly satisfied = 5. Sample items include: "How would you rate your quality of life?", "How satisfied are you with your sleep?" and "How available to you is the information that you need in your day to day life?" The scale has been validated in several studies using Nigerian samples (Fakorede et al., 2025) and in the present study, Cronbach's  $\alpha = .82$ . c) **Multidimensional Scale of Perceived Social Support(MSPSS, Zimet et al., 1988)** was used to determine participants' perceived social support from family, friends and significant others. It is - scale presented on a 7-Likert's format with responses ranging from Very strongly disagree

to Very strongly agree. Sample items include: "There is a special person who is around when I am in need" and "I can talk about my problems with my family". The scale has been extensively used among Nigerian samples (Fakorede et al., 2024). In the present study, Cronbach's  $\alpha = .89$  was obtained. d) **Coping Strategies Inventory (CSI-SF, Addison et al., 2024)** was used to assess coping styles of the study participants. The scale has two subscales of problem-focused(15-item) and emotional-focused (15-item) coping styles. It is rated on a 5-point Likert's format of never, rarely, sometimes, often and always. Sample items include: "I accept my feelings", "I seek support from others", "I am not easily discouraged by failure", and "Meeting new people in my workplace is something I am good at". The scale has been validated using the Nigerian samples (Fakorede et al.2024). In this study, Cronbach  $\alpha = .86$  was obtained.

Procedurally, a formal letter of introduction was collected from the Department of Psychology, Rivers State University, Nkpolu-Oroworukwo for identification of the researchers during data collection. Because of the sensitive nature of the situation, potential participants were approached at their very convenient opportunity where they were invited to participate in the study. They were duly informed that participation was voluntary and that their responses would be taken confidentially. Only those who gave their consent were given the questionnaires to complete or interviewed for those who were not able to read the questionnaires. Over the period of eight days, 256 questionnaires were distributed and collected on the spot. During screening and coding six questionnaires were detected to have inconsistent responses and were removed leaving 250 used for the analysis.

Data collected were analyzed using IBM<sup>R</sup> SPSS version 26. Descriptive and inferential statistics were computed. The hypothesis was tested using multiples regression analysis and accepted at  $p < .001$  level of significance.

## RESULTS AND DISCUSSION

### Results

This result section begins with a description of the respondents' demographic characteristics, as shown in Table 1, which provides basic context regarding the profile of the study participants. Next, a hypothesis analysis was conducted to examine the relationship between resilience, coping styles, and social support on the quality of life of flood-affected communities in Bayelsa State. Through the results of the multiple regression analysis, as presented in Tables 2a and 2b, it was found that these three variables collectively contributed significantly to improving respondents' quality of life. These findings provide a strong foundation for understanding the role of psychological and social factors in coping with crisis situations, while also opening up space for further discussion on how individual strengths and environmental support can build collective resilience to life's stresses.

**Table 1: Demographic Information**

Variable	Frequency	Percent
<b>Age</b>		
18-25 yrs	115	26
26-35 yrs	137	30
36-45 yrs	91	20
46-55yrs	57	13
Above 56 yrs	50	11
<b>Marital Status</b>		
Single	63	14

Married	266	59
Divorced	68	15
Widow	54	12
<b>Family Size</b>		
1	86	19
2	131	29
3	108	24
4	81	18
Others	45	10
<b>Educational Qualification</b>		
Primary	198	44
Secondary	153	34
Tertiary	99	22
<b>Total</b>	<b>450</b>	<b>100</b>

Table 1 provides an overview of the demographic characteristics of study participants. In terms of age distribution, the largest group (30%) of participants falls within the 26-35 years age bracket while 59% were married. In terms of the family size, the majority (29%) had a family size of 2-person while the highest number of participants (44%) had a primary level of education.

### Testing the Hypothesis

**H1:** Resilience, coping styles and social support would jointly predict quality of life among people living in flood-affected communities in Bayelsa State.

**Table 2a: ANOVA of resilience, coping styles, and social support on quality of life among study participants**

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1.817	1	1.8174	64.89	0.001
	Residual	0.252	448	0.0280		
	Total	2.69	449			

**Table 2b: Coefficients of regression resilience, coping styles, and social support on quality of life among study participants**

Predictor	B	SE	t	p	$\beta$
Intercept	0.196	0.373	0.704	0.615	
Resilience	0.405	0.192	5.110	0.001	0.667
Coping styles	0.357	0.205	3.740	0.023	0.459
Social support	0.142	0.238	4.596	0.001	0.587

**Note** N = 250, df = 2, 248, F = 64.89, p < .001

Table 2b shows the result of multiple regression models applied to determine the extent to which resilience, coping styles, and social support predict quality of life among people living in flood-affected communities in Bayelsa State. The result indicated a joint prediction of quality of life among study participants  $R^2 = .738$ ,  $F(2, 448) = 64.89$ ,  $p < .001$ . This means that the predictors variables accounted for 73.8% variance in quality of life among study participants. Furthermore, resilience ( $\beta = 0.667$ ,  $t = 5.11$ ,  $p < .05$ ), coping styles ( $\beta = 0.459$ ,  $t = 3.74$ ,  $p < .05$ ), and social support ( $\beta = 0.587$ ,  $t = 4.59$ ,  $p < .05$ ) independently predicted quality of life among study participants. Therefore, the

hypothesis was supported.

The hypothesis that resilience, coping styles, and social support would jointly predict quality of life among people living in flood affected communities in Bayelsa State would be confirmed. The interactions of these three variables contributed to the determination of the quality of life of study participants accounting for 73.8% of variance in quality of life. These findings supported previous results that coping styles (Kuo, 2011; Canetti-Nisim et al., 2016), social support (Rizzi & Giuffo, 2023) and resilience (Tsai et al., 2012; Tang et al., 2020) contributed significantly to individuals quality of life among different populations and samples. In addition, Fakorede et al. (2024) result supports the present finding that the interactions of coping styles, resilience and social support are excellent predictors of quality of life. Therefore, the ability of individuals with resilient personalities to bounce back in times of trouble coupled with adaptive coping strategies and support from friends, families and others including the governments go far in such a time and could improve quality of life of those affected (Adeka, 2024).

Furthermore, resilience, coping styles and social support independently predicts quality of life of the study participants. Again, resilience emerged as a significant factor in determining how individuals are able to bounce back and adapt to challenging situations such as flooding. This finding lent credence to Fakorede et al. (2024) and Tang et al. (2020) who found individuals with higher levels of resilience to be more likely to recover and maintain a good quality of life following military officers. In addition, coping styles play a significant role in how individuals respond to stress and adversity. Adaptive coping strategies such as problem-solving contributed to quality of life among study participants which is associated with better mental health outcomes and higher quality of life in the aftermath of a disaster. This result supported Adeka (2024) and Wu et al. (2025) finding that coping strategies in time of disaster contributed to improved quality of life among affected people.

Finally, social support, which has been identified as a key protective factor in mitigating the negative impact of disasters on individuals' well-being significantly predicted quality of life among study participants. Strong social networks and support systems would provide emotional and informational support to individuals during and after a flood event, enhancing their resilience and quality of life. This finding aligned with Adeka (2024) and Fakorede et al. (2024) results that in many situations and in different populations and samples, social support improved the quality of life of people affected by natural disasters including flooding victims.

## Discussion

These findings supported previous results that coping styles (Kuo, 2011; Canetti-Nisim et al., 2016), social support (Rizzi & Giuffo, 2023) and resilience (Tsai et al., 2012; Tang et al., 2020) contributed significantly to individuals quality of life among different populations and samples. In addition, Fakorede et al. (2024) result supports the present finding that the interactions of coping styles, resilience and social support are excellent predictors of quality of life. Therefore, the ability of individuals with resilient personalities to bounce back in times of trouble coupled with adaptive coping strategies and support from friends, families and others including the governments go far in such a time and could improve quality of life of those affected (Adeka, 2024).

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## CONCLUSION

The study provides answers to the predictive ability of resilience, coping styles and social support on quality of life among people living in flood affected communities in Bayelsa State, Nigeria. The study confirmed that resilience, coping styles and social support significantly predicted quality of life among study participants. Therefore, to improve the quality of life among people living in flood-affected communities, the study proffers the following recommendations: There is a need to build robust community support networks to foster resilience. Local organizations, NGOs, and community leaders should collaborate to establish support groups that facilitate emotional and psychological support for those affected by flooding. Programs that promote community cohesion would help individuals feel more connected and supported during crises.

In addition, there is a need to provide accessible mental health services to address the psychological impacts of flooding. Communities should work to establish mental health support systems such as counseling and therapy services, specifically tailored for flood survivors. Awareness campaigns would help to reduce stigma and encourage individuals to seek help. The study focused only in Bayelsa State leaving other flood affected coastal state which itself hindered generalization of study finding. Further study need to include other states and communities. Data collection was with the use of self-reported questionnaires which may not be free of response bias calling for the use of focus group discussion and in-depth interview in further studies. Finally, the sensitive nature of the study hindered increasing the number of participants in the study, therefore, further study would benefit from involving community stakeholders to increase participation.

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