

# Typhoon Haiyan: A Decade of Survivor Stories

Robert S. Pardillo\*

Carlos Hilado Memorial State University, Philippines

**Corresponding Author**

Robert S. Pardillo, Carlos Hilado Memorial State University, Philippines

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*This qualitative research delves into the lived experiences of survivors of Typhoon Yolanda, focusing on five overarching themes: environmental factors, preparedness and actions, challenges and adversities, community support, coping mechanisms, and emotional responses and reflections. Employing NVivo with Clark and Braun Thematic analysis, narratives were distilled from participants who met stringent inclusion criteria: (a) directly experienced the impact of Typhoon Yolanda, (b) residing in affected areas during the typhoon or facing its aftermath, (c) must be of legal age at the time typhoon Yolanda struck, (d) to have lived through the entire ten-year period since the typhoon in the same place, (e) must experience loss of property, or become injured or someone from the family become injured or a casualty due to typhoon Yolanda, (f) must express a willingness to share their experiences through in-depth interviews. The study was conducted in coastal areas of Northern Negros, designated as Yolanda Corridors, capturing the essence of survivor accounts within this unique locale. Environmental factors shaped the severity of the disaster, prompting diverse preparedness actions yet yielding unforeseen challenges. Despite adversities, community support emerged as a cornerstone of resilience, fostering solidarity and aid distribution. Coping mechanisms, ranging from faith to familial bonds, were pivotal in navigating the emotional aftermath. The emotional responses and reflections of survivors unveil a spectrum of feelings, illustrating the intricate interplay of trauma and renewal post-disaster. Some survivors decided to rebuild in their hometowns, while others looked for work abroad or in bustling cities; those who ventured overseas sent remittances back home, while those in urban areas sought employment. Meanwhile, many found support through NGOs' activities, with initiatives offering resources and training for sustainable livelihoods; some started modest sari-sari businesses, providing essentials to the community and bolstering the local economy. These findings offer nuanced insights into the human experience of disaster recovery, informing future interventions and policy frameworks.*

**Keywords:** Typhoon Yolanda, Survivor Experiences, Thematic Analysis, Environmental Resilience, Community Support, Coping Mechanisms, Emotional Reflections**1. Introduction****1.1 Rationale**

Ten years ago, the world witnessed in horror that the Philippines was hit by unprecedented fury from a gigantic storm known as Typhoon Yolanda with the international name Haiyan [1]. One of the fiercest super typhoons ever recorded, it caused extensive damage and left a path of ruin and hopelessness [2,3]. Even though the Philippines is used to typhoons, they had never seen a natural disaster as destructive and unrelenting as Yolanda. The lives of individuals who survived this catastrophic catastrophe would never be the same [4,5]. It was indeed a watershed in the nation's history and a sobering reminder of the overwhelming force of nature.

Based on data, Typhoon Haiyan, a super typhoon with sustained winds surpassing 150 mph, is one of the most formidable storms ever recorded. Its impact was staggering, affecting over 14 million people, ravaging 1.1 million houses, obliterating 33 million

coconut trees—a vital source of livelihood—and forcing around 2.3 million individuals into poverty. The extensive devastation incurred by Haiyan is quantified at a staggering estimated cost of \$13 billion [6].

This study started with a simple yet profound question: What happens to a community, a nation, and the people who survive a catastrophic event like Bagyong Yolanda once the initial shock fades and the world's attention moves on? While the memories and lessons of such tragedies may fade with time, the stories of those who lived through them remain. What's remarkable is how the survivors of Yolanda have shown incredible strength and perseverance, embodying the spirit of resilience.

The researcher decided to conduct this study so that everyone could hear the voices of those directly affected by Typhoon Yolanda (Haiyan) and learn about their experiences, struggles, and triumphs

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ten years after Typhoon Yolanda (Haiyan). It will also explore the broader context of disaster management and climate adaptation, examining the lessons from Yolanda that have influenced national and international policies.

## 2. Objectives of the Study

The study aimed to explore the lived experiences of Yolanda survivors on the experiences that they endured the onslaught, struggles, and triumphs, and the resiliency that they have shown for the past ten years.

## 3. Materials and Methods

### ➤ Research Design

Using a qualitative research design through narrative inquiry involves deeply exploring individuals' stories and experiences to understand their meaning and context. It emphasizes storytelling as a way to uncover insights and understandings, analyzing personal accounts to reveal underlying themes and patterns. This approach is valuable in fields like psychology, sociology, education, and anthropology for understanding human behavior, beliefs, and culture. This study aims to comprehend the complex experiences of Yolanda survivors via their accounts. This strategy prioritizes the in-depth investigation of lived experiences through one-on-one interviews. The research can capture the emotional, psychological, and social dimensions of their journeys by collecting extensive and vivid narratives from survivors.

Purposive sampling and snowball approach, in which participants are chosen following the inclusion criteria: (a) directly experienced the impact of Typhoon Yolanda, (b) residing in affected areas during the typhoon or facing its aftermath, (c) must be of legal age at the time typhoon Yolanda struck, (d) to have lived through the entire ten-year period since the typhoon in the same place, (e) must experience loss of property, or become injured or someone from the family become injured or a casualty due to typhoon Yolanda, (f) must express a willingness to share their experiences through in-depth interviews. The study was conducted in one of the coastal areas of Northern Negros considered Yolanda Corridors.

The collected narratives would then be subjected to a thematic analysis to find reoccurring themes and patterns. Using this methodology, researchers might examine how social support, trauma, resilience, and the effects of disaster management techniques interact with one another and the survivors' lives.

### ➤ Detailed Procedure

This qualitative research project will adhere to a strict protocol as it explores the diverse experiences of Yolanda survivors via their accounts. A well-written research proposal that outlines the main topic, goals, and selected qualitative approach is the first step in the process. Obtaining institutional review board ethical approval guarantees that the research complies with ethical standards.

Preparing for an interview requires careful planning. To extract rich tales from participants, a semi-structured interview guide

filled with open-ended questions is designed. A wide variety of survivor experiences are guaranteed to be included through purposeful sampling. Another sampling procedure used is snowball sampling, where current participants suggest others who meet the requirement. Informed consent: The barangay captains also helped us determine this study's participants and served as the gatekeeper. Two participants were interviewed inside the barangay hall in a private room given to us, while the rest of the participants were interviewed in their respective houses. Outlining the study's goal, participant rights, and data anonymization protocols are acquired before each interview.

Interviewing people is at the core of the research. Participants' convenience is guaranteed by flexible scheduling, with comfortable and private settings selected. Equipped with the interview guide, the researcher actively listened and prompted more explanations with insightful questions. Once all data is obtained, the stories will be captured verbatim on audio recordings for data processing.

Data collection involves more than just interviews. The recordings are turned into text documents, which lays the groundwork for analysis. Furthermore, visual material such as photos (with informed consent) enhances the stories even more. Every process stage is meticulously documented in a research log, including recruitment efforts, difficulties faced, and thoughts on the interviews themselves.

After gathering all the data, the process moves on to analysis. The transcribed interviews are arranged using NVIVO software. The main focus is on thematic analysis, which looks for recurrent themes and patterns in the stories. This investigation explores the intricate relationships between social support networks, trauma, and resilience. To verify the accuracy of interpretations, member checking is employed, and significant discoveries are relayed to participants for their input.

The dissemination of the research findings is the last phase. A report detailing the research's methodology, significant findings, and overall importance will be written. This comprehensive process acts as a road map, assisting the researcher from creating proposals to the robust dissemination of survivor stories, finally leading to a more profound comprehension of their experiences.

### Rigors of the Findings

1. **Participant Selection Criteria:** Rigorous inclusion criteria were established to ensure that participants directly experienced the impact of Typhoon Yolanda and resided in the affected areas during or after the disaster, contributing to the authenticity of their narratives.

2. **Data Collection Methodology:** In-depth interviews were conducted to gather rich, detailed accounts of the participants' experiences, allowing for a comprehensive exploration of the themes identified in the study.

3. **Researcher Reflexivity:** The researchers-maintained reflexivity throughout the study, acknowledging their own biases and

perspectives to minimize potential influence on data interpretation and analysis.

4. **Thematic Analysis Process:** The thematic analysis process, guided by the Clark and Braun approach, was systematically conducted using NVivo software. This structured methodology ensured consistency and rigor in identifying, coding, and analyzing themes across the dataset.

5. **Peer Debriefing:** Regular discussions with peers provided opportunities for peer debriefing, allowing for critical reflection and validation of the emerging themes and interpretations.

6. **Member Checking:** Member checking was employed to validate the accuracy and authenticity of the findings with participants, ensuring that their perspectives were accurately represented and interpreted.

7. **Triangulation of Data:** Triangulation techniques, such as comparing findings across different data sources or involving multiple researchers in the analysis process, were utilized to enhance the credibility and reliability of the study's findings.

8. **Contextualization of Results:** The findings were situated within the broader context of the Yolanda-affected areas in Northern Negros, providing a nuanced understanding of the local dynamics and socio-environmental factors influencing the experiences of the survivors.

9. **Transparency and Documentation:** Transparent documentation of the research process, including coding decisions, analytical memos, and data interpretation, was maintained to enhance the transparency and auditability of the study's findings.

10. **Ethical Considerations:** Ethical guidelines were adhered to throughout the research process, ensuring the protection of participants' rights, confidentiality, and informed consent.

#### ➤ Data Analysis

Using a qualitative methodology, the researcher examined the stories of Yolanda survivors through NVivo software using the thematic analysis of Braun and Clarke (2006). The detailed interviews were followed by importing the transcribed accounts into NVivo. This enabled efficient organizing and exploring all the storylines on a single platform.

The process of coding then started. Text chunks from the interviews were given codes, which served as topic labels. The survivors' main ideas, feelings, and experiences were encapsulated in these codes. This process was made more accessible by NVivo's features, which made it possible to create a codebook for uniformity and to assign and maintain codes across the transcripts with ease.

The visualization tools in NVivo became helpful as the coding process advanced. Concept maps showed relationships between emerging concepts, while word clouds assisted in identifying commonly discussed subjects. These visualizations gave a clear picture of the data, making it easier to see relationships and recurrent themes in the survivor stories.

Lastly, the query feature of NVivo was employed to investigate particular data elements. The researcher obtains specific text passages pertinent to the questions by creating focused search queries utilizing codes or keywords. This made it possible to identify specific themes in greater detail and made it easier to comprehend the experiences of the survivors in a more complex way.

### 4. Results & Discussions

Name	Age	
Rufing	58	Injured/ 100 % damaged property
Odette	36	Pregnant/ 100 % damaged property
Pablo	62	100 % damaged property
Pepang	49	Pump boats got damaged
Ompong	53	Damaged appliances
Paeng	67	100 % damaged property
Pedrina	64	Husband got stroke days after the onslaught

**Table 1: Participants Profile**

Eleven participants willingly agreed to be interviewed. However, only seven were qualified as set by the inclusion criteria and four participants were disqualified. During the interview, Barangay Health Workers (BHW) were with the team to ensure emotional support, provide immediate data, and reinforce testimonies from the conversation partners.

#### 1. Importing Data:

- Import the Yolanda survivor stories data into NVivo through text documents.

#### 2. Familiarization:

- Read through the survivor stories to get familiar with the content and context.
- Take initial notes on key themes that emerge during the review of the narratives.

#### 3. Coding:

- Start coding the data in NVivo. Create nodes (codes) in NVivo to represent the themes identified in the Clark and Braun thematic analysis.

- Code relevant segments of the survivor stories to these nodes.

#### 4. Iterative Analysis:

- Continuously review and refine the coding scheme by analyzing more survivor stories.
- Look for patterns and connections between different themes.
- Use NVivo's tools such as queries and visualizations to explore relationships between codes and data segments.

#### 5. Theme Development:

- Once coded a significant portion of the data, begin to cluster related codes into broader themes.
- Refine and redefine themes as necessary based on the data.

#### 6. Interpretation:

- Analyze the coded data to interpret the meaning behind the identified themes.

#### 7. Writing Up:

- Document analysis, process, and findings. This may include writing memos within NVivo to capture thoughts and interpretations.
- Write up the results of the thematic analysis, including quotations from the survivor stories to illustrate key points.

#### 8. Review and Validation:

- Review the result of the analysis to ensure it accurately reflects the content of the survivor stories.
- Seek validation from peers or experts familiar with thematic analysis to ensure the credibility of the findings.

### Theme 1: Understanding Environmental Factors that leads to unpredictable nature.

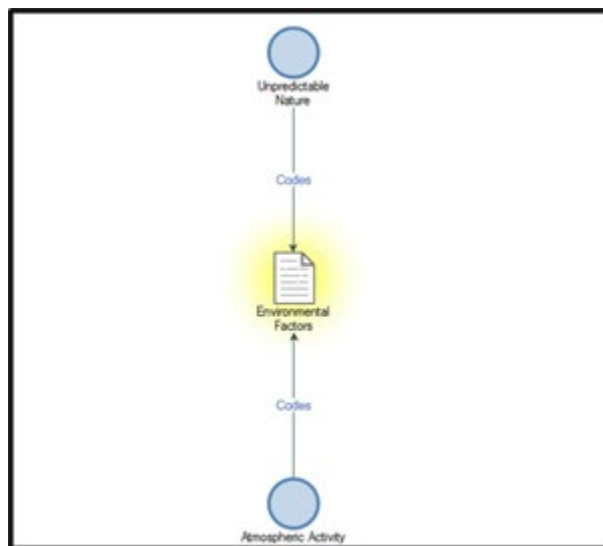


Image 1: NVivo-generated themes Environmental Factors

In the small coastal village on the Northern part of Negros Occidental, nestled among the lush greenery, lived a middle-aged woman with a deep love for her community and its natural beauty. Life was serene until the ominous warnings of an approaching typhoon, named Haiyan, stirred fear in every heart. Like many others, knew the potential devastation such a storm could bring.

As the sky darkened and the winds began to howl, many people found themselves drawn to the coastline, where she watched the churning sea with a mix of awe and trepidation. She couldn't help but wonder about the environmental factors that fuelled the fury of such storms, and she longed to understand their unpredictable nature.

Typhoon Yolanda survivors' accounts highlight the tremendous physical devastation and loss caused by the storm, as they describe the tremendous force of the winds and catastrophic flooding that destroyed entire communities and resulted in the loss of homes, infrastructure, and means of subsistence [7]. These stories also highlight the long-term effects of the typhoon's ecological

disruption, including ecosystem damage, biodiversity loss, and the difficulties of reconstructing in ecologically vulnerable areas [8].

Despite these challenges, survivors' stories also reveal narratives of adaptation and resilience, as they recount innovative strategies for coping with environmental risks and emphasize the importance of incorporating local knowledge and practices into disaster risk reduction efforts. However, the environmental factor also raises critical issues of justice and equity in disaster recovery, as survivors' narratives underscore disparities in access to resources, governmental assistance, and the distribution of environmental risks and benefits, highlighting the need for equitable and inclusive approaches to post-disaster recovery and environmental management [9,10]

*“Daw katawhay lang man sang panahon antis mag abot ang bagyo, pero siling sang katigulangan basta tawhay ang dagat akg kanami sang panahon bout silingon todo ang bagyo nga matupa pero wala gid kami nag expect nga amo gid to katodo.”*

It seems that the weather is different before the typhoon arrives, but the ancestors said that as long as the sea differs from ours at that time, it is said that the typhoon will hit. However, we never expected it to be like this.

*Rufing: "daw wala man lang sa amon kay kahinay man gani sang hangin, tapos siling sa radio nga bwat sa aga matupa ang bagyo, wala gid kami ga ekspektar nga gulpi lang matodu ang hangin. Indi na gid mainstidihan ang panahon ya. Daw naglain na gid ang tyempo kis.a siling sa radio init init dayon gulpi lang maulan. Tapos siling todo ang bagyo pero wala kami ga expect nag amo gid katodo."*

It seems that there is nothing for us because the wind is also slow. After the radio said that the typhoon would hit in the morning, we didn't expect that the wind would just blow. Time can't be studied anymore. It seems that the weather is really different, as the radio says it's hot, then it's going to rain. Then the typhoon came, but we didn't expect it.

*Pablo: "Siling sa radyo signal number 2 sa aga, tapos pag ka gabe number 4. Amo yo I ginkulbaan kami. Gin butangan ni tatay higot amon balay. Pero pag aga grabe katodo sa hangin, amo to gali ang signal 4"*

It was announced over the radio that it was signal number 2 in the morning, then in the evening, another announcement that it was already signal number 4 (typhoon Haiyan). It made us nervous. Dad put a tie on our house. However, it is very windy in the morning, like the signal 4."

Although the catastrophic effects of Typhoon Haiyan (Yolanda) in 2013 have been extensively reported, there is a dearth of

information in academic literature about the survivors' own lived experiences. Your tales elucidate this disparity. The abrupt increase in the typhoon's strength, the difficulty in being ready despite early uncertainty, and the long-lasting emotional effects are themes that could be covered in survivor accounts [11].

Previous studies on narratives related to disasters frequently concentrate on overarching themes such as environmental variables, government reaction, and community resilience. Research such as investigates the function of social capital in Yolanda's aftermath recovery, while assesses the efficiency of government relief efforts after the storm. Nevertheless, the personal accounts of individuals who experienced the calamity are not explored in these works [12,13].

Some themes seen in previous literature are reflected in the stories of the survivors. The underestimating of the typhoon's power is reflected in the first quotation, "It seems that there is nothing for us because the wind is slow..." which is consistent with the findings of Albert Mullés' book "Haiyan: The Untold Story" (2015). This emphasizes how difficult it may be to plan for disasters, particularly when it appears that regular weather patterns are changing. Comparably, the second statement emphasizes the significance of prompt and unambiguous communication during emergencies: "It was announced over the radio.". The aforementioned statement is consistent with the World Vision Philippines report "Stories of resilience from Yolanda survivors" which highlights the need for efficient early warning systems in mitigating panic and guaranteeing adherence to evacuation protocols [14].

## Theme 2: Importance of Preparedness and action during disaster.

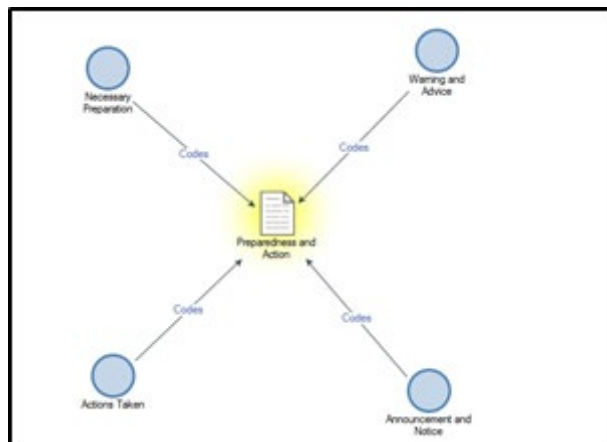


Image 2: NVivo-generated themes Preparedness and Action

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People affected by Typhoon Haiyan are significantly impacted by preparation and action, which shapes their capacity to reduce risks, deal with the aftermath, and reconstruct their communities. Research suggests that anticipatory actions like community exercises and early warning systems might improve resilience and lessen typhoon damage and casualty losses [15]. According to relevant literature communities that actively participate in disaster preparedness and risk reduction activities are better positioned to respond to typhoons, mobilize resources, and provide prompt help to needy people [16].

Furthermore, the degree of damage and disruption that communities experience is determined by the actions that individuals and groups do before, during, and after the [17]. By promoting adaptive capacities, social cohesiveness, and sustainable recovery efforts in typhoon-prone communities, adequate preparation and action lower immediate hazards and contribute to long-term resilience [18]. Typhoons can, however, be made worse by inadequate preparation and inefficient or delayed response attempts, which can result in increased casualties, relocation, and socioeconomic disruption [19]. Thus, to improve disaster resilience and encourage sustainable development in communities that are vulnerable to disasters, policies and interventions must take into account the dynamics of preparation and action in the context of Typhoon Haiyan.

*Ompong: "Nakita ko gid ko nano kataas sang balod sang naga busbos na ang bagyong Yolanda kag kung paano guba ang balod ang mga balay sa kilid baybay. Kami ya sa akon pamilya sang nabtayan namon nga gatodo na ang mga hangin, dali dali kami pamutos sa amon mga bayok ag importante na gamit kag nagkadto sa eskelahan nga evacuation center. Ginsingangan ko man amon tupad balay nga maghalin nak ag nag-bulig man ko pabalo upod sa amon barangay. Nagapasalamat gid ako sa madasig nga action sang amon Kapitan para protektahan kami sa katalagman".*

*During the approach of Typhoon Yolanda, I witnessed the immense height of the waves and their potential to devastate the shoreline homes. As soon as the winds subsided, my family and I swiftly gathered essential belongings and headed to the evacuation center. Additionally, I reached out to neighboring households, urging them to evacuate, and assisted a widow in our barangay. I am immensely thankful for our Captain's prompt actions in safeguarding us from the impending disaster.*

*Paeng: "Halos gapanic na ang tanan, tungod sa kabaskugon sang hangin, upod sang akon pamilya indi na makita ang dalan, may mga natumba nan ga mga kahoy nakaabot gid man kami sa evacuation center. Nadumduman ko nga nag training kami kon*

*paano magkadto sa evacuation center. Nanguha gid kami nga makaabot kay kabalo ako na ako gid ang rason para maging safe akon pamilya. Pagka aga dason adlaw, Nakita ko gid ko nano natabo sa amon lugar, halos tanan nga balay naguba gid labi na ang tupad sa dagat. Didto ko na realize ko nano ka importante kon may ara ka gamay na nabal-an kon mag abot ang amo n inga Kalamidad"*

Almost everyone panicked because of the strong wind. My family and I couldn't see the road anymore, and there were fallen trees. Thankfully we reached the evacuation center. I remember that we had training on how to get there. We were trying really hard because I knew I was the reason my family would be safe. The next morning, I saw what happened in our area. Almost all the houses were destroyed, especially the ones next to the sea. That's when I realized how important it is to have a little training when a disaster like this occurs.

The accounts of those who survived Typhoon Yolanda serve as a stark reminder of the vital need for disaster preparedness and the necessity of taking preventative action. People who have survived and become activists, such as Jinri Layese, highlight how tragedy can change people and communities and make them realize how important it is to be prepared [20]. The survivors' accounts are potent reminders of the terrible results of being unprepared and the necessity of paying attention to authorities' warnings and guidance (Yanger, 2015). These stories demonstrate the general movement favoring a preparedness culture, in which people are encouraged to take preventative measures, including gathering emergency supplies, fleeing to safer areas, and creating disaster plans [21,22].

A Yolanda survivor's account offers insight into the efficiency of disaster management in addition to being a story of suffering. Typhoon damage can be considerably decreased by preparation, such as strengthening dwellings or storing supplies [23]. Alerts sent out by the media, authorities, or community leaders have the potential to save lives; however, they must be understandable and available in the local tongue [24]. Announcements and notices must be used to efficiently distribute evacuation orders as well as updates on the storm's path. Based on these alerts and their readiness, the survivor's actions can include everything from fleeing to protecting personal property to lending a hand to others [25]. We can draw lessons from the achievements and shortcomings of the disaster management system by dissecting these interrelated components of the survivor's narrative. By using this information to enhance warnings, preparation, and response in the future, lives can be saved and damage can be reduced.

### **Theme 3: Embracing Growth Through Challenges and Overcoming Adversities**

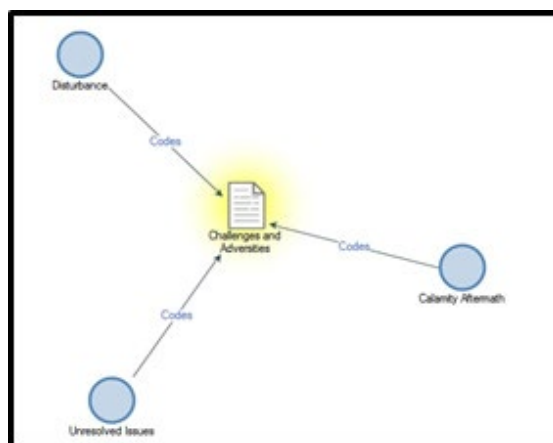


Image 3: NVivo-generated themes Challenges and adversities

Typhoon Haiyan's destructive power destroyed homes, knocked out power, severely damaged infrastructure (including airports), and caused agricultural losses in many of the towns it hit. Challenges remained, such as flooded evacuation centers and difficulties in getting necessary supplies and medical help to vulnerable areas, even after the government tried to warn and evacuate roughly 800,000 people [5,26]. In addition to highlighting the Filipino people's resiliency in the face of hardship, this also exposes the shortcomings of the "resilient" moniker, which frequently ignored the voices of the most vulnerable and hid the underlying causes of their susceptibility [6].

Following Haiyan, survivors faced numerous difficulties, such as food insecurity brought on by crop destruction and supply chain disruptions, long-term psychological effects requiring ongoing mental health support, and disease outbreaks brought on by a lack of clean water and sanitation [27,28]. Long-term recovery and reconstruction efforts, such as rebuilding infrastructure and restoring livelihoods, posed persistent obstacles, while immediate response efforts met the urgent needs of the affected population through the establishment of evacuation centers, aid distribution, and international assistance [6]. To lessen the effects of catastrophic disasters and promote resilience in communities that are already susceptible, this interconnected story emphasizes the significance of comprehensive disaster preparedness, response, and recovery programs.

In the aftermath of Typhoon Yolanda's devastation, the resilient spirit of the Filipino people shone brightly amidst the rubble and despair. Among them was Oddette, a survivor whose life was forever changed by the ferocity of nature's fury. As the sun rose one month after the calamity, Oddette's story of struggle and eventual triumph unfolded, a testament to the power of resilience and the human capacity for growth.

Pablo: "Daw halos wala kami tulog tanan, gahulat kami kon san.o matapos ag mabaskug na hangin, pagkadason adlaw nag maayo na ang panahon. Nakita ko gid ang indi nami nga sitwasyon sa

amon lugar, halos tanan wasak pero wala gid ko nadulaan pagasa, kag gusto ko gid makabangaon kami liwat. Tanan nga kabudlayan naagyan gid namon pagkatapos sang bagyo, kay sa evacuation center kami gatinir, halos kada adlaw struggle gid kami. Pero sa kadugayon sa amon struggle, daw nagbakod man akon kaugalingon para atubangon amon problem. Nagbangon kami pagkatapos sang Yolanda, nag volunteer sa barangay. Pagligad sang panahon makadevelop ako/kami sang bakod na bonding kag ang mga na experience namon sa yolanda kag struggles namaon para makabangon ga remind sa akon nga kon tanan gabinuligay makatibawas gid ang tanan."

It seems that we are all experiencing almost sleepless nights as we wait for the strong winds to subside and for the weather to improve the next day. I have witnessed the dire situation in our area; almost everything has been destroyed. However, I have never lost hope, and I truly desire for us to prosper once again. Despite all the hardships we endured during the typhoon, as we were sheltered in the evacuation center and struggled nearly every day, I found that I seemed to have strengthened myself to confront our problems. In the aftermath of Yolanda, we rose and volunteered in the barangay. Over time, I/we have developed strong bonds with those who experienced Yolanda and its struggles. They serve as a reminder to me that, with collective effort, we can overcome anything.

The narrative tells the story of the narrator's nearly sleepless nights spent waiting for the typhoon to pass. Even after seeing the devastation around them, the narrator is optimistic and committed to rebuilding. The literature on catastrophe recovery frequently returns to this subject of perseverance in the face of difficulty. Research has demonstrated that people and communities frequently display extraordinary resilience, using both internal and external resources to manage and adjust to the difficulties presented by natural catastrophes [29].

The story also emphasizes the narrator's personal development as a result of dealing with the typhoon's aftermath. The narrator discovers the inner fortitude to address their issues, even in the face

of adversity both at the evacuation center and when volunteering. This story is consistent with studies that indicates people may evolve from a natural catastrophe in a post-traumatic manner, gaining new insights, abilities, and capabilities as a result of their experience [30].

This trend of intensification highlights how vital it is for coastal communities to get ready for the growing possibility of storms that intensify quickly, making preventative measures necessary to shield vulnerable populations from the worst of these cyclones. Studies showing the enormous suffering and financial losses brought on by these catastrophes demonstrate the significant human impact of tropical cyclones, emphasizing the need for increased resilience and adaptation techniques to lessen their

negative effects on populations [31]. Furthermore, the idea of environmental justice and the disproportionate impact of tropical cyclones on underprivileged groups necessitate focused efforts to address the health risks and vulnerabilities experienced by those who are most impacted by these strong storms [31,32].

The narratives of the survivors emphasize how crucial it is to comprehend and deal with the difficulties and threats that tropical cyclones present, highlighting the necessity of multidisciplinary cooperation, effective preparedness plans, and long-term mitigation measures to protect lives and lessen the effects of these progressively severe weather events [32].

**Theme 4: Navigating Challenges with Community Support**

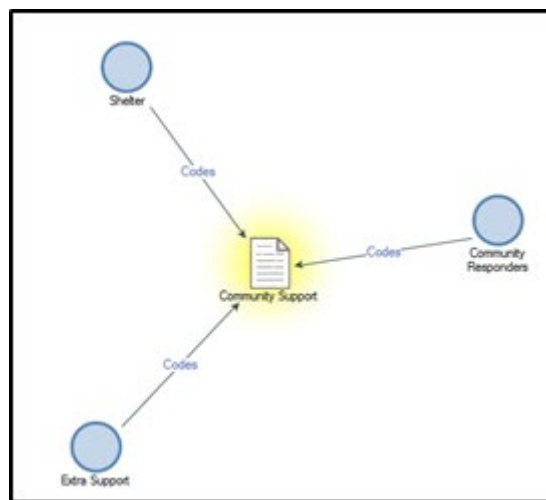


Image 4: NVivo-generated theme Community Support

Following Typhoon Haiyan's devastation in the Philippines in 2013, barangays, or small local communities, proved to be crucial for recovery efforts. According to research, barangays were the first to react to the disaster even though they were the most affected; this emphasizes the importance of empowering them to take quick action and prepare for disasters [33]. Organizations like World Vision have reported that during the early relief phase, barangay officials were vital in identifying and providing essential supplies such as emergency shelter, food, water, and sanitation [34].

Families were able to resume their enterprises and achieve financial stability with the help of barangay-level programs including livelihood support and cash assistance [35]. Barangay-based efforts included long-term recovery in addition to short-term aid. To increase resilience against future disasters, research highlights the significance of community-driven activities in social support network development and infrastructure reconstruction [36]. To sum up, the overwhelming body of research affirms the vital role barangays played in helping communities recover after Typhoon Haiyan. Their interventions were essential for fostering long-term

resilience as well as for quick healing.

Following Typhoon Haiyan, Pedrina struggled to restore her seaside community and care for her husband, who had a stroke in the midst of the devastation. The community's collective tenacity became their ray of hope when supplies ran out and communication broke down, providing food, housing, and medical attention as they struggled to rebuild as a unit.

*Pedrina: "Grabe kabudlay sang akon sitwasyon pagkatapos sang bagyo, kilanlan ko pa akon bana atendiron kay na stroke tungod sa natabo tapos guba pa amon balay, pwerte kabudlay. Wla pa signal sang cellphobe, wala kuryente, daw nadulaan na gid kami tanan kabakud asta nga napinsaran sang amon barangay nga need namon nga buligan ang isa kag isa, kami nag istar sa akon pakaisa, ga share kami food kag ano may ara kami. Sa paglakat sang binulan medyo nag improve na ang sitwasyon sa akon bana tungod sa mga medical mission nga gapakonsulta kami. Daw kanami batyagon nga sat ion sang kabudlayan kami nga ari sa komunidad naga support sa isa kag isa."*



My situation is very difficult after the typhoon. I still have to find my husband to take care of him because he had a stroke due to what happened after our house was destroyed. It is difficult. There is still no cellphone signal, no electricity; it seems that we are all lost until our barangay decided that we need to help each other. We are staying with my partner; we do not share food and what we have. As the month went by, my husband's situation improved a little because of the medical missions that we were consulted on. We feel that when we are in trouble, we, as members of the community, support each other.

Amidst the wreckage of shattered home and broken livelihood, with dwindling resources and no aid in sight from the barangay, everyone is grappled with the daunting task of survival in the aftermath of a devastating typhoon. This the challenges faced by the survivors as they faced the difficulties after the typhoon.

*Paeng: "Gapaminsar kami sa paglampas sang bagyo diin kami makuha kilanlanon namon, kay guba amon balay, guba amon bangka wala panagat, financially wala gd ya kami. Wala amn may gindugang na bulig ang barangay kay ang mga taga barangay biktima man sang bagyo. Grabe gid kapigado sang tanan kay mga simana pa antis nag abot ang bulig. Nakakuha kami mga kahoy kag lansang nga hatag sang barangay pero ang pinaka problema namon ang pagkaon. May nagabot nga bulig, nga halin sa helicopter nga nagkadto sa amon, didto nagmaayo ang rasyon sang bugas. Didto namon nabatyagan ang support sang mga pribado nga tawo kag siling sang barangay taga NGO kuni gahatag kag ga support sa amon."*

We were thinking how to overcome the typhoon where we were caught because our house is broken, our boat is broken, we have no boat, and financially, we have nothing. The barangay did not

provide any help because the people of the barangay were also victims of the typhoon. Everyone is very worried because it has been weeks since help arrived. We were able to get trees and nails from the barangay, but our biggest problem is food. Help arrived in the form of a helicopter that brought rice rations, improving our situation. That's when we felt the support of private individuals, and the barangay NGO said they would provide us with support.

Numerous studies that have chronicled the experiences of Typhoon Haiyan survivors present a vivid picture of struggle, hope, and the arduous road to recovery. In the immediate aftermath, survivors had to deal with many difficulties, such as finding food and shelter. Some accounts highlighted how vulnerable some groups were more than others, such as those without strong family ties or little money [37]. On the other hand, relief was felt when outside assistance arrived. Survivors frequently report that organizations and government initiatives provided them with food, housing supplies, and even cash help [38].

Nevertheless, certain accounts also highlight irregularities in the provision of help, which causes some people to feel disregarded [33]. Another recurring topic is the loss of livelihoods as a result of the typhoon's destruction. The survivors' statements about not being able to work or fish emphasize the financial difficulties they had [39]. Survivor stories also demonstrate incredible tenacity in the face of these difficulties. Many showed their fortitude and resolve to reconstruct their lives by finding methods to start new businesses or modify their abilities to support their families. We can improve disaster response and long-term recovery efforts by learning more about the complicated reality that Haiyan survivors had to deal with through an analysis of these accounts.

**Theme 5: Coping with a tragic past, reflections after a decade**

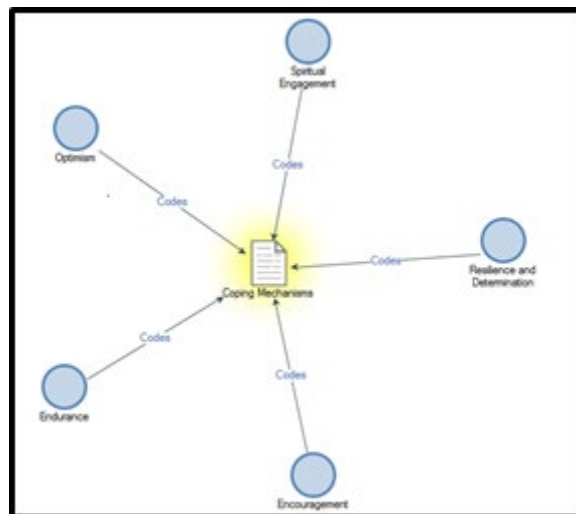


Image 5: NVivo-generated theme Coping Mechanism

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Among survivors of natural catastrophes, like those impacted by Haiyan's devastation, endurance, optimism, and encouragement emerge as important coping methods. Research by Norris et al., (2002) and Smith & Freedy (2000) emphasize the resilience people use to get through difficult times and stress the value of endurance in overcoming adversity [40,41]. Furthermore, optimism is essential for building resilience, according to, who highlights optimism's importance in long-term psychological adjustment and adaptive coping methods [42]. This idea is further supported by, who show that optimistic people are more inclined to seek out social support and participate in problem-solving activities [43].

As Pfefferbaum Betty & North Carol S (2020) point out, encouragement from social networks and communities also plays a critical part in post-disaster coping [44]. They emphasize the importance of social support systems in mitigating the detrimental consequences of trauma. Furthermore, emphasize the importance of collective resilience, which is the ability of communities to band together to support one another during difficult times [45]. Ten years after Haiyan, survivors might still be resilient and use flexible coping mechanisms, as Masten & Obradović (2006) explored in the context of post-traumatic growth [46]. As noted by F. Norris & Stevens (2007), who address how cultural ideas and social norms impact coping methods and resilience among disaster survivors, taking cultural and contextual elements into account is crucial [47].

Each family had shown incredible collective resilience in the wake of Yolanda. It was a moving reminder of the strength of solidarity in the face of difficulty. Even with the storm's destructive effects—howling winds, surging waves, and extensive destruction—survivors saw firsthand the power that arises when people band together. Ten years later, it's clear that the capacity to work together and support one another was essential to our group's ability to recover and persevere.

*Odette: "Subong nga gina pamangkot mo ko, nadumduman ko kung amon kahimtangan sang gindaldasd kami sang Yolanda. Nakita ko gid kon paano kami nga pamilya nagpakabakod agud makabangon. Klaro pa gid Katama sa akon asta subong ang katodo sang hangin, ang pagtaas sang tubig sa dagat, kag pagkaguba sa amon panimalay. Pero didto ko nakita kon paano kami magbinuligay kag kabakod. Kanami nga batyagon nga pagkatapos sang pulo ka tuig ari kami gihapon. Nakita ko gid ang cooperation namon tanan."*

As you are asking me, I remember our situation when Yolanda hit us. I really saw how we as a family strengthened ourselves to get back up. It is still very clear to me how the wind blows, the sea level rises, and the destruction of our home. But there, I saw how

we can work together and be strong. We feel that after ten years, we are still here. I really saw the cooperation of all of us.

A decade since Yolanda, its memory still brings unease, a testament to its lasting impact. Yet, amidst the nerves, family bonds strengthen. As the survivors rebuild with faith, find resilience in unity, proving the ability to overcome adversity.

*Ompong: "Sa paglipas sang pulo katuig, kon maduduman ko amon naagyan, grabe gd palanindog ka balahibo ko. Abi namon mapatay na kami ya. Daku gid akon pasalamat nga buhi kami tanan pero biskan amo na kadugay na ang natabo kon madumduman namon grabe gihapon ang kulba. Na realized ko nga asta mintras naka tatak ang Yolanda sa akon experience. Pero kay tupad ko akon pamilya, labi ma gid akon mga apo, masiling ko nga bakod kami. Nagabalik na amon pangabuhian, naka tyagge na ko liwat, salamat sa ginoo."*

"After ten years, if I remember what we endured, my hair stands on end. We thought we were going to die. I am very thankful that we are all alive, but even though it has been a long time since it happened, when we recall it, we still feel very nervous. I realized that Yolanda left an indelible mark on my experience. But because I am with my family, especially my grandchildren, I can say that we are strong. Our livelihood is returning; I am able to work again, thanks to the Lord."

Research on the aftermath of natural disasters consistently highlights the enduring psychological effects experienced by survivors. Studies have shown that individuals often grapple with symptoms of post-traumatic stress disorder (PTSD), anxiety, and depression long after the event has occurred [48]. The quote's portrayal of hair standing on end and persistent nervousness when recalling the traumatic experience reflects the phenomenon of trauma reactivation, where memories of the event evoke intense emotional and physiological reactions.

Despite this, research also emphasizes the importance of social support networks in building resilience and speeding up the healing process after a tragedy [49]. For survivors, family members in particular become essential providers of coping mechanisms and emotional support. The quote's focus on the speaker's strength from spending time with their family, particularly their grandkids, is consistent with studies showing how strong family ties may be protective to mental health and general well-being in the wake of calamities.

## **Theme 6: Navigating Emotional Responses Through Reflections**

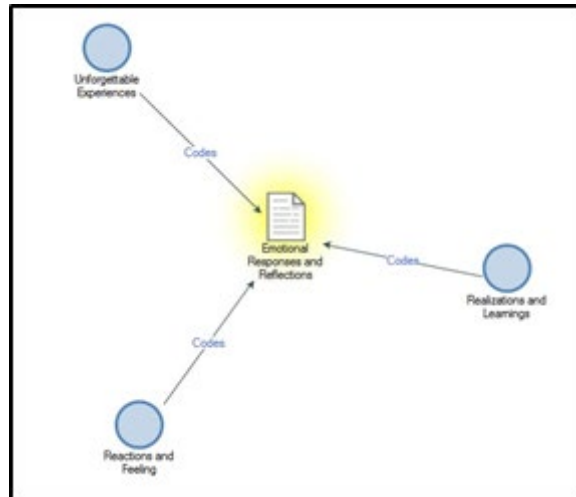


Image 6: NVivo-generated theme Emotional Response and Reflection

The effects of Typhoon Haiyan went beyond the obvious. In the wake, survivors struggle with a complicated web of emotions. Research indicates a sudden wave of disbelief, anguish, and intense emotions. While some find comfort in comedy, faith, and the resilience of their communities, others deal with denial, avoidance, or even substance misuse [50]. Emotional expression is influenced by cultural origins as well, which emphasizes the necessity for culturally competent mental health services.

A longitudinal study on the psychological effects of Typhoon Haiyan on a community in the Philippines found that some groups are more susceptible to long-term emotional distress than others, such as children, the elderly, or those with pre-existing mental health conditions. These groups may need specialized support [51].

Following a disaster, funding for mental health care is essential. Survivors' general healing and well-being can be greatly enhanced by access to medicine, stress management strategies, and individual and group therapy.

*Yolanda: "Pagkatapos sang bagyo, grabe gid akon kakibot. Amon nakita amon palibot, mga guba na balay, mga kasubo kag hibi sang amon mga tupad balay, daw pamatyagan namon daw naguba gid amon kalibutan. Indi ko gid mainstindihan ang natabo sa amon, kag nga. a natabo niya sa amon? Grabe kabug. at sa akon pamatyagan."*

After the typhoon, I felt extremely nervous. We saw broken houses, heard sorrows, and the cries of our neighbours around us, as if we sensed that our world had been completely destroyed. I can't comprehend what happened to us and what it did to us. It weighs heavily on me.

In the aftermath of Yolanda, a decade has passed, yet its memory lingers, a poignant reminder of its enduring effects. Despite the

unease it evokes, it has also served as a catalyst for strengthening familial ties. Through the process of rebuilding, guided by faith and unity, survivors discover a resilience that empowers them to triumph over adversity.

*Oddette: "Sa paglakat sang mga sinimana, ang kalaen sang balatyagon naubra na kaakig. Kaakig tungod sa natabo sa amon. Gina pamangkot ko akon kaugalingon ngaa natabo in isa amon. Naakig ako, nasubuan sa mga naapektuhan kag mga naguba nga balay kag pangabuhian nga nadula."*

*"As the weeks went by the feeling of hurt turned into anger. Anger because of what happened to us. I ask myself why this happened to one of us. I am angry, saddened by the affected and destroyed houses and lost livelihoods."*

*Pablo: Pero biskan grabe ang effect sa amon, na realized ko ang natabo sa amon, indi bout silingon nga mangasubo na lang kami asta mintras. Indi lang kami survivor, pero kabalo ko na kaya namon magbangon liwat. Na realized ko gid na maisog kami kay kabalo kami ko nano ubrahon para maka survive.*

*"But even though the effect on us was severe, I realized that what happened to us isn't just something that will make us sad for a while. We are not only survivors, but I know we can rise again. I realized that we are brave because we know what to do to survive."*

*Pepang: Subong, mintras gina paminsar ko ang mga natabo sa amon, ang mga kabudlayan nga gin atubang namon sa pagtupa sang bagyo labi na gid pagkatapos sang bagyo. Didto ko na realized naga dapat pasalamat ko gid ang natabo kay ginpabakod ya amon pamilya, didto nakita kung paano magbulig ang bilog na kumunidad, damo ko natun an nga leksyon mga kaya gali namon tanan magbangon pagkatapos sang pinaka mabaskug na bagyo nga nagtupa sa kalibutan.*

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"So, as I look back on what happened to us—the difficulties we faced during the typhoon, especially afterward—that's when I realized I should be thankful for what happened because it made our family stronger. That's when I saw how the whole community can help. I learned a lot of lessons so that we can all rise up after the strongest typhoon that hit the world."

Some survivors decided to rebuild in their hometowns, while others looked for work abroad. While some took their chances overseas and sent money home to support their family, others headed to the busy cities in quest of employment.

In the meanwhile, many people found a lifeline through NGOs' activities. Initiatives to support livelihoods were started, providing resources and training for long-term revenue generating. Some survivors started a modest sari-sari business with the help of these initiatives, giving the community necessities and boosting the local economy.

Survivor accounts paint a nuanced picture of adversity, resiliency, and lifelong lessons. The survivor's statement about the lack of access to clean water and electricity became a recurring theme, emphasizing the disaster's rapid disruptions [27]. Studies showing post-traumatic stress disorder and depression in survivors indicate that this struggle frequently lasts beyond the first effects, indicating the psychological fallout [52].

But Haiyan's story is not just about losing. It is a tale of extraordinary adaptation as well. The survivor's focus on readiness indicates a growing understanding of the significance of being equipped for potential disasters [53]. This is consistent with research showing that after experiencing a tragedy, survivors frequently acquire more robust coping mechanisms and readiness techniques [54]. Additionally, faith has become a potent coping mechanism; survivors, such as the one mentioned above, have found comfort and strength in their religious convictions [55]. This is consistent with research showing how important faith is for fostering resilience and optimism in the wake of disasters.

Following a natural disaster, communities are essential in promoting recovery and resilience. Social support networks mitigate the effects of trauma and provide a feeling of community and solidarity by offering emotional, practical, and informational help. Daniel Aldrich's research on "The Power of People" emphasizes the role that social capital plays in disaster resilience. It shows that communities that are close-knit and have robust social networks are better able to endure and recover from disasters [56].

## 5. Conclusions

The testimonies of Yolanda survivors highlight the complex interactions that exist between environmental conditions, readiness, decisions made, and the difficulties and hardships that follow. As related in their accounts, several environmental vulnerabilities, including the typhoon's exact position, poor infrastructure, and phenomena brought on by climate change, increased the storm's

destructive effects. These environmental elements affected the survivors' experiences in the aftermath of the tragedy, impacting their preparations and attempts to lessen its impacts, in addition to making the disaster more severe. The survivors have shown nothing short of incredible resilience in the face of extreme adversity while facing obstacles never seen before.

The stories emphasize the value of communal support as the basis for resilience. Survivors of Hurricane Yolanda often emphasize the critical role their communities played in offering both financial and psychological support before, during, and after the tragedy. The accounts of resilience serve as a tribute to the strength of communal connection during difficult times, ranging from joint efforts to repair infrastructure and residences to the development of social relationships that promoted a sense of belonging and solidarity. The relationships that are created during hardship not only make it easier to allocate resources but also provide solace and resilience, empowering people to overcome obstacles with more grit and resolve.

The heartfelt observations made by Yolanda survivors amidst the devastation and loss provide moving insights into what it's like for people to recover from trauma and put their broken lives back together. Their stories highlight the range of emotions that can be experienced after a natural disaster, from hope and resilience to grief and terror. This highlights the psychological toll that natural disasters take on people. Through their testimonies, survivors shed light on the complex coping strategies used to negotiate the turbulent aftermath, ranging from seeking comfort in religion and spirituality to finding healing in the ties of community and family support. In the end, their stories' deep emotional reflections serve as a poignant reminder of the human spirit's tenacity and the ability to reinvent oneself even in the face of extreme adversity.

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