FAMILY DYNAMICS, EMOTIONAL RESPONSES, HOPE AND HANDLING STRATEGIES AMONG CALAMITY VICTIMS

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Abstract

The study used descriptive-correlation method to determine the family dynamics of the respondents along communication pattern and emotional support; identify the emotional responses of the victims of Typhoon Maring along depression and anxiety; evaluate respondents' level of hope after the calamity; analyze their handling strategies after the calamity and; evaluate whether significant relationship occurred between family dynamics and emotional responses. The study utilized forty respondents who were victims of typhoon. The study used convenience sampling. A researcher-made questionnaire was administered. The family dynamics of the respondents in terms of communication patterns and emotional support were positive, their emotional responses in terms of depression was negative while their anxiety was positive, their level of hope after the calamity was very high, handling strategies after the calamity was positive, and there was no significant relationship between the respondents family dynamics as to communication pattern and emotional responses in terms of depression and anxiety.

Keywords: **Family Dynamics, Emotional Responses, Hope, Handling Strategies, Calamity Victims**

INTRODUCTION

Families are much more than groups of individuals. They have their own goals and aspirations. They also are places where every child and adult should feel that he or she is special and be encouraged to pursue his or her own dreams; a place where everyone's individuality is permitted to flourish. Although every family has conflicts, all the family members should feel as though they can express themselves openly, share their feelings, and have their opinions listened to with understanding. In fact, conflicts and disagreements are a normal part of family life and are important insofar as they permit people to communicate their differences and ventilate their

feelings. The family instructs children and gives guidance about personal values and social behavior. It instills discipline and helps them learn and internalize codes of conduct that will serve them for the rest of their lives. It helps them develop positive interpersonal relationships, and it provides an environment that encourages learning both in the home and at school. It gives children a sense of history and a secure base from which to grow and develop. Yet, as important as these functions are, they do not happen automatically. Every parent knows it takes hard work to keep the family going as an effective, adaptive, and functional unit (Frank, 2004).

Emotion is a complex that arises in response to certain affectively toned experiences. It is a feeling that affects: physiological arousal, conscious experience, and behavioral expression. Emotions, immediate responses to environmental events, are distinguished from moods, which are diffuse and long-lasting emotional states. The evolutionary basis of emotion is supported by the cross-cultural recognition of the facial expression of emotions. Ekman and Friesen's classic studies in which the facial expression of anger, fear, disgust, happiness, sadness, and surprise were recognized in diverse cultures. Subsequent research has continued to provide support for the cross-cultural congruence in identification of facial expressions. While recognition of facial expression appears universal and adaptive, the display rules and norms, for the exhibition of emotions differ dramatically. The adaptive nature of emotion is also seen in their influence on cognitive functions. They serve as heuristic guides in decision making, capture our attention, and aid in memory. They also strengthen interpersonal relations. Even seemingly negative emotions such as guilt, shame, and jealousy strengthen social bonds, renew commitments to relationships, and motivate positive behavior. Embarrassment may help reaffirm close relationships after a transgression (Schater, Stanley et al., 2010).

Calamity is an event that brings terrible loss, lasting distress or severe affliction a disaster. Being victims of calamity is a big challenge to us. The typhoon like Maring is one of the typhoons that left many casualties and destroyed many houses especially in Sta. Rosa, Laguna. Normally the victims of calamity suffer depression because their sources of income were destroyed by it. Depression is more than just the normal sadness and moodiness that come and go with the ups and downs of life. It affect one's sleep or eating patterns, weight gain or loss, and trouble concentrating and making decisions. One may feel worthless or guilty for no reason and think about death a lot. Depression is a medical problem, not a character flaw or weakness. Many people do not seek help because they're embarrassed or they think they'll get over depression on their own. If one is depressed, there is no reason for people he knows to suffer. Treatment works very well for most people. Counseling, medicines, and treatment can help to avoid future problems with depression.

This study aimed to educate the mind of every individual or how to handle difficult situation anytime anywhere. The objectives of the study were to: (1) determine the family dynamics of the respondents along communication pattern and emotional support (2) identify the emotional responses of the victims of Typhoon Maring along depression and anxiety (3) evaluate respondents' level of hope after the calamity (4) analyze the respondents' handling strategies after the calamity and (5) evaluate whether significant relationship occurred between family dynamics and emotional responses. It is also one way of cultivating the mind of the psychology students. At the end of this, one can say, in one way or another, our ideas can be a solution. Considering the above standpoint, the researchers decided to work on this study to determine the family dynamics, emotional responses, level of hope, and handling strategies of calamity victims.

The study was anchored by Bowen family system theory as cited by Tucker & Joana (2008) which identifies that family as a closed group is an emotional unit and all members are interconnected; that is in family, each individuals affects the thoughts, actions and emotions of the family tremendously. He expressed that the family member live under the same emotional skin. All members are dependent on each other and are related to each other. Hence, an individual cannot be analyzed, but the whole system has to be understood.

This theory has a lot of importance and is widely used in various situations as it provides the information about the emotional system that seen in a family environment. It provides effective solution problems in any circumstances (Tucker & Joana, 2008).

According to Smith et.al (2003), emotional response is defined as how people hope with or react to their own emotion or the situation that elicited it. It can be considered a component in the emotion process because people-at least by middle childhood almost always have reactions to their emotions and goals about what they would like to feel or express, when. Sometimes people have the goal maintaining or intensifying an emotion, whether positive or negative. Emotions and people' effort to regulate them to go hand in hand so much so that we hardly have one without the other. People's responses can influence that an emotion is a process one that changes over time and not a simple state that can be captured in a single snapshot. In a transition there are emotional responses to the losses that the people experience because of the changes. This normal but often these responses are taken by others as signs that the change is being resisted. Those leading change need to recognize these emotions in others and themselves, and develop ways to their own emotions and assist others to manage their. Unmanaged, these responses may undermine the changes and have personal consequences. This process has been likened, psychologically, to the grieving process. The emotions and physiological arousal created by

stressful situations are highly uncomfortable and this discomfort motivates the individual to do something to alleviate it. The term hoping is used to refer to the process by which a person attempts to manage stressful demands (Smith et al., 2003).

In a study by Orner et al., (2003) on the handling and adjustment strategies of emergency services staff, a "cluster analysis identified five core components of deliberate handling strategies: wait and see rest and relaxation, find relief from somatosensory sequelae, re-establish routines and a sense of control, and grade confrontation with distressing reminders." Another study by Peck and Fortherhill (2006) recognized the active role children play in handling with the Hurricane Katrina disaster, such as communicating, being prepared, creating art and assisting other children to recovery. Likewise, individuals with negative handling strategies showed higher levels of PTSD and greater persistence of symptoms over time (Silverman & La Greca, 2002). Another research of Flordeluz & Rodrigo (2007) on abuse and psychological needs of the adolescents and their handling mechanisms on the event showed that the common abuses experienced by the victims are physical and emotional abuses. Their reason of abuses involved financial difficulties use of alcohol and the difficulty of controlling the anger of the immediate family member of the victims. The researchers determined that the victims had high psychological needs; these were nurturance, affiliation and exhibition. Furthermore, the victims' handling mechanism was through human dependency due to support which other gave to the victims (Flordeluz & Rodrigo, 2007). In a study conducted by Shikai et al (2007), on the role of handling styles and self-efficacy in the development of dysphonic mood among nurse students, a set of questionnaires, including the Hospital Anxiety and Depression (HAD)Scale, the Handling Inventory for stressful situations (CISS), and the Self-efficacy Scale (SES) was distributed to 146 nursing students. Structural equation modeling was conducted to specify the relationships

between measured variables. It indicated that students are more likely to experience depression an anxiety if they use emotion-oriented handling behaviors, whereas they are more likely to experience depression alone if they do not use avoidance-oriented handling behaviors. It also shows that the low general self-efficacy predicts both depression and anxiety indirectly through its influence on emotion-oriented handling styles and low general self-efficacy also predicts depression directly. The present results highlight the significant role that the handling style and self-efficacy play at the determining depression and anxiety in nursing students.

METHODS

The researchers used the descriptive-correlation method generally to understand the nature, characteristic components or aspects of the situation or phenomenon. It has the existing conditions or situations, objectives or people, without being influenced by the investigator (Bermudo, 2010). The researchers utilized a survey method to determine the existence of family dynamics, emotional responses, level of hope and handling strategies. Through descriptive correlation method, the researchers easily gathered, recorded, analyzed and interpreted data that were prevalent during the study.

The respondents of the study were the victims of Typhoon Maring at E. Jacinto St. at St. Rose Village 1, City of Sta. Rosa, Laguna. The study employed a convenience sampling technique and came up with forty (40) respondents.

The researchers of the study used a self-made questionnaire after it underwent validation. It was a closed- ended questionnaire intended to determine the family dynamics, emotional responses, hope and handling strategies among calamity victims of E. Jacinto S t. of St. Rose Village 1, City of Sta. Rosa, Laguna.

The instrument was divided into four (4) parts: part 1 covered the family dynamics, part 2 focused on the emotional responses, part 3 dealt with the hope and part 4 was on handling strategies.

The researchers asked some people in E. Jacinto St. at St. Rose Village 1, City of Sta. Rosa, Laguna, who experienced calamity. After the information needed was given, the researchers distributed the questionnaire to the respondents. The distribution of questionnaire was done and the retrieval followed right after the respondents have completely answered the questionnaire assuring then of the result's confidentiality. Tallying and treating of the data immediately followed with the guidance of the statistician. The following statistical tools were used: Weighted Mean was used to determine the respondents' (a) family dynamics, (b) emotional responses, (c) level of hope and (d) handling strategies after the calamity; Pearson r was used to determine if there is significant relationship between the respondents' (a) family dynamics and emotional responses; (b) emotional responses and level of hope, and (c) level of hope and handling strategies.

RESULTS AND DISCUSSION

1. Family Dynamics of the Respondents

Table 1

Family Dynamics of the Respondents
in terms of Communication Pattern

Indicators	Weighted Mean	Interpretation	Rank
1. I used my hands in helping each other.	3.47	Agree (Positive)	4
2. I see the basic need of the family.	3.50	Agree (Positive)	3
3. I can hear the cry of their hearts.	3.00	Agree (Positive)	5
4. I pray for the safety of the family.	3.68	Strongly Agree (Highly Positive)	1
5. I see the love grow more in the family.	3.57	Strongly Agree (Highly Positive)	2
Average Weighted Mean	3.45	Agree (Positive)	

As shown in table 1, for the family dynamics of the respondents in terms of communication pattern, item 4 "I pray for the safety of the family" ranked 1 and obtained the highest weighted mean of 3.68, verbally interpreted as strongly agree. Item 5 "I see the love grow more in the family" ranked 2 has a weighted mean of 3.57, verbally interpreted as strongly agree. Item 2 " I see the basic need of the family" ranked 3 has a weighted mean of 3.50, verbally interpreted as agree. Item 1 has a weighted mean of 3.47, verbally interpreted as agree. Item 3 "I can hear the cry of their hearts" obtained the lowest weighted mean of 3.00, verbally interpreted as agree. An average weighted mean of 3.45 revealed that respondents agreed that after the calamity, positive behaviour was developed among then in terms of communication patterns.

This was supported by the findings of the study of Otto H. Frank (2004), Families are much more than groups of individuals, all the family members should feel as though they can

express themselves openly, share their feelings, and have their opinions listened to with understanding.

Table 2

**Family Dynamics of the Respondents
in terms of Emotional Support**

Indicators	Weighted Mean	Interpretation	Rank
1. I became sensitive due to the calamity.	2.88	Agree (Positive)	5
2. I am more prayerful for my family.	3.67	Strongly Agree (Highly Positive)	1
3. I'll go with the flow of life for I know God allowed things to happened.	3.27	Agree (Positive)	4
4. I maintained orderliness in the family.	3.40	Agree (Positive)	2.5
5. I give my strength to my family after the calamity.	3.40	Agree (Positive)	2.5
Average Weighted Mean	3.35	Agree (Positive)	

As shown in table 2, for the family dynamics of the respondents in terms of emotional support, item 2 "I am more prayerful for my family" ranked 1 obtained the highest weighted mean of 3.67, verbally interpreted as strongly agree. Item 4 "I maintained orderliness in the family" and 5 "I give my strength to my family after the calamity" tied in ranked 2 having obtained the second highest weighted mean of 3.40, verbally interpreted as agree. Item 3 "I'll go with the flow of life for I know God allowed things to happened" ranked 3 has a weighted mean of 3.2, verbally interpreted as agree. Item 1 "I became sensitive due to the calamity" obtained the lowest weighted mean of 2.88, verbally interpreted as agrees. An average weighted mean of 3.35 revealed that respondents agreed that after the calamity, positive behaviour was developed among then in terms of emotional support after the typhoon Maring.

This finding is supported by the study of Rook (2005), One strategy that appears to help people adjust emotionally and physically to a stressor is seeking emotional support from others.

The quality of a social support a person receives after experiencing a trauma strongly influences the impact of that support on the individual's health, however.

2. **Emotional Responses of the Respondents**

Table 3

**Emotional Responses of the Respondents
in terms of Depression**

Indicators	Weighted Mean	Interpretation	Rank
1. I became depressed whenever flood would come along our place.	2.50	Disagree (Negative)	1
2. I feel neglected by God because of this tragedy.	1.88	Disagree (Negative)	5
3. I feel my future is hopeless and will only get worse.	1.90	Disagree (Negative)	3.5
4. I feel loss and abandoned.	2.00	Disagree (Negative)	2
5. I see no changes in our life in the near future.	1.90	Disagree (Negative)	3.5
Average Weighted Mean	2.06	Disagree (Negative)	

As shown in table 3, for the emotional responses of the respondents in terms of depression, respondents disagreed that they became depressed whenever flood would come along their places ranked 1 (x = 2.50), followed by they feel loss and abandoned ranked 2 (x = 2.00), they feel my future is hopeless and will only get worse and they see no changes in our life in the near future" (x = 1.90), and last they feel neglected by God because of this tragedy (x = 1.88). An average weighted mean of 2.06 showed that respondents' emotional responses in terms of depression was negative, meaning, they are not depressed, lost and abandoned whenever there is flood maybe because they have learned to accept their situations.

This contradict the study of Schater, Stanley et al., (2010), according to them emotion is a complex emotion that arises in response to certain affectively toned experienced. Emotions, immediate responses to environmental events, are distinguished from moods, which are diffuse and long-lasting emotional states.

Table 4

**Emotional Responses of the Respondents
in terms of Anxiety**

Indicators	Weighted Mean	Interpretation	Rank
1. I feel nervous every time there is a typhoon.	2.60	Agree (Positive)	3
2. I get upset easily or feel panicky.	2.28	Disagree (Negative)	4
3. I feel afraid for no apparent reason.	2.20	Disagree (Negative)	5
4. I feel afraid when I hear news that super typhoon hit our place.	2.70	Agree (Positive)	2
5. I feel uneasy when there is a heavy flood in our place.	2.85	Agree (Positive)	1
Average Weighted Mean	2.53	Agree (Positive)	

As shown in table 4, for emotional responses of the respondents in terms of anxiety, item 5 "I feel uneasy when there is a heavy flood in our place" ranked 1 obtained the highest weighted mean of 2.85, verbally interpreted as agree. Item 4 "I feel afraid when I hear news that super typhoon hit our place" ranked 2 has a weighted mean of 2.70, verbally interpreted as agree. Item 1 "I feel nervous every time there is a typhoon" ranked 3 has a weighted mean of 2.60, verbally interpreted as agree. Item 2 "I get upset easily or feel panicky" had a low weighted mean of 2.28, verbally interpreted as disagree. Item 3 obtained the lowest weighted mean of 2.20, verbally interpreted as disagree. An average weighted mean of 2.53 showed that respondents' emotional responses in terms of anxiety were positive. It means that respondents feel nervous, afraid and uneasy whenever there is super typhoon in their place.

Exposure to treat and danger create a stressful situation for the individual and according to La Greca (2002), natural disasters can bring about high level of anxiety.

3. **Respondents' Level of Hope After the Calamity**
Table 5
Respondents' Level of Hope After the Calamity

Indicators	Weighted Mean	Interpretation	Rank
1. I hope that I would not experience flood in our home everytime there is a typhoon.	3.65	Very High (Highly Positive)	4
2. I hope that our city government would initiate and implement projects that will help avoid flooding in our community.	3.50	High (Positive)	8.5
3. I remain optimistic despite the effects of calamity in our family.	3.37	High (Positive)	10
4. I feel relieved when I see people helping others.	3.50	High (Positive)	8.5
5. I hope that God will listen to my prayers every time there is a calamity in our area.	3.77	Very High (Highly Positive)	2
6. I believed in saying don't lose hope.	3.68	Very High (Highly Positive)	3
7. I hope that the local government in our place are always ready when calamity comes.	3.60	Very High (Highly Positive)	5
8. I hope that the President will continue his project to clear the Laguna Lake to prevent flood during typhoon months.	3.55	Very High (Highly Positive)	7
9. I always hope that the government is doing their best to help the calamity victims.	3.57	Very High (Highly Positive)	6
10. I hope my prayers will be answered by God.	3.80	Very High (Highly Positive)	1
Average Weighted Mean	3.60	Very High (Highly Positive)	

As shown in table 5, for respondents' level of hope after the calamity, item 10 ""I hope my prayers will be answered by God ranked 1 obtained the highest weighted mean of 3.80, verbally interpreted as very high. Item 5 "I hope that God will listen to my prayers every time there is a calamity in our area" ranked 2 weighted mean of 3.77, verbally interpreted as very high. Item 6 "I believed in saying don't lose hope" ranked 3 has a weighted mean of 3.68, verbally interpreted as very high. Item 2 "I hope that our city government would initiate and implement projects that will help avoid flooding in our community" and 4 "I feel relieved when I see people helping others" tied in eight highest weighted mean of 3.50, verbally interpreted as

high. Item 3 "I remain optimistic despite the effects of calamity in our family" obtained the lowest weighted mean of 3.37, verbally interpreted as high. An average weighted mean of 3.60 revealed that the respondents' level of hope after the calamity was very high.

Findings is in contrast with the study of Billing and Moss (2005), People who tend to use problem-focused hoping in stressful situations show lower levels of depression both during and after the stressful situation. People who are less depressed may find it easier to use problem-focused coping mechanisms.

4. **Respondents' Handling Strategies After the Calamity**
Table 6
Respondents' Handling Strategies After the Calamity

Indicators	Weighted Mean	Interpretation	Rank
1. I look forward to the future with positive disposition.	3.58	Strongly Agree (Highly Positive)	2
2. I keep myself busy to overcome trauma.	3.22	Agree (Positive)	10
3. I always pray for it is my weapon to survive.	3.65	Strongly Agree (Highly Positive)	1
4. I avoid cutting trees in our community to avoid flood.	3.43	Agree (Positive)	4
5. I always clean our drainage in our home.	3.28	Agree (Positive)	8.5
6. I knew what to do when PAGASA announced that signal no.3 hit our province.	3.45	Agree (Positive)	3
7. I emotionally get ready when our house was damage by typhoon.	3.35	Agree (Positive)	5
8. I am ready when strong winds hit our place.	3.30	Agree (Positive)	6.5
9. I knew how to handle situation when strong typhoon are coming.	3.30	Agree (Positive)	6.5
10. I contributed my talent to help others when our places are heavily flooded.	3.28	Agree (Positive)	8.5
Average Weighted Mean	3.38	Agree (Positive)	

As shown in table 6, for respondents' handling strategies after the calamity, item 3 "I always pray for it is my weapon to survive" ranked 1 obtained the highest weighted mean of 3.65,

verbally interpreted as strongly agree. Item 1 "I look forward to the future with positive disposition" ranked 2 with a weighted mean of 3.58, verbally interpreted as strongly agree. Item 6 "I knew what to do when PAGASA announced that signal no.3 hit our province" ranked 3 with a weighted mean of 3.45, verbally interpreted as agree. Item 5 "I always clean our drainage in our home" and 10 "I contributed my talent to help others when our places are heavily flooded" ranked 8.5 with a weighted mean of 3.28, verbally interpreted as agree. Item 2 "I keep myself busy to overcome trauma" obtained the lowest weighted mean of 3.22, verbally interpreted as agree. An average weighted mean score of 3.38 revealed that respondents were able to handle their situations employing their own strategies after the calamity.

In a study by Orner et al., (2003) on the handling and adjustment strategies of emergency services staff, a "cluster analysis identified five core components of deliberate handling strategies: wait and see rest and relaxation, find relief from somatosensory sequelae, re-establish routines and a sense of control, and grade confrontation with distressing reminders."

5. **Relationship Between the Respondents' Family Dynamics and Emotional Responses**

Table 7

**Relationship Between the Respondents' Family Dynamics as to
Communication Pattern and their Emotional Responses**

Emotional Responses	Pearson r	p-value	Interpretation
Depression	0.019	0.909	Not Significant
Anxiety	0.008	0.961	Not Significant

0.05 level of significance

As shown in the table, for the relationship between the respondents' family dynamics as to communication pattern and emotional responses in terms of depression and anxiety, p values of 0.909 and 0.961, were obtained which were higher than the 0.05 level of significance. This

shows that there is no significant relationship between the respondents' family dynamics as to communication pattern and emotional responses in terms of depression and anxiety. This means that the respondents' family dynamics as to communication pattern has no bearing on their emotional responses as to depression and anxiety.

The study was anchored by Bowen family system theory as cited by Tucker & Joana (2008) which identifies that family as a closed group is an emotional unit and all members are interconnected; that is in family, each individuals affects the thoughts, actions and emotions of the family tremendously. He expressed that the family member live under the same emotional skin. All members are dependent on each other and are related to each other. Hence, an individual cannot be analyzed, but the whole system has to be understood.

Table 8

**Relationship Between the Respondents' Family Dynamics as to
Emotional Support and their Emotional Responses**

Emotional Responses	Pearson r	p-value	Interpretation
Depression	-0.211	0.191	Not Significant
Anxiety	0.136	0.402	Not Significant

0.05 level of significance

As shown in the table, for the relationship between the respondents' family dynamics as to emotional support and emotional responses in terms of depression and anxiety, p values of 0.191 and 0.402, were obtained which were higher than the 0.05 level of significance. This shows that there is no significant relationship between the respondents' family dynamics as to emotional support and emotional responses in terms of depression and anxiety. This means that the respondents' family dynamics as to emotional support has no bearing on their emotional responses as to depression and anxiety.

Emotions immediate responses to environmental events are distinguished from moods, which are diffuse and long-lasting emotional states. The evolutionary basis of emotion is supported by the cross-cultural recognition of the facial expression of emotions (Virk, 2010).

Relationship Between the Respondents' Emotional Responses and their Level of Hope

Table 9

**Relationship Between the Respondents' Emotional Responses
and their Level of Hope**

Emotional Responses	Pearson r	p-value	Interpretation
Depression	-0.351	0.026	Significant
Anxiety	0.014	0.933	Not Significant

0.05 level of significance

As shown in the table, for the relationship between the respondents' emotional responses in terms of depression and their level of hope a, p value of 0.026, was obtained which was lower than the 0.05 level of significance. This shows that there is significant relationship between the respondents' emotional responses as to depression and level of hope. This means that the respondents' emotional responses have bearing on their level of hope as to depression. This also means that the lower the depression, the higher the level of hope. While for the relationship between the respondents' emotional responses as to anxiety and level of hope, a p value of 0.933, was obtained which was higher than the 0.05 level of significance. This shows that there is no significant relationship between the respondents' emotional responses as to anxiety and their level of hope. This means that the respondents' emotional responses as to anxiety have no bearing on their level of hope.

Relationship Between the Respondents' Level of Hope and Handling Strategies After the Calamity
Table 10

Relationship Between the Respondents' Level of Hope and
Handling Strategies After the Calamity

Variables	Pearson r	p-value	Interpretation
Level of Hope and Handling Strategies After the Calamity	0.125	0.440	Not Significant

0.05 level of significance

As shown in the table, for the relationship between the respondents' level of hope and handling strategies after the calamity, a p value 0.440, is obtained which was higher than the 0.05 level of significance. This shows that there is no significant relationship between the respondents' level of hope and handling strategies after the calamity. This means that the respondents' level of hope has no bearing on their handling strategies after the calamity.

People who tend to use problem-focused hoping in stressful situations show lower level of depression both during and after the stressful situation (Billing & Moss, 2005). People who are less depressed may find it easier to use problem-focusing hoping. We try to hope with our negative emotions in many ways. Some researchers have divided these into behavioral strategies (Moss, 2005).

CONCLUSIONS

After the typhoon, family of the respondents communicates with understanding, sought emotional support from each other. The respondents' family dynamics in terms of communication pattern and emotional support were positive; their emotional response in

depression was negative while positive in anxiety. Their level of hope after the calamity was high, and they were able to handle their situation employing their own strategies after the calamity. The respondents' family dynamics as to communication pattern has no bearing on their emotional responses as to depression and anxiety. The respondents' family dynamics as to emotional support has no bearing on their emotional responses as to depression and anxiety. The lower the depression, the higher the level of hope. The respondents' emotional response as to anxiety has no bearing on their level of hope. The respondents' level of hope has no bearing on their handling strategies after the calamity.

FUTURE DIRECTION

Family members should always help each other and be aware of each other's feelings whenever calamity or disaster happens. Barangay officials should be more responsible in giving immediate action to the calamity victims. City government and other government officials should conduct seminars and symposiums on handling strategies among calamity victims and the proper coping mechanisms thus increasing their level of hope. Future researches should be conducted on how to increase knowledge of calamity victims on disaster management and crisis assessment and intervention.

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