

**EXPLORING HEALTH AND WELL-BEING OF INDIVIDUALS DURING THE
AFTERMATH OF A STORM SURGE: A HERMENEUTIC
PHENOMENOLOGICAL STUDY**

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In Partial Fulfillment of the

Requirement for the Degree

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CERTIFICATE OF PANEL APPROVAL

In partial fulfillment of the requirements for the Bachelor of Science in Nursing degree, this research study entitled, **EXPLORING HEALTH AND WELL-BEING OF INDIVIDUALS DURING THE AFTERMATH OF A STORM SURGE: A HERMENEUTIC PHENOMENOLOGICAL STUDY**, prepared and submitted by Kirk Seith G. Alunan, Kassandra Angel E. Barita, Jacinth Q. Bicoy, Princes Angel S. Bodiongan, and Jelica Crisel, T. Cabarobias has been examined and recommended for acceptance and approval.

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ABSTRACT

A Storm Surge can be a catastrophic event, destroying homes and businesses and spreading various diseases along the way. Through the Study, victims' recollections of how such incidents impacted their way of life and means of subsistence can be heard. The objectives of the Study were to explore the health and well-being of individuals in the aftermath of the storm surge. The Study is conducted using a hermeneutic-phenomenological design. The Study conducted a semi-structured interview with 7 participants who had lived experiences of the storm in December 2022, when a typhoon struck and affected the lives of people in Oroquieta City. For the sampling technique used, it was through a Purposive and then a Snowball sampling method. It was conducted through a semi-structured interview guided by van Manen's Existential Lifeworlds. The data gathered yielded five themes that relate to each of van Manen's Lifeworlds, namely: Resilience and Redefinition; The Body as a Site for Trauma and Vulnerability; The Ruin of Everyday Life; Multi-dimensional Disruption of Daily Life; and Human Connection Through Care and Mutual Support. These five themes are the results of the affected participants' lived experiences of the aftermath of a storm surge. The Study highlights the critical role of community support and equitable disaster response in fostering resilience, while emphasizing the importance of rebuilding efforts that restore both spaces and a sense of normalcy. People should collaboratively implement inclusive, comprehensive disaster preparedness and recovery strategies that address both physical and mental health, strengthen social support, improve infrastructure, and continuously evaluate long-term outcomes to enhance resilience and well-being.

Keywords: *disaster nursing, disaster response, health, storm surge, well-being*

DEDICATION

The Researchers dedicate this Study to our families, whose sacrifices and encouragement made our academic journey possible. The Researchers dedicate this research paper to the almighty God for providing guidance and support in the creation of this Study.

For the resilient survivors of the typhoon, your stories of hardships and hope are the heart of this Study. May this research study amplify voices often unheard and inspire preparedness to protect both the physical and emotional well-being in times of crisis.

In memory of those lost to the fury of the storm, and to the frontline responders who light the path towards recovery.

The Researchers dedicate this Study to our adviser, Dr. Jesus G. Ocapan Jr., PhD, RN, JD, whose guidance and wisdom shaped the Study and motivated the team to do better.

The Researchers

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INTRODUCTION

Rationale/ Background of the Study

The phenomenon of storm surges has become increasingly prevalent, affecting millions of people worldwide. Storm surges are among the deadliest natural hazards, yet understanding and predicting year-to-year variability in storm surges is challenging (Tan et al., 2023). In the Philippines, a country regularly hit by typhoons, storm surges are a regular hazard. Typhoon Haiyan (Yolanda) caused storm surges in 2013 that killed over 6,000 people and left over 4 million people displaced (Guyton, 2021). Oroquieta City, in Misamis Occidental, Philippines, saw a catastrophic storm surge in December 2022 that profoundly impacted the nearby population. Among the massive floods, infrastructural destruction, and extreme emotional and physical suffering among the population resulting from the surge (Rosauero, 2022).

In Tacloban City, Typhoon Haiyan (Yolanda), the social support networks were crucial for survivor recovery (Su, 2022). Comparably, the consequences of the 2013 storm surge in Iloilo City underline the frequency of anxiety and sadness among impacted people as well as the part community resilience initiatives play in psychological rehabilitation (Gianzon, 2024). The health outcomes of residents in Eastern Samar following a storm surge were studied, and it was determined that access to mental health services and community cohesion significantly influenced recovery (Pastrana, 2022). The adaptive coping techniques used by Leyte inhabitants following the disaster emphasize the importance of culturally relevant treatments to promote resilience (Veuthey, 2025). Finally, in Northern Cebu, they investigated the long- term effects of storm surges,

stressing the need for continuous community involvement and assistance for a sustainable recovery (Tatebe & Miyamoto, 2021). Resilience can be fostered through community-based programs that enhance social support networks and promote adaptive behaviors (Simona & Amritha, 2024). Effective coping strategies are essential for maintaining health and well-being in the aftermath of natural disasters (Bhadra & Dyer, 2022). Mental health interventions support individuals' psychological recovery and enhance their capacity to cope with future challenges (Irwansyah et al., 2024). Community engagement in the development of these programs ensures that they are culturally sensitive and tailored to the specific needs of the affected populations (Aprijanto et al., 2025). By involving local leaders and stakeholders in the planning and implementation process, the programs can harness existing social structures to maximize their impact.

The most common health behaviors observed were dietary and physical activity, which can be observed in how individuals survive during a natural disaster. How much food are they taking? Do families eat 3 times a day after the catastrophe? How would you describe their physical condition after the storm? (Mudd et.al., 2024). Health and well-being should be a priority for survival, especially after a storm surge. Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (World Health Organization, 1948).

Ultimately, empowering communities to take an active role in their recovery fosters a sense of ownership and agency, which is crucial for long-term resilience and sustainability (Orthy & Hasan, 2024). Health and well-being have multiple factors that focus on a fulfilling life for an individual. Storm surges can seriously disrupt daily life in

impacted areas and cause catastrophic damage to infrastructure (Yin et al., 2024). The predicted rise in storm severity as global temperatures rise underscores the need for early action to safeguard vulnerable groups (Davlasheridze et al., 2021). The development of sustainable, robust infrastructure must be given top priority in coastal towns to minimize the effects of future storm surges and protect the welfare of their citizens (Karthik, 2021). Individuals who have experienced natural disasters, such as storm surges, have increased levels of anxiety, despair, and trauma (Heaney & Brown, 2024).

Long-term health effects of these occurrences can include stress-induced heightened vulnerability to chronic diseases and disturbed access to healthcare facilities (Burns & FitzGerard, 2022). The social and financial consequences show that the aftermath of such disasters usually accentuates preexisting vulnerabilities among impacted populations (Ngcamu, 2023). Often, the physical effects of storm surges manifest as injuries or diseases resulting from exposure to unhygienic conditions and inadequate nutrition and clean water (Iqbal et al., 2023). The disturbance of community infrastructure might drastically restrict access to necessary healthcare treatments, so extending recovery times and leaving chronic diseases uncontrolled (Gasior et al., 2024). The psychological effects are significant since people try to restore a feeling of normalcy and security in their significantly changed surroundings, therefore stressing the vital need for mental health help and involvement during the recovery process (Roe et al., 2024).

Exposure to storm surge is associated with a notable rise in survivors' mental health problems (Keya et al., 2023). Strong community networks are found to be absolutely essential for recovery and resilience, so social support systems help to lessen the effect of storm surges on community welfare (Crow & Albright, 2021). People who

use proactive coping strategies—that is, who seek emotional support and make use of community resources—have better mental health results throughout the healing process (Choudhury et al., 2021). Following a storm surge, effective coping mechanisms can significantly reduce stress and increase psychological resilience, thereby helping people adjust to their altered situation (Haque & Hostetler, 2021). Programs for community-based resilience that support social cohesion and adaptive behaviors have been shown to improve general well-being, thereby enabling faster and more durable recovery for impacted populations (Suar et al., 2024). Involving local leaders and stakeholders in the planning and implementation process, the programs can harness existing social structures to maximize their impact. Ultimately, empowering communities to take an active role in their recovery fosters a sense of ownership and agency, which is crucial for long-term resilience and sustainability (Orthy & Hasan, 2024).

Nurses treat victims' injuries and prevent additional health issues by providing vital medical care in the aftermath of a natural disaster (Firouzkouhi et al., 2021). They often take on leadership roles, coordinating with other healthcare professionals and emergency services to ensure efficient resource allocation (Xue et al., 2020). Nurses are uniquely positioned to lead the advancement of planetary health science, as they are trained in the understanding that human health and dignity are intertwined with the vitality of the natural world (Glauber et al., 2023). It highlights the idea that, due to their holistic approach to healthcare, nurses can play a crucial role in addressing global health challenges interconnected with ecological issues. Ensuring preparedness for disaster response and management, particularly among nurses in disaster-prone countries,

is essential given the serious threats posed by disasters to affected populations (Labrague & Hammad, 2024).

Nurses support and care for the injured and survivors in affected areas after a disaster, aid victims of natural disasters in recovery in the mid- and long-term, and offer prevention education to the public and other nurses for future disasters (Mashino et al., 2022). Nurses play critical roles as frontline responders during disaster situations such as storm surges, providing acute care, coordinating resources, and addressing public health needs in the aftermath (Anderson & Beach, 2022). There is a pressing need for enhanced disaster preparedness training in nursing education to equip future nurses with the necessary skills and knowledge (Anderson & Beach, 2022). Disaster nursing plays a vital role in addressing the health needs of vulnerable populations affected by large-scale emergencies.

However, disaster nursing faces numerous challenges, including preparedness, logistics, education, ethics, recovery, and legalities (Thobaity, 2024). As volunteers at disaster shelters and organizers of recovery efforts, nurses play crucial roles within interprofessional health care teams. Nurses must possess the abilities required to provide post-disaster care to communities (Glauber et al., 2020). Nurses offer emotional and psychological support to both victims and colleagues, fostering resilience in high-stress environments (Xue et al., 2020; VanDevanter et al., 2017).

Despite extensive research on the impacts of storm surges across regions, there remains a significant gap in understanding individuals' specific experiences and coping mechanisms. Most existing studies focus on larger, well-documented events such as Typhoon Haiyan (Su, 2022), leaving smaller but equally impactful events, like the

December 2022 storm surge in Oroquieta City, underexplored. This gap is critical because the unique geographic, cultural, and socio-economic characteristics of Oroquieta City may influence the way its residents experience and respond to storm surges. Furthermore, although the roles of social support systems and community resilience have been highlighted in previous research (Ngcamu, 2023; Crow & Albright, 2021; Suar et al., 2024), there is limited data on how these factors operate specifically in the context of Oroquieta City. Understanding these dynamics is essential to developing effective, localized health and well-being programs that address the specific needs of this community. The Study has a Methodological gap, namely an absence or inadequacy of a specific research method for the aftermath of storms. A methodological gap is a type of gap that concerns the conflict arising from the influence of methodology on research results (Miles, 2017).

Theoretical Framework

The Study utilizes on the theory of Human Becoming by Rosemarie Rizzo Parse (1998). The theory of Human Becoming by Rosemarie Rizzo Parse has a strong emphasis on an individual's lived experience as well as how connections and personal decisions shape who they are (Mitchell, 2002) (Parse, 1998). The goal of nursing guided by the human becoming school of thought is quality of life from the perspective of the one living the life (Parse, 1998). After the tragic storm surge in Oroquieta City, many families went to evacuation centers, while others went to markets or bus stops to beg for money. The people who were affected have different perspectives on what happened; some lost loved ones, while others lost their valuables, swept away by the storm.

The theory of human becoming talks about the essence of living, human becoming is committing to be truly present with others to bear witness and to participate with another's unique process of becoming with different experiences people would have different ideas on how they have been affected by the storm, some will see the storm as a life changing event as they have lost everything they have, others might see their situation as a major setback in life ever since they have lost everything to the storm. Their experience affects their health and well-being, as it may be influenced by how they respond to the situation.

Rhythmicity. The natural cyclical pattern and rhythm of life, physical, emotional, and social, which one experiences. After the storm surge in Oroquieta City, people's normal ways were disrupted. It created chaos and brought uncertainty; however, things soon returned to normal. Rebuilding of homes, crying over loss, and adopting changes began to set new rhythms of life. Some were emotional ups and downs as they healed and planned for future storms. Life slowly found a new pace as individuals grew closer to one another as they tried to rebuild. The post-disaster period is critical for reducing vulnerability and building resilience (Monteil et al., 2020).

Transcendence. People adapt to the risks posed by natural disasters in several ways: they can move out of harm's way, self-protect, or insure (Smith et al., 2022). Transcendence means moving beyond what you know and growing into a new understanding after a big event. For people who went through the storm surge, it could mean finding strength or growing spiritually after surviving. The storm might have made them think more about life, death, and how fragile everything is. Transcendence is a change in people's attitudes toward the world. They may start by not focusing on their

suffering during the storm surge, but instead by seeing how the experience may have changed them. The affected individuals' gratitude for life deepens, and their new beliefs become kinder and more lenient toward others. They may also grow stronger and learn their ways to move forward after the storm.

Conceptual Framework

The conceptual framework of this Study was designed to explore a hermeneutic phenomenological approach to understanding the health and well-being of individuals following a storm surge in Oroquieta City, Misamis Occidental, Philippines. The framework was structured around several key themes that delve into different aspects of lived experiences, each providing insights into how individuals navigate the challenges posed by natural disasters.

Resilience and Redefinition refer to the ability of individuals to adapt, recover, and redefine their lives in the temporal context following a disaster. It involves a transformation in how time is perceived and utilized in the pursuit of recovery and new beginnings. The concept of resilience has been extensively studied in the context of disasters, emphasizing the capacity of individuals and communities to withstand adverse conditions and emerge stronger (Uekusa & Matthewman, 2022). Redefinition involves reconstructing personal narratives and goals in response to altered circumstances, often necessitating a reevaluation of life priorities and future aspirations (Brown, 2023).

Resilience is fundamental to people's ability to function positively after a disaster. Resilience was strongly associated with reduced post-traumatic stress symptoms 3 months after a natural disaster (Wahab et al., 2021). The world is facing unprecedented

challenges from disasters and natural hazards, which are increasing in frequency and intensity due to climate change. The importance of preparedness, anticipation, and preemption is a powerful intervention, which is crucial for health security and time management (Goniewicz et al., 2023).

Individuals often experience a shift in their perception of time, as the urgency of immediate needs takes precedence over long-term planning (Cutter et al., 2025). The disruption of temporal patterns can lead to a sense of disorientation, as familiar routines are replaced by the unpredictability of recovery efforts (Mehmel, 2024). However, this temporal Redefinition also presents opportunities for personal growth and resilience, as individuals navigate the complexities of rebuilding their lives (Nafari & Ruebottom, 2025). Related studies highlight the importance of temporal flexibility and the ability to adapt time management strategies to accommodate new realities (Koščak & O'Rourke, 2021). This adaptive temporal framework supports resilience, enabling individuals to prioritize recovery tasks while maintaining a vision for future stability and well-being (Allen et al., 2021).

The Body as a Site of Trauma and Vulnerability involves understanding the physical and psychological impacts of disasters on the human body. It explores how individuals experience and interpret bodily changes and vulnerabilities in the aftermath of a storm surge. The corporeal experience of trauma during and after a disaster is marked by physical injuries, health issues, and a heightened sense of bodily vulnerability (Chowdhury, 2021). The lived body becomes a focal point for understanding the intersection of physical and emotional trauma, as individuals navigate the complexities of recovery and healing (Shtob, 2024).

The human body is vulnerable to various illnesses after a storm surge. The storms that cause floods are the most common disasters that can cause hypothermia. Hypothermia has accompanied natural disasters in cold, temperate, and even subtropical regions, which can lead to physical trauma for the human body (Oshiro et al., 2022). Natural Disasters can have negative consequences for inhabitants over time, increasing individuals' risk of various diseases post-storm (Sterobe et al., 2021).

Physical trauma often exacerbates emotional distress, as bodily injuries and health challenges can impede recovery efforts and heighten vulnerability (Raimi et al., 2021). The interconnectedness of bodily and emotional experiences underscores the need for comprehensive approaches to disaster recovery that address both physical and mental health (Iqbal et al., 2023). Studies on corporeality emphasize the importance of body-centered interventions, such as physical therapy and stress reduction techniques, in facilitating recovery and resilience (Zhang et al., 2024). By acknowledging and addressing the body's role in trauma and recovery, individuals can better navigate the challenges of post-disaster adaptation and healing (Galderisi et al., 2022).

Human Connection Through Care and Mutual Support involves the relational dynamics that emerge in disaster scenarios, emphasizing the importance of interpersonal relationships and community bonds in fostering recovery and resilience. Relationality focuses on the lived experience of self in relation to others, highlighting the critical role of social support and care networks in disaster recovery (Khan & Sultan, 2023). Mutual support and community care are vital for building resilience, as individuals draw strength and resources from their social networks (Afita & Nuranasmita, 2023).

Mental health and physical rebuilding from trauma generated post-storm is often shared, and healing is often a communal process, relying on shared rituals, mutual support, and collective action (Keevers et. al., 2024). Alienation from families and friends due to trauma can worsen an individual's health and well-being. Mutual aid and other spontaneous community measures were vital to an early response to disasters (Carstensen et. al., 2021).

Strong interpersonal connections provide emotional comfort, practical assistance, and a sense of belonging, crucial for psychological recovery (Bailey et al., 2025). The exchange of care and support fosters a collective resilience, enabling communities to recover more quickly and effectively from disasters (Landeg, 2022). Research emphasizes the importance of fostering relationality through community-based initiatives and support systems that enhance social cohesion and mutual aid (Al-Maruf et al., 2021). These efforts not only aid individual recovery but also strengthen community resilience, promoting a more cohesive and supportive environment for all (Dushkova & Ivlieva, 2024).

Multi-dimensional Disruption of Daily Life refers to the impact of disasters on material existence, encompassing alterations in daily routines, access to resources, and the use of physical spaces. Materiality involves the lived experience of things, highlighting how disasters disrupt the material conditions of life, from housing and infrastructure to personal belongings and daily routines (Cajilig, 2023). The loss and alteration of material spaces challenge individuals' sense of stability and continuity (Manzo et al., 2023).

The disruption of daily life extends beyond physical loss, affecting individuals' emotional and psychological well-being as they strive to adapt to new living conditions (Chee, 2024). The material aspects of recovery, including rebuilding homes and infrastructure, are critical for restoring a sense of normalcy and security (Ene, 2024). Materiality emphasized the importance of addressing both the physical and emotional dimensions of disruption, advocating for integrated recovery efforts that consider the holistic needs of affected populations (Haque & Hostetler, 2021). By understanding the material impacts of disasters, stakeholders can develop more effective strategies for supporting recovery and resilience (Akram & Mushtaq, 2024).

The Ruin of Everyday Life explores the spatial experience of disaster, focusing on how the destruction and alteration of physical spaces impact individuals' lives and sense of place. Spatiality involves the lived experience of space, highlighting the significance of physical environments in shaping individuals' identities and daily lives (Kvarnlöf & Wall, 2021). The destruction of familiar spaces disrupts individuals' sense of place and belonging, challenging their ability to navigate and adapt to new environments (Manzo et al., 2023).

Spatiality underscores the psychological impact of spatial loss, as individuals grapple with the absence of familiar landmarks and the need to adapt to altered environments (Stanton & Tilt, 2023). The rebuilding of physical spaces is crucial for restoring a sense of place and fostering resilience (Wilhelmi et al., 2024). Studies emphasize the importance of spatially sensitive recovery efforts that prioritize the restoration of community spaces and infrastructure (Sreya et al., 2021). By addressing the spatial dimensions of disaster recovery, stakeholders can enhance individuals' sense of

place and belonging, ultimately supporting more effective and sustainable recovery efforts (Jerolleman et al., 2024).

Figure 1 presents the schematic presentation of the Study using Van Manen's Lifeworld Existential. The five themes include the following: Resilience and Redefinition, The Body as a Site of Trauma and Vulnerability, Human Connection Through Care and Mutual Support, Multi-dimensional Disruption of Daily Life, and the Ruin of Everyday Life.

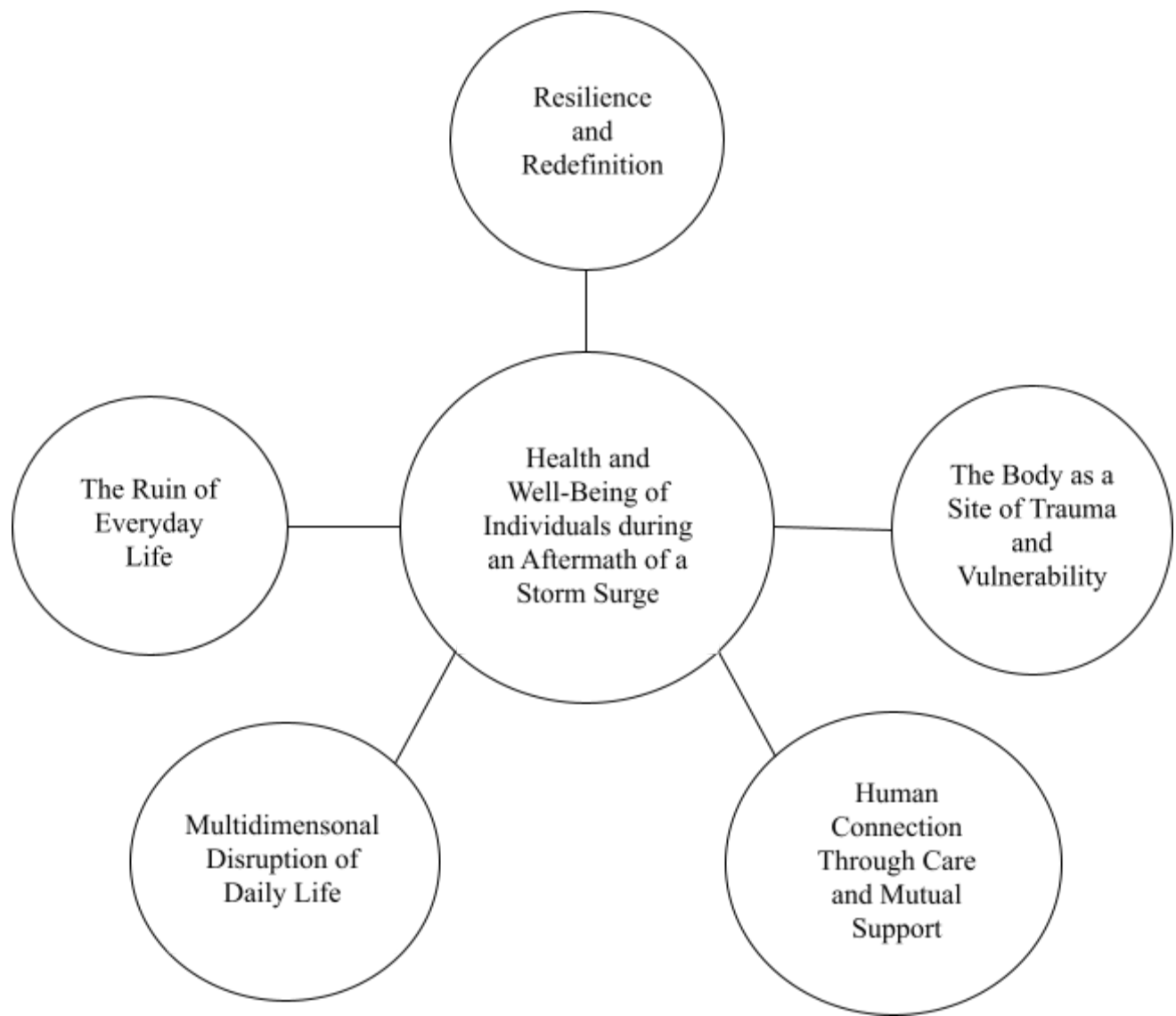


Figure 1. Schematic Diagram of the Study

Objectives of the Study

The Study aimed to explore the health and well-being of individuals in the aftermath of a storm surge. The Study answered the question, What are the lived experiences of individuals in the aftermath of a storm surge?

Significance of the Study

The significance of the Study lies in its comprehensive exploration of the health and well-being impacts experienced by individuals in Oroquieta City following a storm surge, offering valuable insights and practical applications across various sectors.

Victims of a storm surge can relate to the experiences of other affected people, learn from others' journeys, and create precautionary measures for disaster preparation. The Study included information on participants' coping mechanisms and resilience. Victims can reflect on their own experiences and understand what participants go through, which leads to better warning systems, evacuation plans, and other safety measures during natural disasters.

Health Professionals. This Study is of significant importance to health professionals, as it provides a deeper understanding of the health and well-being challenges individuals face in the aftermath of a storm surge. By highlighting the emotional, psychological, and physical health impacts, mental health professionals can tailor their interventions to address specific needs and improve patient care. Moreover, insights into coping mechanisms and community support can help develop more effective health programs and emergency response strategies.

Local Government Units. Local government units (LGUs) can utilize the Study's findings to enhance their disaster preparedness and response strategies. By understanding the specific health and well-being needs of residents, LGUs can prioritize resource allocation, improve inter-agency coordination, and develop targeted programs that address both immediate and long-term health challenges. This Study also underscores the importance of effective governance and collaboration with non-governmental organizations in disaster management.

Disaster Response Team. The Study offers valuable insights for disaster response teams, shedding light on the lived experiences of individuals affected by storm surges, particularly the physical, emotional, and logistical challenges they face during and after the event. By understanding these first-hand accounts, response teams can better anticipate the urgent needs of survivors and improve the delivery of immediate relief services, such as evacuation procedures, first aid, and the provision of basic necessities. This information is vital in enhancing response protocols and ensuring that interventions are timely, organized, and sensitive to the context of those affected.

Mental Health Professionals. Mental health professionals play a critical role in addressing the emotional and psychological aftermath of storm surges. The Study provides them with deeper insights into the mental health challenges experienced by survivors, including trauma, anxiety, grief, and post-traumatic stress. With these findings, professionals can develop more targeted mental health interventions that are culturally and contextually appropriate for the Oroquieta City population and similar communities.

Nursing Education. For nursing education, the Study offers valuable insights into the real-world challenges and experiences of individuals affected by natural disasters. It

can serve as a case study for nursing students to understand the multifaceted aspects of healthcare delivery in crisis situations. The findings can also inform curriculum development, ensuring that future nurses are equipped with the necessary skills and knowledge to provide comprehensive care during and after such events.

Community. The community of Oroquieta City can benefit significantly from this Study by becoming more aware of the collective and individual health challenges posed by storm surges. It emphasizes the importance of community cohesion, social support networks, and resilience-building practices. The findings can empower community members to participate actively in preparedness and recovery efforts, fostering a more resilient and supportive local environment.

Lastly, *Future Researchers* can build upon this Study to further explore the complexities of health and well-being in disaster-affected communities. It provides a foundation for comparative studies in different geographical and cultural settings, offering a broader perspective on resilience and recovery. Additionally, the findings can inspire new research questions and methodologies, contributing to the evolving field of disaster health research.

RESEARCH METHODOLOGY

Design

The research design chosen for this Study was a hermeneutic phenomenological approach. This design is ideal for exploring the lived experiences of individuals in the aftermath of a storm surge, focusing on understanding the essence of these experiences in terms of health and well-being. Hermeneutic phenomenology, as described by Lindseth & Norberg (2022), emphasizes interpreting the meaning of lived experiences through a reflective, contextual lens. However, a notable weakness of the hermeneutic-phenomenological approach was its subjective nature, which may limit the generalizability of its findings to broader populations. The interpretive process relies heavily on the researcher's perspective, which could introduce bias (Watson, 2024).

The choice of a hermeneutic-phenomenological design is justified by the Study's objectives, which aim to delve deeply into the personal narratives and coping mechanisms of individuals affected by a storm surge in Oroquieta City. This approach allowed for a comprehensive exploration of the emotional, psychological, and social dimensions that other quantitative designs might have overlooked. Given the research problems and objectives outlined, a qualitative design, such as hermeneutic phenomenology, facilitated a deeper understanding of the participants' subjective experiences and meanings. By focusing on the interpretation of these experiences, the Study provided valuable insights that could inform the development of health and

well-being programs tailored to enhance resilience and recovery in the affected community.

Locale of the Study

The Study was conducted in Oroquieta City, Misamis Occidental, Philippines. This coastal city was significantly impacted by a severe storm surge in December 2022, which caused widespread damage to infrastructure, properties, and livelihoods.

Participants of the Study and Sampling Procedure

The target participants for this Study were individuals residing in selected barangays. In this Study, The Study employed a snowball sampling technique, a non-probability sampling method in which initial participants referred other potential participants who had encountered similar experiences (Pace, 2021). This technique was advantageous for reaching individuals who might otherwise be difficult to identify (Tsindos, 2023), especially in the context of a specific event such as a storm surge. By leveraging social networks within the communities, the Study effectively identified and engaged participants whose experiences were relevant to the research objectives.

Data Gathering Instruments

The Study included semi-structured interviews exploring participants' personal experiences, emotions, and coping mechanisms during and after the disaster. This method enabled rich, interactive discussions and allowed the emergence of collective narratives. In addition, relevant documents, such as government reports, news articles, and social

media posts, were analyzed to gather information on the extent of the damage, response efforts, and community recovery initiatives.

Data Analysis

Lifeworld: The World of Lived Experiences

This Study explored the experiences of people affected by a storm surge using a phenomenological approach. Van Manen's framework will help analyze the multi-dimensional nature of these experiences. Storm surges, as powerful natural forces, caused widespread devastation and left indelible marks on the lives of those affected. The research delved into the lived experiences of individuals who endured the aftermath of a storm surge. By employing a phenomenological approach inspired by Van Manen's (1990), the Study utilized the five existential lifeworlds that permeate the lived experiences of all human beings, regardless of their social, cultural, or historical contexts: lived body, lived self/others, lived time, lived space, and lived things. These existentials were differentiated, but not separated. Each could be studied in its unique aspects, while recognizing its interconnectedness, as each existential dimension invoked the others.

Six Methodological Steps by Van Manen: (1) Identifying a Phenomenon of interest, the researchers identified and committed to a phenomenon that evoked a strong sense of wonder, namely, the lived experience of individuals who had experienced storm surge. (2) Investigating Experiences as We Live Them: Data were collected through interviews with participants directly affected by the phenomenon. Other sources, such as diaries, observations, and contextual data, were also considered when relevant. (3) Reflecting on Essential Themes: After data collection, the researchers reviewed and

reflected on the participants' statements, identifying essential themes and highlighting significant phrases that captured the core of their experiences. (4) Describing the Phenomenon Through the Art of Writing and Rewriting: Writing was treated as an analytic process. The researchers articulated meaning clearly and exocatively, continuously refining descriptions to capture the essence of the phenomenon. (5) Maintaining a Strong and Oriented Relation to the Phenomenon: The researchers maintained focus on the research question and phenomenon of interest, ensuring that irrelevant tangents or data were excluded from the analysis. (6) Balancing the Research Context by Considering the Parts and the Whole: The Study maintained coherence and depth by constantly moving between individual themes and the overall meaning of the lived experiences.

Ethical Considerations

The researchers secured permission from the College Dean prior to conducting the Study. The request for approval outlined the research objectives, methodology, ethical considerations, and anticipated outcomes. Since the Study involved members of the local community, coordination of the Local Government Unit (LGU) and barangay leaders was conducted to ensure cultural sensitivity and community relevance. Ethical considerations were prioritized throughout the research process. Informed consent was obtained from all participants prior to the interviews. Participants were assured of confidentiality and anonymity, with their personal information treated with strict confidentiality.

The researchers were also mindful of the potential impact of the interviews. Measures were taken to minimize distress and ensure a safe, supportive interview environment. Participants were informed about the intended use of their data, and consent was reaffirmed during the process. Where necessary, referrals to support services were provided. Furthermore, the researchers remain aware of their own biases and positionality, maintain objectivity and empathy. Power dynamics were carefully managed, and every effort was made to protect participants' dignity, autonomy, and well-being throughout the Study.

RESULTS AND DISCUSSIONS

Key themes emerged from van Manen's 3rd step of data analysis, which is to reflect on the Essential themes after data collection in the research study, highlighting the multifaceted impacts of the storm surge on individuals' lives. These themes included resilience and Redefinition, the body as a site of trauma and vulnerability, human connection through care and mutual support, multi-dimensional disruption of daily life, and the ruin of everyday life. Insights from these themes underscore the need to develop targeted health and well-being programs informed by participants' narratives to foster resilience and support recovery in the aftermath of natural disasters. Through this exploration, the section contributed valuable insights to disaster management and mental health, emphasizing the importance of tailored interventions that address the specific needs of diverse community groups.

Theme 1: Resilience and Redefinition (Temporality - Lived Time)

The theme of resilience and Redefinition emerged from participants' descriptions of their prolonged recovery process. The storm surge had a significant impact on their temporal experiences, with many reporting the need for extended periods to return to a sense of normalcy. The delayed recovery times highlight the participants' resilience as they navigated the challenges of rebuilding their lives. This resilience, however, was often accompanied by a redefinition of priorities and a reassessment of life goals. The extended recovery periods underscore the importance of providing continuous support and resources to affected individuals long after the immediate crisis has passed.

Prolonged Recovery

Participants described a lengthy recovery process, with some taking up to three to four months to regain a semblance of normalcy. This extended period was marked by ongoing efforts to clean and repair their homes, which proved to be physically and mentally exhausting. Many participants shared that despite the daunting task, they persevered, driven by the need to restore order in their lives.

Participant 1: "Dugay-dugay jud mga 3 months to 4 months mi ayha naka recover atu na baha." (It took 3-4 months before we can recover)

Participant 2: "Dugay kaayo kay diman lalim ang paghugas samong balay tas kapoy na kaayo mga hapit pod to duha ka semana." (It took a long time, because it is not easy to clean the whole house, plus it was strenuous, it took around 2 weeks.)

The prolonged recovery underscores the resilience of the participants, who faced a daunting and sustained challenge. For instance, Participant 1 highlights the time-consuming nature of their efforts. This resilience, however, was not without its strains, as Participant 2 reflected on the exhaustive task of cleaning their house. The extended recovery period underscores the need for long-term support and resources to aid those affected by such disasters.

Regret and Hindsight

Regret was a common sentiment among participants, who expressed a desire to have been better prepared for the storm surge. This regret was often tied to missed opportunities to safeguard possessions or prevent family conflicts in new living situations.

Participant 1: atong time ma na gibalayan ko sa pari para naa unta koy bakwitan og nahibaw an palang nga naa koy igsuon nga wala me magkasinabot wala nalang pod ko ni balay didto kung mahimo didto nalang ko sa madre sa talairon. (After the flood, a priest constructed a new home for me to live in. I should have known the conflict of my other family members would affect my new living conditions. I would have preferred the nun's help with the housing.)

The reflections on regrets and hindsight reveal a critical learning curve for the participants. Participant 1 expressed regret over family conflicts and the decision to seek refuge. Such regrets reflect a deeper understanding of the importance of preparedness, not only in material terms but also in social and relational aspects. These insights emphasize the importance of community education and preparedness programs to mitigate future risks.

Heightened Awareness of Time After Disaster

Participants expressed a deepened appreciation for the preciousness of life following the storm surge, recognizing the importance of prioritizing personal safety over material possessions. This realization was particularly poignant in the face of the life-threatening experiences endured during the disaster. Also, the traumatic experience of the storm surge left participants anticipating potential future disasters. This anticipation was coupled with a sense of urgency to adequately prepare for future events, recognizing the unpredictability of natural events.

Participant 1: atu na time ih una gyud natu atoang kinabuhi, kay ang butang makita raman na. Fight gyud tah kay ang kinabuhi isa ra. lisud gyud biya tung na agi an

namo sa baha. (During that time, we should prioritize our lives. Fight to survive, because we only get to live once. The flood was truly a horrible experience.)

Participant 5: Aside from traumatic, maghuna huna napud anang moabot naman pud kaha ang panahon nga ing ato, prepare nalang gyud ta kay dili man nato matag an ang panahon. (Aside from a traumatic experience, you're left to think if there is another storm as bad as the last time it hit big, we must prepare because we can never know.)

The heightened awareness of time and the value placed on life reflect a significant shift in participants' priorities. As Participant 1 articulated, the experience underscored that "life is singular and irreplaceable," urging a focus on survival and well-being. This perspective suggests that disasters can prompt profound reflections on life's fragility, encouraging individuals to cherish and protect their existence above all else. This awareness can foster a more resilient mindset, emphasizing the importance of preparedness and proactive measures in the face of future uncertainties. In addition, the expectation of future disasters highlights an adaptive response to the unpredictability of natural events. Participant 5's insight into the necessity of preparation reflects a proactive approach to managing potential risks. This foresight indicates a shift towards resilience, where individuals prioritize readiness and resourcefulness.

Theme 2: The Body as a Site of Trauma and Vulnerability (Corporeality - Lived Body)

Participants expressed fear, anxiety, and physical strain during and after the storm surge, illustrating how their bodies became sites of trauma and vulnerability. The bodily

experiences of fear and anxiety, coupled with physical exhaustion and stress, reveal the profound psychological and physiological impacts of the storm surge.

Alienation from the Body

Participants reported significant physical strain due to the storm surge. The physical demands of cleaning and the energy loss from the event resulted in symptoms of disconnection from the body.

Participant 6: Bug at kaayu akong lawas, mura kog ga alsa og bug at taga baklay... (My body feels heavy, like I'm lifting weight every time I walk...)

The participants' accounts of physical strain, as seen in the example from Participant 6, illustrate a profound sense of Alienation from their own bodies. The description of feeling as if every movement is akin to lifting a heavy weight highlights the profound impact of the storm surge on both physical vitality and bodily awareness. This sensation of heaviness and disconnection suggests that the physical aftermath of the storm surge is not merely fatigue but a more profound estrangement from one's bodily self.

Embodied Endurance in the Aftermath of Disaster

Despite exhaustion, participants continued their efforts to clean and rebuild, demonstrating remarkable endurance.

Participant 2: Bisan pag gi kapoy ko, padayun raman gyapon akong lawas... (Even if I am tired, I still keep going.)

Participant 6: Kapoy na kaayu akong lawas pero padayun lang gyapon... (My body is too tired, but I still kept going.)

The determination to persevere, even when physically depleted, as noted by Participants 2 and 6, reflects the participants' resilience and strength. This endurance underscores the need for comprehensive support that addresses ongoing physical and emotional needs, enabling individuals to sustain their recovery efforts.

Embodied Reactions to Panic and Pain

During the storm surge, participants reported a range of embodied reactions to the panic and physical strain they endured. Many described experiencing heart palpitations and intense fear as they faced the rising waters and the immediate threat to their lives and loved ones.

Participant 4: Gabuto-buto gyud akong heart atu kay naratol naman ko... (My heart was palpitating because I was panicking...)

The embodied reactions to panic and pain illustrate the profound connection between psychological stress and physical health. Participant 4's account of heart palpitations due to panic underscores the immediate physiological response to fear and anxiety. These reactions point to the need for integrated health interventions that address both mental and physical well-being. Recognizing the embodied nature of trauma can guide the development of comprehensive support programs that provide both psychological counseling and physical health services, aiding individuals in managing stress and facilitating recovery.

Theme 3. Human Connection Through Care and Mutual Support (Relationality – Lived Self Others)

The theme of human connection was evident in participants' stories of prioritizing loved ones and receiving communal support. Acts of selflessness and mutual aid were recurring motifs. The emphasis on prioritizing loved ones and on mutual support highlights the critical role of social networks in disaster recovery. These connections not only provide immediate relief but also foster a sense of community resilience. The narratives suggest that strengthening community ties and support systems is a vital component of effective disaster management strategies.

Selfless Actions

In the face of adversity, participants frequently prioritized the safety and well-being of their loved ones. Acts of selflessness were prevalent, with many ensuring that vulnerable family members were evacuated first.

Participant 1: Basta pagkaon, siya gyud ang unahon kay buros biya (When it comes to food, she is always the priority because she is pregnant.)

Participant 2: Ang nangadto ras evacuation kay ang akong wife, anak, ug mga apo na naa diri mao rato ako gipa evacuate kay nahadlok nasad ko kay dali ra kayo nitaas ang baha. (The ones who went to the evacuation center were my wife, child, and grandchildren. I evacuated them because I was also scared since the floodwaters rose quickly.)

Participant 5: Gisuguro nalang namo among mama. (We ensured the safety of our mother.)

Participant 6: Amo nalang gisuguro ang mga bata sa gamay pang tubig taga tuhod pa amoa nalang sila gipa lakaw na. (We prioritized the children when the water was still knee-high; we had them walk to safety.)

Participant 7: Giuna namo ug evacuate ang mga bata kay pag tan aw nako sa tubig dako naman kaayo nagka hinay-hinay nag kataas tas kusog na kaayo ang ulan igo pod taga tuhod na. (We evacuated the children first because when I saw the water, it was already rising, and the rain was very strong, reaching knee height.)

The emphasis on selfless actions during the crisis underscores the strength of familial bonds and the instinct to protect loved ones. Participants 1, 2, 5, 6, and 7 prioritized the safety of their pregnant partners and other family members, highlighting the importance of family in survival strategies. These actions illustrate the critical role of kinship in fostering resilience, suggesting that support systems should leverage these existing bonds to enhance recovery efforts.

Mutual Humanity in Times of Need

Participants recounted instances of mutual aid and community support in which neighbors and local leaders provided shelter, food, and emotional support to those affected by the storm surge.

Participant 1: Pari, Si Father Salinas, sa layawan ni gitukuran kog balay nga gamay lang gud dili ingon og concrete ply wood sya (Father Salinas, in Layawan, built me a small house, not really made of concrete, just plywood.)

Participant 4: Salamat pud sa ginoo naay pare na nagtukod og balay sa katung na anuran, "pabahay" nalipay pud mi kay nakatabang pud bah (Thank God there's a priest who built houses for those affected by the flood, "housing," we're also happy because it helped a lot.)

The narratives of mutual humanity reveal the essential role of community networks in disaster recovery. Participants 1 and 4 noted assistance from a priest in

constructing a new home, a testament to the community's compassionate response. This mutual support not only alleviates immediate suffering but also builds a foundation for long-term resilience, underscoring the value of strengthening community ties as part of disaster management strategies.

Theme 4: Multi-dimensional Disruption of Daily Life (Materiality - Lived Things)

Participants experienced food insecurity, property damage, and reliance on relief goods, illustrating the storm surge's multifaceted disruption of their daily lives. The disruption of daily life, as evidenced by food insecurity and property damage, underscores the fragility of material stability in the face of natural disasters. The reliance on relief goods highlights the community's vulnerability and the need for sustainable support systems. Addressing these material disruptions is essential for restoring a sense of normalcy and security in affected communities.

Lack of Basic Necessities

The storm surge resulted in significant food insecurity, with participants heavily reliant on relief goods. The reliance on external aid highlighted the vulnerability of the affected communities, as many families found themselves without sufficient resources to meet their daily nutritional needs. Participants recounted instances of rationing food and the anxiety that accompanied uncertain food supplies. This dependence on relief goods also underscored the disruption of local food supply chains, as many markets and stores were either destroyed or unable to restock due to transport and infrastructure challenges. The lack of basic necessities extended beyond food, encompassing essential items such as

clean water, hygiene products, and clothing, all of which were in short supply following the disaster.

Participant 1: Kulang gyud mi sa pagkaon, dili pud mi maka lung ag kay among bugas nanga anod. Maygali kay naka survive ra biya pud kay naay naghatag og relief goods. (We are really short of food; we can't even afford to buy food because our rice is gone. It's a good thing we were able to survive because someone gave us relief goods.)

Participant 2: Daghan mi na recieve na mga ayuda, kasagara mga noodles, mga tinapa. Gipang hatagan pud mig tubig og mga sanina... (We received a lot of aid, mostly noodles and canned goods. We were also given water and clothes.)

Participant 3: Ga salig rami sa mga relief goods gi hatag, mga bugas og de lata. (We relied on the relief goods that were given, such as rice and canned food.)

The reliance on distributed aid, as described by Participant 1, highlights the precariousness of food security in disaster situations. This reliance reflects a broader vulnerability exacerbated by the destruction of local supply systems. The inability to access basic necessities can lead to increased stress and health problems, further complicating recovery efforts. These circumstances underscore the need for robust, sustainable food distribution systems and local supply chain resilience to support recovery and reduce future vulnerabilities.

Flood Caused Damage to Household and Business Assets

Participants reported extensive damage to their homes and businesses, with many losing valuable possessions and sources of income. This damage severely disrupted their economic stability and daily routines.

Participant 5: Lapok gyud kaayu pagkahuman sa baha, na stress kaayu ko sa pagpanghipos, among tindahan na stock hurot, og nangaguba, wash out tanan. (It was really muddy after the flood, and I was very stressed with the cleanup. Our store's stock was depleted and damaged, and everything was washed out.)

The significant property damage underscores the material fragility that disasters expose. Participant 5 expressed frustration over the destruction of their store, which was a primary source of income. Such losses highlight the need for comprehensive recovery programs that include financial aid and support for rebuilding livelihoods, ensuring that economic recovery is prioritized alongside physical reconstruction.

Rationalizing Risk

In the aftermath, participants engaged in risk rationalization, prioritizing essential items and needs over others. This process involved making difficult choices about what to save and what to sacrifice.

Participant 1: Wala rako ga mahay na ang uban gamit ako nang ge bayaan, basta ang importante na gamit nakuha ra... Gi palit nako og drawer, mao gyud tuy remembrance nako sa 5,000 pesos. (I didn't regret leaving some things behind, as long as I got the important items... I bought a drawer, which serves as a memento of the 5,000 pesos.)

The rationalization of risk reflects participants' pragmatic responses to limited resources and the need to prioritize survival. Participant 1's decision to prioritize essential goods over others illustrates the careful consideration required in disaster situations. Developing tools and frameworks to support this decision-making process can empower

individuals to make informed choices, thereby enhancing their resilience in future emergencies.

Theme 5: The Ruin of Everyday Life (Spatiality - Lived Space)

The destruction of personal and communal spaces, such as homes and markets, led participants to feel powerless and experience emotional distress. The storm surge's spatial disruption caused a profound sense of loss and disorientation. This theme emphasizes the importance of rebuilding efforts that not only restore physical structures but also address the emotional impact of losing familiar spaces. Providing safe, secure, and comforting environments is crucial for aiding psychological recovery and fostering resilience.

Powerlessness after Destruction

The destruction of homes and communal spaces left participants with profound feelings of powerlessness. The loss of familiar environments contributed to a sense of dislocation and emotional turmoil.

Participant 7: Pag uli namo wala nay mga bongbong, pag sulod nako sa balay pirteng sinawa jd way nabilin, mihilak jd ko wagyd nako napugngan kay hurot jd tanan.
(When we returned home, the walls were gone, and when I entered the house, it was empty. I couldn't hold back my tears because everything was gone.)

The spatial destruction and resulting feelings of powerlessness highlight the emotional toll of losing one's physical environment. Participant 7 expressed immense distress upon returning home to find it destroyed. This emphasizes the need for rebuilding

efforts that not only restore physical structures but also address emotional recovery, creating environments that promote psychological healing and resilience.

Restlessness and Loss of Privacy in Living Space

Overcrowded evacuation centers contributed to stress and discomfort, exacerbating the impact of displacement. Participants reported feeling confined and restless, with limited opportunities for personal time or space. The constant presence of others, coupled with the noise and lack of privacy, made it difficult for individuals to find moments of solitude or peace, leading to heightened anxiety and frustration. This environment often resulted in increased tension among evacuees, as the lack of personal space hindered their ability to process the trauma of the storm surge effectively.

Participant 4: Perte pung paita lage kay astang daghanag tao, unya kaibawo ka na kanang wala ka na anad anang naa kay ka sabay matulog na lain klase-klase na tao.
(It was really tough because there were so many people, and you know, you're not used to sleeping with different kinds of people.)

The lack of personal space, as experienced by Participant 4, underscores the challenging conditions in temporary shelters. Improved planning and facilities in evacuation centers can significantly reduce the adverse psychological impact on displaced individuals, ensuring that basic needs for privacy and comfort are met. By designing shelters with partitioned areas or designated quiet zones, relief organizations can help create a more supportive environment for recovery. Additionally, incorporating recreational and therapeutic activities within evacuation centers can offer much-needed

mental relief and foster a sense of community, helping individuals regain a sense of normalcy amidst the chaos.

Experiencing Displacement and Spatial Confinement During the Disaster

Participants recounted experiences of displacement and spatial confinement during the storm surge, highlighting the profound impact on their sense of stability and security. Many were forced to evacuate their homes and seek temporary refuge in unfamiliar and often overcrowded spaces, such as evacuation centers or the homes of acquaintances. This displacement was not only a physical ordeal but also an emotional one, as individuals grappled with the loss of their personal spaces and the uncertainty of their living conditions.

The spatial confinement in evacuation centers was particularly challenging, with participants reporting a lack of personal space and privacy. The overcrowded conditions, coupled with inadequate facilities, exacerbated feelings of discomfort and restlessness. The unfamiliarity of these environments often led to a sense of entrapment, as individuals were unable to navigate their surroundings with the freedom they were accustomed to.

Participant 4: Katung naa kos evacuation center mura kog napriso atung lugara. Daghan man gud kaayug tao, 4 kaadlaw mi dadtu ayha mi naka uli sa amo. (Being in the evacuation center felt like being imprisoned. There were so many people, and we stayed there for four days before we could go back home.)

Participant 7: Natrap mi atu sa slaughter house kay kusog kaayung agas sa tubig. Ang akong anak ning patong nlang gud sa guard house. (We got trapped at the

slaughterhouse because the water flow was so strong. My child had to climb up to the guard house.)

Experiencing displacement and spatial confinement underscores individuals' vulnerability during disasters. The loss of familiar environments and the ensuing sense of instability can have a significant psychological impact, contributing to stress and anxiety. Participant 4's description of feeling "trapped" in the evacuation center highlights the emotional toll of being confined in a space that lacks personal comfort and security. This experience of displacement emphasizes the importance of creating evacuation spaces that are not only safe but also designed to provide a sense of normalcy and comfort. Adequate planning and infrastructure development for evacuation centers can alleviate some of the psychological distress associated with displacement, helping individuals maintain a sense of dignity and well-being in the midst of chaos.

Discussions of the Findings

In the aftermath of the storm surge in Oroquieta City, a hermeneutic-phenomenological study using Van Manen's model of the existential lifeworld provided a profound exploration of the health and well-being of affected individuals. This approach illuminated participants' lived experiences, revealing the intricate interplay among the physical, emotional, and social dimensions of their recovery journey. The van Manen model, which emphasizes the existential lifeworld dimensions—lived space, lived body, lived thing, lived time, and lived human relation—served as a guiding framework for understanding how the storm surge impacted participants' lives. Through this lens, the Study delved into themes of resilience and Redefinition, highlighting the participants' prolonged recovery process that necessitated a

reassessment of their priorities and life goals. This exploration not only underscored the physical and psychological toll on individuals but also emphasized the critical role of social networks and community support in fostering resilience and aiding recovery.

The findings from this Study offer valuable insights into developing tailored health and well-being programs that cater to the specific needs of diverse groups within the community, ultimately contributing to enhanced disaster management and mental health strategies.

Resilience and Redefinition (Temporality - Lived Time). This theme revolves around the participants' experience of resilience and the Redefinition of their priorities and life goals following the storm surge. Bernier et al. (2024) say long recovery times require reassessing life objectives. Suar et al. (2024) found that civilizations that endure repeated adversity support the idea that resilience involves reconsidering life goals. Also, post-disaster regret is common and can improve preparedness (Gianzon, 2024). Simona & Amritha (2024) agreed that disasters raise awareness and encourage planning. Adaptive coping approaches that improve resilience support this preparatory emphasis (Haque & Hostetler, 2021).

Participants in the sub-theme Prolonged Recovery reported extensive time required to recover from the storm surge, with efforts spanning months. This period involved significant physical and emotional labor to restore their homes and lives. The persistence demonstrated by participants, as shown in their quotes, highlights their resilience despite exhaustion and stress. In support, Bernier et al. (2024) reported that natural disasters often necessitate prolonged recovery periods, which serve as both a challenge and an opportunity for individuals to reassess their life priorities and goals. The

results also align with Suar et al. (2024) 's findings from other regions, where communities facing repeated adversities develop adaptive strategies and psychological endurance. Furthermore, Ngcamu's (2023) research indicates that disasters often compel individuals to re-evaluate their values and life trajectories. Ojo & Rider (2025) stated that this process of Redefinition is crucial for fostering long-term resilience, as it encourages people to build back better with a renewed focus on what truly matters. Sustained interventions are essential for facilitating comprehensive recovery and enhancing community resilience (Tatebe & Miyamoto, 2021).

In the sub-theme Regret and Hindsight, participants experienced regret, wishing for better preparedness to safeguard possessions or prevent conflicts. Such reflections reveal a learning curve, highlighting the significance of being prepared not only materially but socially. Accordingly, post-disaster regret is a common experience that can serve as a catalyst for improved preparedness (Campbell et al., 2021; Gianzon, 2024). Literature indicates that individuals often reflect on their experiences to identify areas of improvement, leading to enhanced preparedness for future events (Choudhury et al., 2021). Karim et al. (2024) highlighted in research emphasizing the importance of social cohesion and communication in disaster preparedness. These insights underscore the value of community education and preparedness programs that address not only material readiness but also social dynamics (Crow & Albright, 2021). By learning from past experiences, individuals and communities can develop more effective strategies to mitigate future risks and enhance their overall resilience (Veuthey, 2025).

The participants' experiences under the sub-theme Heightened Awareness of Time After Disaster showed that the storm surge led participants to value life more deeply,

prioritizing personal safety over possessions. This shift in perspective highlights an adaptive response to the unpredictability of natural disasters. The findings are justified by Bhadra & Dyer (2022), who emphasize the transformative potential of adversity. Simona & Amritha (2024) supported that lived experiences of disasters lead to heightened awareness and proactive planning. This shift in outlook, where participants prioritize readiness, is consistent with the concept of adaptive coping strategies that enhance resilience (Haque & Hostetler, 2021). Participants' renewed respect for preparedness echoes findings from natural disaster-prone locations, where communities establish a culture of readiness and resilience (Roe et al., 2024). Behavioral adjustments boost resilience and community preparation, speeding up and improving recovery (Orthy & Hasan, 2024).

The Body as a Site of Trauma and Vulnerability (Corporeality - Lived Body). This theme delves into the significant physical and psychological impacts of the storm surge on participants, highlighting how their bodies became arenas of trauma and vulnerability. The experiences of physical exhaustion, stress-related symptoms, and emotional distress underscore the profound toll that such disasters can exert on an individual's corporeal and mental well-being. This theme underscores the need for comprehensive, integrated health interventions that address both the physical and psychological dimensions of disaster recovery. By recognizing and supporting the interconnected nature of physical and mental health, recovery efforts can be more effective in fostering resilience and well-being among affected populations.

The sub-theme Alienation from the body acknowledged the participants' physical exhaustion and a sense of disconnection from their bodies, underscoring the profound

impact of the storm surge. Likewise, Heanoy & Brown (2024) pointed out the heightened anxiety and trauma experienced by individuals in the aftermath of natural disasters, relating the dual impact of such events on both body and mind. The work of Burns & FitzGerard (2022) relates the long-term health effects of disasters, including stress-induced vulnerability to chronic diseases. The physical demands of cleaning and the emotional toll of the storm surge necessitate a comprehensive approach to recovery that addresses both mental and physical health. This dual-focus approach is supported by the findings of Roe et al. (2024), who stress the importance of mental health interventions in restoring a sense of normalcy and security. By providing holistic support that encompasses all facets of well-being, recovery efforts can more effectively mitigate the profound impacts of such traumatic events.

The sub-theme Embodied Endurance in the Aftermath of Disaster reflects remarkable endurance, continuing efforts to clean and rebuild. This endurance underscores resilience and strength, as noted in the participants' experiences. Supporting ongoing physical and emotional needs is crucial to sustaining recovery efforts. Adversity, according to Bhadra & Dyer (2022), can strengthen resilience; impacted people generally show an ongoing will to overcome obstacles. Emphasizing the requirement of thorough assistance that attends to both physical and emotional needs, Simona & Amritha (2024) observe that such resilience is essential for maintaining recovery attempts.

The participants highlighted in the sub-theme Embodied Reactions to Panic and Pain, the physical symptoms such as heart palpitations due to panic and fear during the storm surge, highlighting the connection between psychological stress and physical health. Roe et al. (2024) underline the requirement of integrated health interventions

addressing mental and physical well-being since they understand the embodied character of trauma as a roadmap for thorough support programs.

Human Connection Through Care and Mutual Support (Relationality – Lived Self Others). This theme highlights the importance of social networks and mutual support in disaster recovery, emphasizing the strength of community ties. Crow & Albright (2021) and Choudhury et al. (2021) suggest that instinctual protective behaviors and selflessness during crises, rooted in evolutionary psychology, demonstrate how leveraging familial ties can foster resilience and enhance recovery efforts.

In the subtheme Selfless Actions, participants prioritized their loved ones' safety, demonstrating selflessness and the strength of familial bonds. Research by Crow & Albright (2021) highlights that during crises, individuals often prioritize the safety of family members, driven by instinctual protective behaviors. This tendency to safeguard loved ones is rooted in evolutionary psychology, suggesting that strong kinship bonds enhance survival prospects (Ngcamu, 2023). The participants' actions, such as prioritizing pregnant partners and children, exemplify this ingrained behavior, reflecting how familial ties can act as a cornerstone for resilience. Furthermore, studies by Choudhury et al. (2021) reveal that such selflessness not only aids immediate survival but also fortifies long-term recovery by fostering emotional support systems. By leveraging these existing familial bonds, disaster management strategies can be tailored to enhance recovery efforts, ensuring that support systems are effectively aligned with the natural inclination to prioritize kin.

It is illustrated in the sub-theme Mutual Humanity in Times of Need that community support and mutual aid were evident, with neighbors and local leaders

providing assistance. Research by Suar et al. (2024) indicates that community networks provide essential resources and emotional support, mitigating the immediate impacts of disasters. The assistance from community leaders exemplifies how local figures can catalyze collective recovery efforts, as documented by Pastrana (2022) in studies of community resilience. These actions not only alleviate immediate suffering but also lay the groundwork for long-term resilience by reinforcing community ties (Veuthey, 2025). Strengthening these networks through community-based resilience programs, as suggested by Tatebe & Miyamoto (2021), can enhance overall recovery, promoting a robust, united response to future challenges.

Multi-dimensional Disruption of Daily Life (Materiality - Lived Things). This theme explores the disruption of daily life, including food insecurity and property damage, highlighting the fragility of material stability. Iqbal et al. (2023) and Verma (2024) supported that disasters disrupt local food supplies, increasing reliance on external aid, highlighting the need for sustainable food distribution systems and cooperative farming to boost resilience and self-sufficiency.

The participants expressed in the sub-theme Lack of basic necessities that the storm surge led to food insecurity, with participants relying on relief goods, highlighting community vulnerability. This dependency highlights the need for sustainable food distribution systems that provide both immediate relief and long-term security. Iqbal et al. (2023) and Mousavizadeh & Bidgoli (2023) noted that storm surges and other natural calamities often lead to significant disruptions in local food supplies, necessitating reliance on external aid for sustenance. This dependency underscores the need for robust, sustainable food distribution systems that can provide both immediate relief and

long-term food security solutions, as emphasized by authors like Butsch et al. (2023). Local food banks and cooperative farming can also boost resilience by minimizing dependence on external aid and encouraging self-sufficiency (Verma, 2024).

The sub-theme Flood Caused Damage to Household and Business Assets showed the participants' voices on property damage that led to economic instability, disrupting daily routines and livelihoods. Comprehensive recovery programs that prioritize financial aid and livelihood rebuilding are essential for ensuring economic recovery alongside physical reconstruction. According to Davlasheridze et al. (2021), disasters like storm surges result in severe property damage, leading to significant economic instability for affected individuals and communities. This indicates the importance of comprehensive recovery programs that prioritize both financial aid and support for rebuilding livelihoods, as these are essential for economic recovery alongside physical reconstruction (Al-Maruf et al., 2021). The literature also suggests that pre-disaster planning, including insurance coverage and disaster-proof infrastructure, can mitigate economic losses and expedite recovery efforts (Karthik, 2021).

The participants in the sub-theme Rationalizing Risk said that they engaged in risk rationalization, prioritizing essential items, reflecting pragmatic responses to limited resources. Research indicates that individuals often engage in rationalizing risk during disasters, making calculated decisions about what to save based on available resources and perceived importance (Paul et al., 2023). This behavior underscores the need for decision-making tools and frameworks that empower individuals to make informed choices, enhancing their resilience and ability to cope in future emergencies (Sreya et al., 2021). Additionally, studies highlight the role of culturally sensitive interventions that

consider local contexts and community practices in supporting effective risk management strategies (Akram & Mushtaq, 2024).

The Ruin of Everyday Life (Spatiality - Lived Space). The theme examines the emotional impact of losing personal and communal spaces, emphasizing the importance of comprehensive rebuilding efforts. Islam (2023) and Roe et al. (2024) emphasize the need for psychological healing with physical rebuilding. Chee (2024) and Dushkova & Ivlieva (2024) emphasize the importance of well-designed evacuation facilities to reduce psychological distress, while Ngcamu (2023) and Gasior et al. (2024) emphasize evacuation plans to avoid trapping.

The participants acknowledged in the sub-theme Powerlessness after Destruction that losing homes and communal spaces led to feelings of powerlessness and emotional distress. To relate, Musinguzi and Akbar (2021) mentioned that the emotional and psychological impact of losing one's home and community structures is integral to a person's sense of identity and stability. The profound feelings of loss and dislocation reported by participants align with findings by Islam (2023), who noted similar emotional responses in populations affected by Cyclone Sidr in Bangladesh. Roe et al. (2024) also propose including psychological healing in rebuilding efforts because physical structure restoration alone is insufficient for complete recovery. Communities can build resilience and heal by meeting physical and emotional needs. Karim et al. (2024) encourage community-based mental health therapies to improve recovery.

More so, the participants expressed in the sub-theme Restlessness and Loss of Privacy in Living Space that overcrowded evacuation centers exacerbated stress, highlighting the need for improved planning and facilities. Research by Bailey et al.

(2025) justified that inadequate shelter conditions can exacerbate the stress and anxiety of displaced individuals, hindering their psychological recovery. This is consistent with findings by Chee (2024), who stresses the importance of well-planned evacuation facilities that provide not only physical shelter but also a sense of safety and security. Dushkova and Ivlieva (2024) found that better shelter planning and resource distribution can greatly minimize evacuees' psychological strain. Evacuation facilities must be able to manage huge numbers of people and provide basic amenities to improve the victims' well-being. This accords with Suar et al. (2024), who advocate for disaster response techniques that promote victim comfort and dignity.

Lastly, the participants in the sub-theme Experiencing Displacement and Spatial Confinement During the Disaster highlighted that experiences of displacement had an impact on stability and security, emphasizing the need for effective evacuation plans. Research by Ngcamu (2023) shows how entrapment can affect people's mental health and how important it is to have good escape plans to avoid this. Gasior et al. (2024) agree, emphasizing the need for quick and secure departure to avoid dangerous situations. The participants' reports of feeling trapped show how important well-coordinated evacuation efforts are for easing the mental effects of tragedies. Crow & Albright (2021) recommend community-based evacuation strategies that use local knowledge and resources to improve safety and resilience. Disaster response teams can reduce anxiety and improve recovery by guaranteeing safe evacuation and shelter.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

The Study concluded that the storm surge in Oroquieta City had profound impacts on the physical, emotional, and social well-being of its residents. Key themes emerged, illustrating the multifaceted challenges faced by the participants. Prolonged recovery periods highlighted the resilience and Redefinition of life priorities, with many participants reassessing their goals and values in the aftermath of the disaster. This resilience, however, was intricately tied to the need for continuous support and resources, underscoring the importance of sustained interventions in fostering long-term recovery. The findings emphasized the critical role of social networks and community support, revealing that mutual aid and selflessness were vital in navigating the complex recovery process. Despite the strength of community ties, gaps in official relief efforts led to feelings of vulnerability and abandonment for some individuals, pointing to the need for more equitable and inclusive disaster response strategies.

The physical and psychological toll of the storm surge was evident in participants' experiences of trauma and vulnerability. Their bodies became sites of exhaustion and stress, with many reporting symptoms of Alienation and disconnection. The overlap between psychological and physical health highlighted the necessity for comprehensive, integrated health interventions that address both dimensions of well-being. Participants demonstrated remarkable endurance and resilience despite these challenges, continuing their efforts to rebuild and recover. This endurance underscores the importance of

providing holistic support that encompasses both mental and physical health, ensuring that recovery efforts are effective in promoting resilience and well-being. The Study also revealed the significance of human connection and mutual support in disaster recovery, highlighting the strength of community ties and the role of social networks in providing essential resources and emotional support.

The disruption of daily life and the loss of personal and communal spaces had profound emotional impacts on the participants. The destruction of homes and livelihoods led to feelings of powerlessness and dislocation, emphasizing the importance of comprehensive rebuilding efforts that address both physical and emotional recovery. Overcrowded evacuation centers exacerbated stress levels, highlighting the need for improved planning and facilities that provide adequate privacy and comfort. The Study underscored the necessity of developing evacuation spaces that not only ensure safety but also foster a sense of normalcy and comfort. By addressing the material, social, and emotional dimensions of recovery, the findings provide valuable insights into enhancing disaster management strategies and mental health programs, ultimately contributing to a more resilient and prepared community.

Recommendations

Drawing on the results of this Study, the researcher developed recommendations as follows:

1. Health Professionals may develop and implement comprehensive interventions that address both the physical and mental health needs of individuals affected by natural disasters. This includes providing medical care for physical injuries and infections, as well as psychological support for stress and trauma. Initiatives

aimed at educating the community about disaster preparedness and health management should be prioritized. Health professionals can conduct workshops or informational sessions on maintaining physical and mental well-being during and after disasters.

2. Nursing Education can include training on disaster management and emergency response, equipping future nurses with the skills needed to effectively manage health crises in disaster settings. Educators should highlight the importance of mental health care in disaster recovery, ensuring that nursing students understand the psychological impacts of disasters and are prepared to provide compassionate mental health support. Utilize simulations and scenario-based learning to prepare nursing students for real-world disaster situations, enabling them to practice decision-making and critical thinking skills in a controlled environment.
3. The community may focus on building strong social networks that can provide support during and after disasters. This can be achieved through regular community meetings and creating support groups that foster resilience and aid recovery. Community leaders should advocate for and organize preparedness programs that educate residents on emergency procedures, resource management, and safety measures specific to their locality. Encourage community members to participate in volunteer activities that support disaster response and recovery, fostering a sense of collective responsibility and preparedness.
4. Local Government Units can ensure that disaster preparedness and recovery plans are inclusive, taking into account the diverse needs of all community members, including vulnerable populations such as older adults and those with limited

financial resources. Invest in improving infrastructure and resources, such as evacuation centers and medical facilities, to ensure they are equipped to handle large numbers of displaced individuals and provide adequate care and support. Establish clear communication channels to disseminate information and updates during and after disasters, ensuring that all community members are informed and can access necessary resources and support.

5. Future Researchers may conduct longitudinal research to track the long-term health and well-being outcomes of individuals affected by natural disasters, providing insights into the recovery process and the effectiveness of interventions over time. Future studies should focus on diverse populations to understand how different demographic factors, such as age, gender, and socio-economic status, influence disaster experiences and coping mechanisms. Researchers should assess the effectiveness of various health and well-being interventions implemented in disaster contexts to identify best practices and areas for improvement, contributing to the development of evidence-based strategies.

Reflexivity

Reflecting on the journey as researchers through this Study, we were consistently reminded of the profound responsibility entailed in capturing and portraying the lived experiences of those affected by the storm surge in Oroquieta City. Our engagement with the participants and their narratives required a deep sensitivity to the nuances of their experiences and an awareness of our positionality as researchers. We recognized that our interpretations and representations of the data were influenced by our own backgrounds, experiences, and perspectives.

Throughout the research process, we remained aware of our positionality. Our backgrounds in health and social sciences informed our understanding of resilience and trauma, yet we endeavored to remain open to the participants' unique perspectives. This openness was crucial in ensuring that our biases did not overshadow the voices of those we aimed to represent. We constantly questioned our assumptions and sought to ground our interpretations in the lived realities shared by the participants.

Conducting research in a post-disaster setting required a heightened awareness of ethical considerations. We were acutely aware of the vulnerability of the participants and the potential for our research to either empower or further distress them. This awareness guided our interactions, ensuring that we approached every interview with empathy and respect. We prioritized informed consent and confidentiality, recognizing the importance of protecting the participants' identities and personal stories.

The hermeneutic phenomenological approach we employed highlighted the complexity and ambiguity inherent in human experiences. This methodological framework allowed us to delve deeply into the existential lifeworlds of the participants,

yet it also challenged us to embrace the uncertainties and contradictions within their narratives. We learned to appreciate the richness of these complexities, understanding that they reflected the multifaceted nature of human resilience and vulnerability.

Our reflections on the research process underscored our commitment to producing findings that could inform meaningful change. We recognized the potential of our Study to contribute to improved disaster management and mental health strategies. This recognition motivated us to ensure that our research was not only academically rigorous but also socially relevant and actionable. We sought to translate our findings into practical recommendations that could enhance the resilience and well-being of affected communities.

In essence, the reflexivity embedded in our research journey was instrumental in shaping our approach and interpretations. By continually reflecting on our positionality, ethical responsibilities, and the complexities of our findings, we strived to honor the voices and experiences of the participants. Our commitment to impactful research remains a guiding principle, driving us to ensure that our work contributes to a more informed and compassionate understanding of disaster recovery and resilience.

Aesthetic Expression

The storm surge that affected Oroquieta City was truly a devastating event, as the victims of the flood expressed psychological and physical distress. Their stories inspired us to have faith and to have resilience in events such as storm surges. Their experiences have a problematic impact on their morale and future projects, which was truly a traumatizing time for them to experience. The researchers have produced a poem that expresses their hardships as well as their resilience in facing dangers.

"AFTER THE STORM, WE RISE"

Winds screamed loudly, and the rivers broke free

Waters rushed in, fierce as the sea.

Homes fell fast, dreams washed away

Dark clouds hid the light of day.

Mud on the floors, no power, no light

Searching for food through the long, cold night.

Hands ache from lifting, hearts weighed with pain,

But love stays strong though the wind and rain.

Brick by brick, we start anew,

Neighbors help with hammers and glue.

Though scars remain, hope starts to grow.

A stronger home where love still glows.

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Appendix A: Guide Questions for interview

Interview Protocol: **EXPLORING HEALTH AND WELL-BEING OF
INDIVIDUALS DURING AN AFTERMATH OF A STORM
SURGE: A HERMENEUTIC PHENOMENOLOGICAL STUDY**

Introduction:

- Introduce self
- Discuss purpose
- Provide informed consent
- Provide structure of the interview (audio recording)
- Ask if they have any questions
- Test audio recording equipment
- Make participants feel comfortable

General Instructions: Answer the following questions briefly.

A. Demographic Profile Questionnaire

1. What is your age?
2. What is your gender?
3. What is your primary source of income?
4. What is your household's approximate monthly income?

B. Live Experiences on Health and Well-Being Interview Guide

1. **Emotional Responses:** Describe the range of emotions you experienced during and after the storm surge. How did these emotions evolve over time? *(Ihulagway ang lain-laing mga emosyon nga imong nasinati sa panahon ug pagkahuman sa storm surge. Giunsa kini nga mga emosyon nga milambo sa paglabay sa panahon?)*
2. **Physical Health Impact:** How did the storm surge affect your physical health? Were there any immediate or long-term health issues that arose? *(Sa unsang paagi ang storm surge nakaapekto sa imong pisikal nga kahimsog? Aduna bay bisan unsang diha-diha o dugay nga mga isyu sa panglawas nga mitumaw?)*
3. **Changes in Daily Routines and Lifestyle:** What specific changes have you noticed in your daily routines and lifestyle since the storm surge? How have these changes impacted your sense of stability? *(Unsa nga mga espesipikong kausaban ang imong namatikdan sa imong adlaw-adlaw nga mga rutina ug estilo sa kinabuhi sukad sa paglumpag sa bagyo? Giunsa man niini nga mga kausaban pag-apekto ang imong pagbati sa kalig-on?)*
4. **Access to Healthcare Services:** Describe any challenges you have faced in accessing healthcare services and facilities after the storm surge. How have these challenges affected your ability to maintain your health? *(Ihulagway ang bisan unsang mga hagit nga imong giatubang sa pag-access sa mga serbisyo ug pasilidad sa pag-atiman sa panglawas pagkahuman sa storm surge. Sa unsang paagi nga kini nga mga hagit nakaapekto sa imong abilidad sa pagpadayon sa imong kahimsog?)*

Overall Impact on Health and Well-Being: Reflecting on your overall health and well-being, how has the storm surge influenced your life in the short and long term?
(Pagpamalandong sa imong kinatibuk-ang panglawas ug kaayohan, giunsa man sa paglumpag sa bagyo ang pag-impluwensiya sa imong kinabuhi sa mubo ug taas nga panahom)

C. Coping Mechanisms Interview Guide

- 1. Use of Social Support:** In what ways have you sought and utilized social support from family, friends, or the community to cope with the storm surge aftermath?
(Sa unsang mga paagi ka nangita ug nagamit sa suporta sa sosyal gikan sa pamilya, mga higala, o komunidad aron maatubang ang kahimtang human sa paglumpag sa bagyo?)
- 2. Utilization of Financial Assistance:** What types of financial assistance have you accessed to aid in your recovery? How effective have these resources been in helping you rebuild and stabilize?
(Unsa nga mga matang sa pinansyal nga tabang ang imong na-access aron makatabang sa imong pagbangon? Giunsa ka-epektibo niining mga kapanguhaan sa pagtabang sa imong pagbag-o ug pagstabilize?)
- 3. Stress Management:** What specific strategies or practices have you found helpful in managing stress following the storm surge? How have these strategies evolved over time?
(Unsa nga mga espesipikong estratehiya o praktis ang imong nakaplagan nga makatabang sa pagdumala sa stress human sa paglumpag sa bagyo? Giunsa man niining mga estratehiya ang pag-uswag sa paglabay sa panahon?)

4. **Adaptation to New Living Conditions:** How have you adapted to any new living conditions resulting from the storm surge? What challenges have you faced, and how have you overcome them? (*Giunsa nimo pagpahaom sa bisan unsang bag-ong kahimtang sa pagpuyo nga resulta sa storm surge? Unsang mga hagit ang imong giatubang, ug giunsa nimo kini pagbuntog?*)
5. **Personal Resilience:** Can you share examples of personal resilience you've demonstrated in dealing with the aftermath of the storm surge? How have these experiences shaped your outlook on future challenges? (*Mahimo ba nimong ipaambit ang mga ehemplo sa personal nga kalig-on nga imong gipakita sa pag-atubang sa pagkahuman sa storm surge? Sa unsang paagi kini nga mga kasinatian nakahulma sa imong panglantaw sa umaabot nga mga hagit?*)

Concluding Question:

1. Is there anything else you'd like to add about your experience or perspective on the aftermath of the storm that we haven't covered?

(Aduna pay lain nga gusto nimo I-share bahin sa imong experience o panglantaw sa pagkahuman sa baha nga wala namo na hisgot?)

Appendix B: Documentation





Appendix C: Transcript of Interviews (Qualitative)

Statement	Meaning Units	Sub-themes	Essential Themes	Lifeworlds
(P1)Dugay-dugay jud mga 3 months to 4 months mi ayha naka recover atu na baha. (It took 3-4 months before we can recover) (P5)Dugay sad mi naka recover atu mga tulo ka semana, wala man dayun mi ning balik sad sa among ka puy, an. (It took us a long time to recover, around 3 weeks we did not directly move back to our home after the storm) (P7)Ning puyo pami sa kaila namo, mga 3 months mi dadtu. Atu na time g hinay-hinay na namog rebuild among balay. (We stayed at a different house, around 3 months. That time we slowly tried to rebuild our affected house.)	Delayed recovery process	Prolonged recovery	Resilience and Redefinition	Temporality (Lived Time)
(P2)Dugay kaayo kay diman lalim ang paghugas samong balay tas kapoy na kaayo mga hapit pod to duha ka semana. (It took a long time, because it is not easy to clean the whole house, plus it was stranuous, it took around 2 weeks.) (P6)mga usa ka semana jud mi ato ayha mi naka pang hinlo sa palibot pero abtan jud og bulan ayha me naka recover (It took 1 week to clean my place, and it took us one month after we could recover.)	Time-consuming clean up			
(P3)Sa trabaho mga duha ka semana pa adesir maka trabaho ug asawa nako. (For work it took 2 weeks before my wife could continue her job.) P6-Pagkahuman sa baha na apektohan gyud ako trabaho, katung sauna man gud naa koy routine sa pag pamasahе atunga pagkahuman sa baha ga sige raman kog panghinoktok walay ma buhat. (After the flood my job was affected, back then I had a routine as a motorists. After the flood I had nothing to do, I was always wandering.)	Extended time off duty			

(P1)atong time ma na gibalayan ko sa pari para naa unta koy bakwitan og nahibaw an palang nga naa koy igsuon nga wala me magkasinabot wala nalang pod ko ni balay didto kung mahimo didto nalang ko sa madre sa talairon. (After the flood a priest constructed me a new home to live in, I should known that the conflict of my other family members would affect my new living conditions. I would have preferred the nun's help with the housing .)	Reflecting Family conflict	Regret and hindsight		
(P2)Kanang makasakyanan unta para biyahe-biyahe unya kay di naman mahimo. Unta pag ka sunod na kusog sa baha mas maka andam mi daghan kaayu kog regrets atu na pwede ra unta ma solbad. (I could have a car for traveling, but now I got nothing. I can't do anything about it.) (P7)Nagmahay gyud ko na wala na balikan tung uban gamit namo, (I really regretted that I did not bring more things with me.)	Regrets for lack of preparedness.			
(P1)atu na time ih una gyud natu atoang kinabuhi, kay ang butang makita raman na. Fight gyud tah kay ang kinabuhi isa ra. lisud gyud biya tung na agi an namo sa baha. (During that time we should prioritize our life. Fight to survive, because we only get to live once.The flood was truly a horrible experience.)	Valuing limited time	Heightened awareness of time after disaster		
(P5)Aside from traumatic, maghuna huna napud anang moabot naman pud kaha ang panahon nga ing ato, prepare nalang gyud ta kay dili man nato matag an ang panahon.(Aside from a traumatic experience, your left to think if there is another storm as worse as the last time it hit big, we must prepare because we can never know.)	Expecting future disasters			

(P6)Bug at kaayu akong lawas, mura kog ga alsa og bug at taga baklay...	Bodily Heaviness	Alienation from the body	The Body as a Site of Trauma and Vulnerability	Corporeality (Lived Body)
P(2)Kapoy jud kaayu ako lawas atu, kulang pagud kog tulog, gipanugnaw pagud ko, og kulang sa kaon, tungods kakapoy makahilak nalang ka... (P4) Naguol ko kay weak nabiya tag heart. Maong mag avoid jud kog stress. P(5)"Stress, Grabe ang stress namo adtu...Naluya gud ko atua tung paghuman sa baha, ga sakit akong dughan sige.	Experiencing Body Malaise and Stress			
(P2)Bisan pag gi kapoy ko, padayun raman gyapon akong lawas... (Even if I am tired, I still kept going.) (P6)Kapoy na kaayu akong lawas pero padayun lang gyapon... (My body is too tired, but I still kept going.)	Persevering despite exhaustion			
(P5)Katol kaayu akong lawas atu paghuman nakog panglimpyu... (My body is too itchy after cleaning.) (P6) gipang nuka-nuka mi pagkahuman sa baha, katol kaayu akong tiil. (We got infected after the flood, my foot itches a lot.)	Itching as a bodily symptom	Embodied endurance in the aftermath of disaster		
(P4)Sakit kaayu akong likod atung pag balik namo sa among balay... (P5) Di ma sabtan akong g bati pag uli namo, ga luya na ga sakit ang ulo, ang likod. Wa ko kabalo kung tungod ba sa stress, or sa kulang og tulog... (P7)Sakit kaayu akong kamot, nangurog taga aswat nakog lapok sa among balay.	Experiencing pain after the storm			
(P4) Gabuto-buto gyud akong heart atu kay naratol naman ko... (My heart was palpitating because I was panicking...)	Physical reaction of heart palpitations due to panic	Embodied reactions to panic and pain		
P1:Basta pagkaon, siya gyud ang unahon kay buros biya P2: Ang nangadto ras evacuation kay ang akong wife, anak, ug mga apo na naa diri mao rato ako gipa evacuate kay	Prioritizing Loved ones			

nahadlok nasad ko kay dali ra kayo nitaas ang baha. P5: Gisuguro nalang namo among mama. P6: Amo nalang gisuguro ang mga bata sa gamay pang tubig taga tuhod pa amoa nalang sila gipa lakaw na. P7: Giuna namo ug evacuate ang mga bata kay pag tan aw nako sa tubig dako naman kaayo nagka hinay-hinay nag kataas tas kusog na kaayo ang ulan igo pod taga tuhod na.				
(P1) Nabalaka ko sa akong anak og motabok anang tulay unyang maanod ba grabe naman gud og overflow sa tubig ato unya buros pa jud 7 months. (P2) atung timema wakoy nakita pisi unsaon nalang ako wife, unya di kibaw mo langoy niya saon nalag gabie na nahitabo. (P5) Kay ug wala na maanod gyud akong mama Kay akong mama 92 years old na. (P6) akong apo nihilak maong gipadala didto kay nahadlok man siya sa tubig,	Concern for others			
(P1)Pari, Si Father Salinas, sa layawan ni gitukuran kog balay nga gamay lang gud dili ingon og concrete ply wood sya , (p4)Salamat pud sa ginoo naay pare na nagtukod og balay sa katung na anuran, “pabahay” nalipay pud mi kay nakatabang pud bah	Housing as a sign of communal compassion	Mutual Humanity in times of need		
(P3)wala ray problema kay naa man pud mga parente nga nitabang, naa say mga ayuda sa gobyerno. Mga kabarkadahan nako maoy usa nga nakatabang dire, pag	Feeling cared for			

kabalo nila ng ga lunop gipadal an dayon ko nilag mga suporta.				
P(1) Kulang gyud mi sa pagkaon, dili pud mi maka lung ag kay among bugas nanga anod. Maygali kay naka survive ra biya pud kay naay naghatag og relief goods.	Loss of material sustenance	Lack of basic necessities	Multidimensional Disruption OF Daily life among flood survivors	Materiality (Lived Things)
P(2)Daghan mi na recieve na mga ayuda, kasagara mga noodles, mga tinapa. Gipang hatagan pud mig tubig og mga sanina... P(3)Ga salig rami sa mga relief goods gi hatag, mga bugas og de lata.	Reliance on relief goods			
P(2)Suko kaayu akong wife atu, ref gud tu, naguba pagud ang tindahan. Gastoan jud, daghan mig pamalit atu niya ang mga stock na tinda nanga anod ra. Nasayangan pud ko sa manok nako, Texas biya tu na manok unya na matay ra apil ang piso. P(3)daghan damage sa sulod sa balay and duha ka flat screen nga TV , mga drawers, ugmga sanina namo nanga damage. P(5)Lapok gyud kaayu pagkahuman sa baha, na stress kaayu ko sa pagpanghipos, among tindahan na stock hurot, og nangaguba, wash out tanan. P(6)Naanod ang motor namo atu, ang auto didtu sa garahe dina mo start. Wala na namona apas og kuha ang mg abutang sa gawas atu, kay gi una namong motor single.	Property damage and loss due to flood	Flood caused damage to household and business assets.		
P(1)Pagka human sa baha, nakakuha kog atu worth 5,000 pesos, naa pud mi abuloy bugas gikan sa gobyerno. Nakakuha sad kog Jollibee na pack lunch 30 kabuok. P(3)Mga batch namo nanghatag ug mga sanina atu para sakong pamilya. P(5)Naka receive mi og ayuda, og ang uban naay nakarga sa insurance pero ginagmay ra lagi pud.	Receipt of Financial and Material assistance			

P(1)Wala rako ga mahay na ang uban gamit ako nang ge bayaan, basta ang importante na gamit nakuha ra... Gi palit nako og drawer, mao gyud tuy remembrance nako sa 5,000 pesos (I have no regrets that I left my other belongings, as long as I got the important materials... I bought a 5k drawer, which was a remembrance to my 5k financial aid.)	Prioritization of financial needs	Rationalizing risk		
P(2)akong kahadlokan ba mabungkag na ang among balay (I fear that my house will get destroyed)	Anticipatory fear			
P(5) way kwarta akong mama tiguwang na lisod kaayog way kwarta kay di gyud mapalit ang mga maintenance	Lack of financial funds			
(P1)Ang mga salog og dingding gipang ilisdan kay naguba man to, kawayan raman to gud, ang salog og dingding. Naluya gyud ko kay daghan kaayu kog nagasto. (P2)Among tindahan ato kay na wash-out tanan kay tungods kataas nas baha, na anod padulong sa suba unya wala man nako gi kuralan ako untang ih block bah arun dili ma lahos sa suba. (P3)Paghuman sa baha nanglimpyu ra dayun mi sa among balay napunog lapok. Kusog tung bahaa kay na guba man gyud ang parel namo. (P5)Pagsulod nimo sa balay namo, imo makita ra kay lapok. Ang atop namo napalid tu kay pagabot namo wala naman gyud mi atop. (P7)Pag uli namo wala nay mga bongbong, pag sulod nako sa balay pirteng sinawa jd way nabilin, mihilak jd ko wagyd nako napugngan kay hurot jd tanan,	Witnessing property destruction with emotional distress.	Powerlessness after destruction	The Ruin of Everyday Life	Spatiality (Lived Space)
(P1)Sirado sad ang merkado kay na puno og lapok, maong apektado gyud tung trabaho namo atu. (P2)Syempre, ang merkado ato di napod mabaligyaan sag pila kaadlaw kay lapok naman tas dinapod mi ka paninda...	Destruction of Livelihood			

(P4) Perte pung paita lage kay astang daghanag tao, unya kaibawo ka na kanang wala ka na anad anang naa kay ka sabay matulog na lain klase-klase na tao. (P5)Daghan pud mi nang evacuate didto sa center, crowded kaayo.	Lack of personal space	Restlessness and loss of privacy in living space		
(P1)Tugnaw gyud kaayu atu na panahon kay wala man mi kurenta atu, Wala mi tarung tulog atu. (P2)Maghigda nalang tas kutson nga daghang lamok wa pagyuy tarong na suga kay dugay kaayo na restore ang electricity ug tubig ato. (P4)Naglisod jud mi sa among tulogan kay halos ga dugol tanan mga tawo sa evacuation center unya astang iganga tungod sa kadaghan sa tawo.	Sleep deprivation due to environmental factors			
(P4)Katung naa kos evacuation center mura kog napriso atung lugara. Daghan man gud kaayug tao, 4 kaadlaw mi dadtu ayha mi naka uli sa amo (P7)Natrap mi atu sa slaughter house kay kusog kaayung agas sa tubig. Ang akong anak ning patong nlang gud sa guard house.	Temporary refuge in unfamiliar and vulnerable space	Experiencing displacement and spatial confinement during the disaster		
(P5) Ning evacuate rami og kanang lain balay na kaila nako, dili man ganahan akong mama sa evacuation center, maong ning evacuate mi dadtu...	Temporary refuge in an unfamiliar space			

THE PARTICIPANTS IS KNOWN BY IT'S NUMBER (P#)

Appendix D: Letter of Request to the Dean

	MISAMIS UNIVERSITY Ozamiz City 7200, Philippines Tel No. +63 88 521-0367 / Telefax No. +63 88 521-2917 E-mail Address: mu@mu.edu.ph CERTIFIED: ISO 9001:2015 Quality Management System - DNV-GL Australia Pty Ltd ACCREDITED: Philippine Association of Colleges and Universities Commission On Accreditation (PACUCOA) GRANTED: AUTONOMOUS STATUS by the Commission on Higher Education (CHED)	
COLLEGE OF NURSING, MIDWIFERY AND RADIOLOGIC TECHNOLOGY		
May 14, 2025		
DR. SAMMY B. TAGHOY Dean College of Nursing, Midwifery, and Radiologic Technology MISAMIS UNIVERSITY		
Dear Dr, Taghoy		
I hope this letter finds you well, I am writing to respectfully seek your approval to conduct a research study entitled, EXPLORING HEALTH AND WELL-BEING OF INDIVIDUALS DURING AN AFTERMATH OF A STORM SURGE: A HERMENEUTIC PHENOMENOLOGICAL STUDY, I plan to conduct in-depth interviews with selected participants who meet the inclusion criteria and are willing to share their experiences voluntarily. Rest assured that the study will strictly adhere to ethical standards, including securing informed consent from participants, maintaining confidentiality, and ensuring that no harm comes to any participant. Ethical clearance will also be obtained from the institution's Research Ethics Committee prior to data collection. I kindly request your approval and support to proceed with this research in Oroquieta City. Should you require further details, I am more than willing to provide the research proposal or attend a meeting at your convenience.		
Thank you very much for your time and consideration. I look forward to your favorable response. Sincerely yours, Researchers		
<u>Kirk Seith Alunan</u>	<u>Kassandra Angela E. Barita</u>	
<u>Princes Angel S. Bodiongan</u>	<u>Jacinth Q. Bicoy</u>	<u>Jelica Crisel T. Cabarobias</u>
Noted by:		
<u>Jesus G. Ocapan jr. PhD, RN, JD</u> Research Adviser		
Approved by:		
<u>DR. SAMMY B. TAGHOY</u> College dean		

Appendix E: Meaning Units, Sub- Themes, & the Essential Themes

Meaning Units	Sub-themes	Essential themes
Delayed recovery process	Prolonged recovery	Resilience and Redefinition
Time- consuming clean up		
Extended time off duty		
Reflecting Family conflict	Regret and hindsight	
Regrets for lack of preparedness.		
Valuing limited time	Heightened awareness of time after disaster	
Expecting future disasters		
Bodily Heaviness	Alienation from the body	The Body as a Site of Trauma and Vulnerability
Experiencing Body Malaise and Stress		
Persevering despite exhaustion	Embodied endurance in the aftermath of disaster	
Itching as a bodily symptom		
Experiencing pain after the storm	Embodied reactions to panic and pain	
Physical reaction of heart palpitations due to panic		
Prioritizing Loved ones	Selfless Actions	Human Connection
Concern for others		
Housing as a sign of communal compassion	Mutual humanity in times of need	Through Care and Mutual support
Feeling cared for		
Loss of material sustenance	Lack of basic necessities	Multidimensional
Reliance on relief goods		
Property damage and loss due to flood	Flood caused damage to household and business assets.	Disruption of Daily life among Flood Survivors
Receipt of Financial and Material assistance		
Prioritization of financial needs	Rationalizing risk	
Anticipatory fear		

Lack of financial funds		
Witnessing property destruction with emotional distress.	Powerlessness after destruction	The Ruin of Everyday Life
Destruction of Livelihood		
Lack of personal space	Restlessness and loss of privacy in living space	
Sleep deprivation due to environmental factors		
Temporary refuge in unfamiliar and vulnerable space	Experiencing displacement and spatial confinement during the disaster	
Temporary refuge in an unfamiliar space		

Appendix F: Turn it in/ Grammarly results

Page 2 of 75 - Integrity Overview

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Appendix G: Grammarly results

The screenshot displays the Grammarly Proofreader interface within a web browser. The browser's address bar shows the URL: `codalpaper-BICOY_dVLPVUxWeG3/Finalpaper-BICOY_suF2omto#_luvoekbn`. The document title is "Finalpaper BICOY". The document content is a thesis titled "EXPLORING HEALTH AND WELL-BEING OF INDIVIDUALS DURING THE AFTERMATH OF A STORM SURGE: A HERMENEUTIC PHENOMENOLOGICAL STUDY". The author information includes "An Undergraduate Thesis", "Presented to the Faculty of the College of Nursing, Midwifery and Radiologic Technology", "Misamis University, Ozamiz City", and "In Partial Fulfillment of the Requirement for the Degree Bachelor of Science in Nursing". A "Suggesting edits" button is visible at the top. The Grammarly Proofreader sidebar on the right shows a "Writing quality" score of 99. The sidebar also includes tabs for "All", "Grammar", and "Clarity". The "All" tab is selected, showing a list of suggestions. The first suggestion is "Improve wording" for the phrase "in the midst of". The second suggestion is "Improve your text" for the phrase "In the sub-theme Regret and Hindsight, par...". The third suggestion is "Improve your text" for the phrase "LiteratureThe literature indicates that individuals often reflect on their experiences to identify areas offer improvement, leading".

Finalpaper BICOY

EXPLORING HEALTH AND WELL-BEING OF INDIVIDUALS DURING THE AFTERMATH OF A STORM SURGE: A HERMENEUTIC PHENOMENOLOGICAL STUDY

An Undergraduate Thesis
Presented to the Faculty of the College of Nursing,
Midwifery and Radiologic Technology
Misamis University,
Ozamiz City

In Partial Fulfillment of the
Requirement for the Degree
Bachelor of Science in Nursing

Grammarly Proofreader

Writing quality 99

All 60 Grammar Clarity

This environment often resulted in increase...

Improve wording
in the midst of

Improve your text
In the sub-theme Regret and Hindsight, par...

Improve your text
LiteratureThe literature indicates that individuals often reflect on their experiences to identify areas offer improvement, leading

CURRICULUM VITAE

I. Personal Information

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II. Educational Background

Elementary: Juan Germinanda Elementary School

Junior High school: San Jose Academy

Senior High school: San Jose Academy

College: Misamis University, Ozamiz City

I. Personal Information

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II. Educational Background

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Junior High school: Misamis Institute of Technology

Senior High school: Our lady of Triumph Institute of Technology

College: Misamis University, Ozamiz City

I. Personal Information

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II. Educational Background

Elementary: La Salle University Intergrated School

Junior High school: La Salle University Intergrated School

Senior High school: La Salle University Intergrated School

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I. Personal Information

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II. Educational Background

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Senior High school: Misamis University

College: Misamis University