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Research Article

Students' Resiliency towards Experiencing Tornado

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ABSTRACT

This study was conducted to find the meaning of resilience for students experiencing tornadoes. To attain the meaning of fear for a person with traumatic injury, to know the common effects of experiencing a tornado. To accomplish the reason for the study, the phenomenological method was used to comprehend and interpret the meaning of experiences of student's life when they experienced a tornado. The learners of one of the leading private schools in the Division of Pangasinana-Philippines served as the informants of the study. Results revealed that the majority of the learners' state that resiliency is a type of adaptability wherein they were able to adapt to the changes in their surroundings, on how they can stand regardless of what they have encountered, they were able to overcome it and that made them a resilient person. The researchers conducted an interview wherein most of their informants' state that the fear and trauma they got from experiencing a tornado affects their lives. It can hinder someone from achieving their goals, they fear something they want to try because most of them state that it might happen again, it might cause them danger again, and they overthink just a wind that they think, another tornado will come again. When it comes to the effects of experiencing a tornado, most of them stated that they got scared and traumatized. Despite all the negative effects, tornadoes changed their perspective on life. It also recommended that parents and teachers provide comfort, counseling, and monitoring of learners' behavior.

Keywords: *Live Experience, Resilience, Students*

Introduction

Resilience is all about your skill to withstand adversity and get better and grow despite life's downturns. When people are faced with a calamity, destructive force, health-related issue, relationship, work, or school problem, resilience is about how well people

can adapt to the events in their life, and how well people can deal with the event in their life. Everybody is resilient, it is just important how much and how well the person will put it to good use in his/ her life. Resilience does not mean the person cannot feel anything about the problem. Instead, they have just found a better

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way how to overcome it briefly than others. Resilience is really important because it talks about the mastery and growth of everyone. It helps us to fight our problems. Resilience helps people mentally, socially, physically, and even spiritually and work at their best. People tend to be more productive and calmer and enjoy their life because of resilience. (Schiraldi, 2017). Abi-Hashem (2017) stated that having an unexpected trauma, sudden loss of someone, pain, tenderness, and tragedy is difficult to handle in our life. It affects people's responses to their mental, attitude, or even behavior. It can even affect people's moods, function your mind and even affect people's relationships or communication with others. Based on the article by Dante (2010), resilience has been considered a vigorous developmental process encompassing the achievement of a positive version within a situation of significant risk, severe adversity, or trauma. A review by Woods and Branlat, M. (2012) that aimed that when one uses the label or word 'resilience, 'the first reaction that he thinks of resilience is that as if it were adaptability, the ability to absorb or adapt to disturbance, disruption, and change. It was concluded in the article of Folke, Carpenter, Walker, Scheffer, Chapin, and Rockström (2010) that resilience lectures the dynamics and development of the multi-part social-ecological systems. There are three features are essential that we need which are resilience, desirableness, and transform ability. Corner and Smyth (2009), stated that traumatic experiences are really common; there is wide variability in individuals' responses to experiencing a trauma. Her study examined trauma, experience, meaning-making exertion, and post-traumatic stress signs in a non-clinical volunteer student. Feder, Nestler, and Charney (2009) stated that every individual has experienced when it comes to traumatic life trials. Some issues accuse that it will lead to depression and other psychiatric disorders, but most people are resilient to such effects. Herrman, Stewart, Diaz-Granados, Berger, Jackson, and Yuen, (2011) stated that everyone should try to avoid mistreatment and other cause of tensions experienced by everyone in our everyday routine, psychiatrists and other health professionals also need to deliberate how best to fund,

throughout the lifetime, those personally affected by severe adversity. Terms like "fear conditioning" and "fear system" confound the distinction between processes that activate sensible feelings of fear and unconscious processes that control defense replies prompted by threats. LeDoux (2014) further established that this is a serious distinction considering signs based on unconscious and conscious procedures may be exposed to various influencing factors and it can also be administered with a type of approach in people who suffer from uninhibited fear or anxiety. According to Imperial and Vanclay, (2016) journal, learning lessons from post-disaster that you have encountered is important just to understand how to orient, inspire yourself to cope, and learn some things that you can use and do when something will come up in your life such as disaster, especially to address to the sustainable development of vulnerable areas is something that you need to learn. Powell., Tara, Bui., and Tuyen (2016) stated that experiencing disasters can affect each and everyone's physical and emotional well-being. They distort your everyday life by taking individuals and their families, destroying their homes, and breaking communities. According to Alisic (2012) study, she points out that trauma can have a momentous impact on everyone's development and brain structure and it is caused by predictable ongoing effects. Internalizing and externalizing performances may shallow after suffering from traumatic events. Trauma possibly influences a child's thinking progress, learning, emotional and social development which can eventually show itself in performance at school. Meyer (2015) stated that experiencing trauma can impact the areas of a person's development and life functioning. Especially those students who have experienced trauma can easily influence their educational status because of the effects of experiencing a disaster that caused their traumatic situation. Child development occurs within the situation of the child's family, neighborhood, and community environment. Children who experienced trauma needs support provided by their family, not only with those people with whom they directly spend with but also with their family. Family is the only one who can provide positive outcomes. Frantz, Hansen,

Squires, Machalicek, (2018) investigated about two meanings in life and resulted in indicated that the true meaning of life for young adults is only fear, fear of associating with dying, and death. Eric (2013) stated that being in a tornado can be very terrifying and it can be very stressful. A lot of families recover quickly, especially with the help of their relatives, peers, and their community. But some families may have different experiences during and after a tornado, and it takes them so long to recover depending on how frightened they have felt during the tornado. Children may react differently which is caused by the tornado that depends on their age. Returning to their school may be hard for them; the teachers can play an important role in the helping their students to recover. According to Jennings (2019) the first stage in offering support to those students who experienced trauma is to support them to feel that they are safe at school. By spending more time in a supportive classroom, students can learn that school can be a harmless place and that their teachers and classmates can be caring, thoughtful people who are supportive and have their best comforts at heart. Treadwell (2017) conducted a phenomenological study that illustrated the lived experience of senior students for encountering a prestigious crisis, just like natural disasters, intended violence, or even accidents. In the middle of the indescribable tragedy, their lived experience can be described by uncertainty and fear, enhanced awareness, personal impact, and incidental learning. As they arose from tragedy, leaders think about their responsibility for helping those who have encountered tragedy by establishing a soothing environment and helping them to move on. In the study of O'Toole (2017), it was stated that the best way to ensure your safety during or in a moment of tragedy just like an earthquake or tornado is to manage your fear, calm yourself, and seek a safe place to manage your emotion. The researchers demonstrated that experiencing a tragedy can affect our life by just having and feeling stress, trauma, and depression and can cause anxiety. People who experienced tragedy or breakdown in their life are all the same there are some who we called resilient people for being good, for coping, or ability to

bounce back in just a short time despite experiencing such a disaster. There are still some people who experienced stress that leads them to be traumatic or depressed about it experiencing downturns in their life. The purpose of this study will serve as the voice for those people who are afraid to say what are they feeling after experiencing a disaster or tragedy in their life and also to be aware of how can we help those people who are experiencing such a stressful or anxiety in their life after experiencing a tornado. Everyone will be more open about their concern about their experiences, feelings, and struggles.

Objectives of the Study

1. What is the meaning of resilience for students?
2. What is the meaning of fear for a person with a traumatic injury?
3. What are the common effects of experiencing a tornado?

Methods

This section deals with the methods and procedures to be used in carrying out this study. This includes research design, participants of the study, data gathering instruments, data collection, ethical consideration, and data analysis.

Research Design

The researcher employs qualitative design to obtain data through open-ended and informal communication in this study. The study employed a phenomenological design in which Wood, D.D (2017) stated that the phenomenological method aims to define, comprehend and interpret the meanings of experiences of human life. It focuses on research questions such as what it is like to experience a particular situation.

Respondents and Sampling Procedure

The study will be conducted in one of the leading private schools in the Division of Pangasinana-Philippines learners who experienced a tornado incident. The researcher will conduct a study using a cluster sampling design in which the researcher will divide the population into

separate groups to avoid the researcher being biased within the information. Cluster sampling refers to a type of sampling method. With cluster sampling, the researcher divides the population into separate groups, called clusters. Then, a simple random sample of clusters is selected from the population. The researcher analyzes data from the sampled clusters (statistics Dictionary 2020).

Research Instrument

A validated questionnaire was used by the researchers to gather data and to make the research possible. The interview of the informants will include open-ended questions, which will help the researchers to examine the participants for more information and to make the interview less formal.

Data Gathering Procedure

The questions have undergone processes of validation. The researchers sought permission from the school head of one of the leading private schools in the Division of Pampanga-Philippines to conduct the study and personally conduct the interview. Likewise, the researcher informed the informants regarding the purpose of the study. Upon the granting of permission, the researchers explained the purpose of the study to the informants and secure their consent. In the interview, the primary piece of information was recorded. This would allow the informants to elaborate on their insights and concerns. Audio recordings will be used properly and concisely to document the interview. The researchers validated data collected from the informants to have a clear understanding of their experiences.

Ethical Consideration

The researchers used ethical standards to be upheld during the research as the principle of confidentiality consent will be applied. The researchers used primary and secondary data in this study. Consent from the school where the study will be obtained and suitable authorization for the use of their information will also be ensured. Confidentiality of the informant's identities and the protection of private information given during the study will be adhered to. The use of secondary data from any source

will be acknowledged with proper references. Therefore, the ethical aspect will be followed very strictly in this research.

Data Analysis

Qualitative data analysis will be utilized in analyzing and interpreting the data to be gathered from the informants of the study. The procedure of this phase will be the process of documenting their interview. Gathered data will extract and delineated into a unit of meaning through key point coding. Gathered pieces of information with similarities will be grouped into concepts. Common concepts will be analyzed to form themes. Thematic Analysis is a type of qualitative analysis. It is used to analyze classifications and present themes (patterns) that relate to the data. It illustrates the data in great detail and deals with diverse subjects via interpretations (Boyatzis 1998).

Results and Discussion

The majority of the informants stated that the meaning of resiliency is all about a type of adaptability wherein they can adapt the changes and to things that are happenings in their surroundings in life easily and quickly it is about like coping with the situations around them and being able to overcome those things. A lot of them stated that they have become a resilient person ever since they encountered some incidents in their lives, their pasts, or their problems, especially when they experienced the tornado and got scared, frightened, threatened, and got traumatized, despite all life's downturn they were able to overcome those things in their lives.

They said that the meaning of "fear" is something they feel is frightened back by something in their lives, they fear for just little things, and they fear for something related to what they have encountered. A lot of them said that whenever they see the leaves spinning in the wind, they feel scared about it because they got traumatized from a tornado, they think that it might happen to them again, it might hurt them, it might cause them danger. The informants stated that experiencing a trauma got them scared all the time, being scared of just a few things and got them being an over-thinker, being a traumatized person affects their inner

being and their outside factors like their daily decisions in life. Fear hinders them from achieving their goals, they are in their situation when they think that they cannot do it, they are not supposed to do it because they think that it might cause them danger and hurt them again.

The majority of the informants said that the effect of experiencing a tornado to them is something like they have become more sensitive and thinkers, they have noticed that when it comes to strong winds when they felt that the wind is strong, a lot of them feel nervous or scared, they think that the tornado incident will happen again. The way they overcome it, is they make themselves busy just to forget the incident that they have encountered, by telling them that "it's okay" and "Everything will be okay". A lot of the informants said that during that day, they were shocked, panicked, and scared, but the incident gave them a lesson to being a ready person, tornado incident changed their perspective in life. They have said that they should treat their loved ones well, treasure them all, and treasure their moments with family, friends, and teachers because they said they do not know what will happen next.

Conclusion

The majority of the informants stated that Resiliency is a type of adaptability wherein they were able to adapt to the changes in their surroundings, on how they can stand regardless of what they have encountered, they were able to overcome it and that made them a resilient person.

The majority of the informants reveal that fear and trauma that they have got from experiencing a tornado, affected their lives, it can hinder someone from achieving their goals, they fear something they want to try because most of them said that it might happen again, it might cause them danger again, they over think in just a wind that they think, another tornado will come again.

Regarding the effects of experiencing a tornado, most of them stated that they got scared and traumatized. Despite all the negative effects of it, the tornado changed their perspective on life.

Recommendation

For the students, focus on some activities or try joining an organization that could divert their minds can help you in coping up. For the parents, keep an eye on their children, and ask them if they feel hurt and sad, be open enough to them about what they've experienced, feelings and struggles.

For the teachers, in the wake of traumatic events, your comfort, support, and reassurance can make students feel safe, help them manage their fears, guide them through their grief, and help them recover healthily.

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