



ABSTRACT

Title of the Research: **SEVEN-YEAR STRESS REACTIONS AND RESILIENCE OF PUBLIC SCHOOL TEACHERS: BASIS FOR PROPOSED INTERVENTION FOR CALAMITY SURVIVORS**

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The study aimed to identify the disaster stress reactions and resiliency of typhoon *Sendong* survivors after seven years. Purposively selected were public- school teacher participants from the City of Cagayan de Oro. The study is a qualitative research using Thematic Analysis of the stress reactions, coping strategies, and social support.

Findings from the study showed the following disaster stress reactions: *Kanunay ana sa hunahuna* (Cognitive Reaction- flashbacks, muddled thought); *Mga kaimtang* (Physical Reaction-hunger, disease, relocation, nervousness); *Mga kasakit* (Emotional Reaction-anxiety, anger, fear sadness); *Pagkawalay mahimo* (Socio-Behavioral Reaction-help seeking behavior, helplessness); and *Pag ampo ug Pagsalig sa Ginoo* (Spiritual Reaction- faith in God, hope for family's safety).



It identified the participants' resiliency during the calamity, such as: *Kinaiyahan* (Attitude-acceptance, helpfulness, gratitude); *Espirituhanong Pagtuo* (Spirituality-faith, hope); and *Pagtinabangay* (Support-internal:family, external:community). It also identified six resiliency themes after seven years: *Espirituhanong Pagtuo* (Spirituality-faith in God); *Pagsusi kanunay sa Pamilya* (Monitoring Family-communicating, connecting); *Pagpangandam* (Preparedness-listening to news, game plan, survival kit, safety storage), *Maayong mga Panumduman* (Savoring/ Treasuring-good memories, positive self-image); *Kalingawan* (Entertainment- engaging in interests, use of gadgets); and *Pagtutok sa uban nga butang* (Intentional Focus-being preoccupied).

A community-based resilience program, "*Hapsay*", was proposed to assist, give closure and empower members of the community especially the victims of disasters.