

Exploring the Association among Hope, Self-Efficacy and Psychological Resilience: An Empirical Analysis on the Flood Victims of Lower Assam Division

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Abstract

Flood is a naturally occurring annual event in Assam. In the year, 1988, 2004 and recently in 2022, the Assam flood has brought a huge destruction to this riverine state. As the districts of Brahmaputra valley in Assam are often shocked by massive flood every year, it leaves victims with physical as well as psychological challenges. Since flood has become an inevitable feature in this state, people have no option left than being positive and resilient. Therefore, the main objective of this study is to find out the relation among hope, self-efficacy and psychological resilience which are considered as positive psychological traits. These are indispensable to fight with challenges and extreme situations. To carry out this research, a total of 200 sample are selected from four districts of Assam viz Barpeta, Darrang, Nalbari and Kamrup (R). The data have been collected through the help of standardized scales and analyzed using descriptive and inferential statistics. The findings are providing information for relevant intervention programs which can be carried out by counsellors, psychologists, mental health professionals and other para professionals to understand and mitigate the psychological challenges encountered by the flood victims of Assam.

Keywords: Hope, Self-Efficacy, Psychological Resilience, Assam Flood, Flood Victims

Introduction

A natural disaster is considered a sudden catastrophe which brings great damage or loss to lives. It's sudden great misfortune or simply an unfortunate event whose timing is quite unexpected and consequences are destructive to the lives living on the earth as well as their property and livestock. As defined by United Nations (2012), disaster is a serious and great disruption of the functioning of a community or society, which mainly brings widespread human, material, economic and environmental challenges that affect the coping up resources of the community or society. The history of natural disaster is as old as the history of human existence.

According to International Federation of Red Cross and Red Crescent Societies, there are mainly 5 types of disaster-

- Geophysical (e.g., Earthquakes, Landslides, Tsunamis, Volcanic Activity)
- Hydrological (e.g., Avalanches and Floods)

- Climatological (Extreme Temperatures, Drought, and Wildfires)
- Meteorological (Cyclones, Storms)
- Biological (Epidemics, animal Plagues)

However, some disaster results from multiple hazards which is more often caused by man-made and natural causes. Flood Insecurity is considered as one of them since the reason behind flood is not only a natural cause, but due to some man-made causes also flood occurs.

Assam, due to its vast network of rivers is called as riverine state. Therefore, it is quite prone to natural disasters such as flood and river bank erosion. Brahmaputra and Barak, the main rivers of Assam with more than 50 number of tributaries cause the flood devastation in the monsoon period annually. But these rivers are called the lifeline of people of Assam too.

During flood or such kind of disaster, people have to encounter various kinds of challenges every year such as physical, psychological, structural, financial and so on. In 2022, severe flood, severe flood struck districts of Assam which left hundreds of thousands of residents homeless and destroyed many agricultural as well as infrastructural projects. Hence, such kinds of disaster leave unforgettable and horrifying memories and impacts on the victims. Witnessing destructions of one's own home, family and property brings different kinds of psychological disorders in many people including victims as well as non-victims (Swastika et al., 2020). Therefore, the psychological effects cause emotional strain and ultimately it makes people mentally and emotionally helpless as well as physically affected or impaired too (Akhir et al., 2021).

The Present Study

The present study tries to explore various pains and sufferings, stories of survival, hope, self-efficacy, psychological resilience, after surviving flood, one of the most devastating traumatic events.

Being a sub type of the discipline Psychology, Positive Psychology studies various positive domains such as Positive Psychological Capital (PsyCap), Quality of Life, Posttraumatic Growth and to name a few. In Positive Psychological Capital or PsyCap, the four core constructs, hope, self-efficacy, resilience and optimism positively influence human behavior and tries to minimize and remove the negative impact of various events that happen in life.

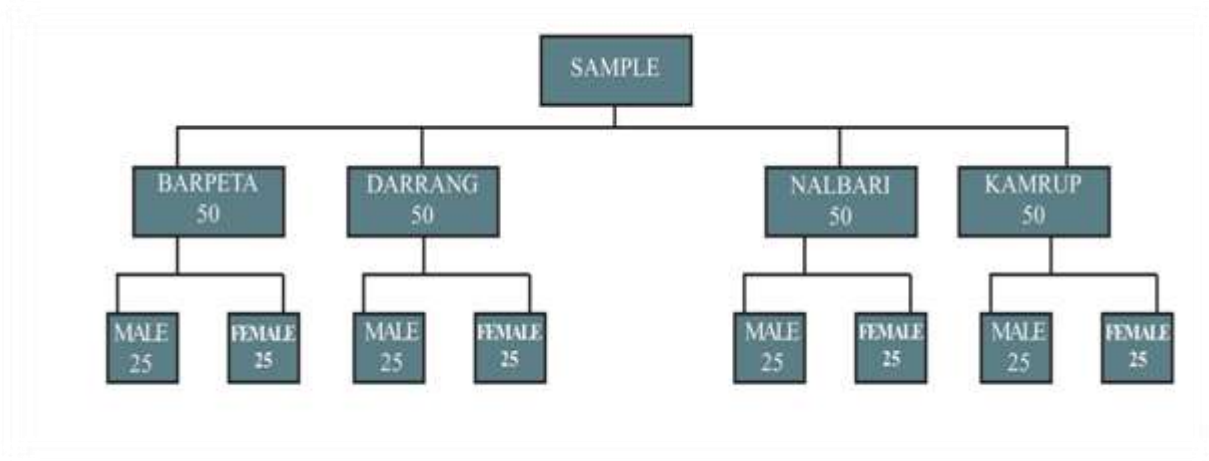
The present study aims to understand the relationship between hope, self-efficacy and psychological resilience among the flood victims of Assam. Nonetheless, there is complete dearth of research on flood victims of Assam from Psychological perspective. But past literature from different region and different field shows that there is an unavoidable correlation among hope, self-efficacy and psychological resilience as these are core constructs of positive psychology.

Objectives

- To find out the correlation between hope, and self-efficacy amongst the flood victims of Assam.
- To find out the correlation between hope and psychological resilience among the flood victims of Assam.
- To find out the correlation between Self-efficacy and psychological resilience.

Methodology

This study is completely exploratory in nature as there is lack of previous literature on flood victims of Assam, the Northeastern state of India, from psychological perspective. This research has been conducted in Darrang, Nalbari, Kamrup and Barpeta districts of Assam. Data have been collected through the help of standardized scales. Data are obtained from a total of 200 participants selected through convenience sampling. Eligibility criteria for participants is also provided. This includes the age group of the participants that is 25-55 years, while they should be literate and have to know the Assamese language (Native language).



Materials/ Tools used

1) PGI Hope Scale (1998)

The PGI Hope Scale (1998) is developed by Dr Saroj Sharma, Dr. S. K. Jindal, Dr. D. Behera, and Dr. S. K. Verma. There are 40 items in this scale and the scoring is done according to Likert's format of 5-point rating scale from Strongly agree (5) to Strongly disagree (1). However, some items in this scale are negatively worded, therefore they have to be scored in reverse direction. The test-retest reliability of this scale is found to be 0.85 ($p < 0.01$), which is highly significant.

2) Self-Efficacy Scale by S. Dhar and U. Dhar (2019)

The Self-efficacy Scale consists of 35 items. The items are divided into six dimensions: 1) Credible, 2) Assertion, 3) Enduring, 4) Progression, 5) Self Confidence, 6) Commitment. It was originally administered on adults. This reliability of this scale is -0.86, and validity -0.93

3) Psychological Resiliency Scale by Chandra Kumari and Akрати Yadav (2019)

The Psychological Resiliency Scale is developed by Chandra Kumari and Akрати Yadav. This scale consists of 34 items. It was administered on 300 Adults of age group between 40-60 years. The reliability of this scale is -0.99 and validity is -0.90.

Results and Discussion

Table 1: Background Variables

Variables	Frequency		Percentage
Gender	Male	100	50
	Female	100	50
Age Group	25-40	105	52.5
	41-55	95	47.5
	Post-Graduation	24	12
District	Barpeta (Char Area)	50	25
	Darrang (Char Area)	50	25
	Nalbari (Rural Area)	50	25
	Kamrup (Rural Area)	50	25

Objective 1: To find out the relation between Self Efficacy and its dimensions with Hope among the flood victims of Assam

Table 2: The correlation between Self Efficacy and its dimensions with Hope.

Dimensions of Self Efficacy		Hope		
		Total	Male	Female
DIM_1 (Credible))	Pearson Correlation	.348**	.396**	.207*
	Sig. (2-tailed)	.000	.000	.039
	N	200	100	100
DIM_2 (Assertion)	Pearson Correlation	.238**	.304**	.093
	Sig. (2-tailed)	.001	.002	.360
	N	200	100	100
DIM_3 (Enduring)	Pearson Correlation	.378**	.394**	.343**
	Sig. (2-tailed)	.000	.000	.000
	N	200	100	100
DIM_4 (Progression)	Pearson Correlation	.179*	.266**	.059

	Sig. (2-tailed)	.011	.007	.563
	N	200	100	100
DIM_5 (Self-Confidence)	Pearson Correlation	-.076	.114	-.132
	Sig. (2-tailed)	.285	.260	.191
	N	200	100	100
DIM_6 (Commitment)	Pearson Correlation	.093	.093	.107
	Sig. (2-tailed)	.188	.358	.290
	N	200	100	100
Self-Efficacy	Pearson Correlation	.147*	.403**	-.074
	Sig. (2-tailed)	.037	.000	.464
	N	200	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

From the table 2 it has been observed that there are a total of six dimensions in the Self-Efficacy Scale. This table is showing the correlation between the dimensions of this scale individually and Hope and between the Self-Efficacy scale itself and Hope.

The correlation between Credible(Dimension 1) and Hope is .348 that is positively significant at 0.01 level while the correlation between Credible and Hope in male flood victims is .396 which is also positively significant at 0.01 level of significance. The correlation between Credible and Hope among female flood victims is found to be .207 which is positively significant at 0.05 level of significance.

The correlation between Assertion (Dimension 2) and Hope is .238 that is positively significant at 0.01 level while the correlation between Assertion and Hope among male flood victims is .304 which is also positively significant at 0.01 level of significance. The correlation between Assertion and Hope among female flood victims is found to be .093 which is not significant.

The correlation between Enduring (Dimension 3) and Hope is .378 that is positively significant at 0.01 level while the correlation between Enduring and Hope among male flood victims is .394 which is also positively significant at 0.01 level of significance. The correlation Enduring and Hope among female flood victims is found to be .343 which is also positively significant at 0.01 level of significance.

The correlation between Progression (Dimension 4) and Hope is .179 that is positively significant at 0.05 level while the correlation between Progression and Hope among male flood victims is .266 which is positively significant at 0.01 level of significance. The correlation between Progression and Hope among female flood victims is found to be .059 which is not significant at any level of significance.

The correlation between Self Confidence (Dimension 5) and Hope is -.076 which shows negative correlation, while the correlation between Self Confidence and Hope among female flood victims is .114 which is not significant positively significant at any level of significance. The correlation between Self Confidence and Hope among female flood victims is found to be -.132 which is also showing negative correlation.

The correlation between Commitment (Dimension 6) and Hope is .093 that is not significant at any level of significance while the correlation between Commitment and Hope among male flood victims is also

0.93 that is also not significant at 0.01 level of significance. The correlation between Commitment and Hope among female flood victims is found to be .107 which is also not significant at any level of significance.

The correlation between the total Self Efficacy and Hope is .147 that is positively significant at 0.05 level of significance while the correlation between Self-Efficacy and Hope among male flood victims is .403 which is positively significant at 0.01 level of significance. The correlation between Self-Efficacy and Hope among female flood victims is found to be -.074 which is showing negative correlation.

Objective 2: To find out the relationship between Hope and Psychological Resilience among the Flood victims of Assam

Table 3: The correlation between Hope and psychological Resilience

		Total Psychological Resilience	Male	Female
Hope	Pearson Correlation	.424**	.403**	.486**
	Sig. (2-tailed)	.000	.000	.000
	N	200	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

It has been observed from the table 3 that the Correlation between Hope and Psychological Resilience is .424 and it is positively correlated at .01 level of significance, while for male sample, the correlation is .403 and it is also positively correlated at .01 level of significance. The correlation between hope and psychological resilience for the female sample is .486 and it is also positively correlated at .01 level of significance.

Objective 3: To find out the relationship between Self-Efficacy and Psychological Resilience

Table 4: Correlation between Self-Efficacy and its dimensions and Psychological Resilience

Dimensions of Self-Efficacy		Psychological Resilience		
		Total	Male	Female
DIM_1 (Credible)	Pearson Correlation	.160*	.202*	.090
	Sig. (2-tailed)	.024	.044	.371
	N	200	100	100
DIM_2 (Assertion)	Pearson Correlation	.329**	.442**	.222*
	Sig. (2-tailed)	.000	.000	.026
	N	200	100	100
DIM_3 (Enduring)	Pearson Correlation	.351**	.463**	.231*
	Sig. (2-tailed)	.000	.000	.021

	N	200	100	100
DIM_4 (Progression)	Pearson Correlation	.354**	.448**	.227*
	Sig. (2-tailed)	.000	.000	.023
	N	200	100	100
DIM_5 (Self-Confidence)	Pearson Correlation	-.004	.253*	-.044
	Sig. (2-tailed)	.957	.011	.667
	N	200	100	100
DIM_6 (Commitment)	Pearson Correlation	.106	.149	.057
	Sig. (2-tailed)	.135	.140	.575
	N	200	100	100
self-Efficacy	Pearson Correlation	.439**	.439**	.022
	Sig. (2-tailed)	.000	.000	.826
	N	100	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Table 4 is showing the correlation between Self efficacy and Psychological Resilience. As there is a total of six dimensions of Self efficacy, this table is showing the correlation of Psychological Resilience and between all the dimensions of Self Efficacy separately and the total self-efficacy separately.

The correlation between dimension Credible (Dimension 1) and Psychological Resilience is .160. and it is significant .05 level of significance level while the correlation between Credible and psychological resilience among male flood victims is .202 and it is also significant at .05 level of significance. The correlation between Credible and female flood victim is .090 which is not significant at any level of significance.

The correlation between Assertion (Dimension 2) and Psychological Resilience is .329 and it is significant .01 level of significance level while the correlation between Assertion and Psychological Resilience among male flood victims is .442 and it is also significant at .01 level of significance. The correlation between Assertion and Psychological Resilience among female flood victim is .222 which is also significant at .01 level of significance.

The correlation between dimension Enduring (Dimension 3) and Psychological Resilience is .361 and it is significant .01 level of significance level while the correlation between Enduring and Psychological Resilience among male flood victims is .463 and it is also significant at .01 level of significance. The correlation between Enduring and Psychological Resilience among the female flood victim is .231 which is significant at .05 level of significance.

The correlation between Progression (Dimension 4) and Psychological Resilience is .354 and it is significant .01 level of significance level while the correlation between Progression and Psychological Resilience among male flood victims is .448 and it is also significant at .01 level of significance. The correlation between Progression and Psychological Resilience among female flood victim is .227 which is significant at .05 level of significance.

The correlation between Self Confidence (Dimension 5) and Psychological Resilience is $-.0004$. It means there is a negative correlation between Self-Confidence and Psychological Resilience, though it is not significant at any level of significance, while the correlation between Self Confidence and Psychological Resilience among male flood victims is $.253$ and it is significant at $.05$ level of significance. The correlation between Self Confidence and Psychological Resilience among female flood victim is $-.044$ which means there is a correlation between Self Confidence and Psychological Resilience, but it is not significant at any level of significance.

The correlation between Commitment (Dimension 6) and Psychological Resilience is $.106$, while the correlation between Commitment and Psychological Resilience among male flood victims is $.149$ and the correlation between Commitment and Psychological Resilience among the female flood victim is $.057$ and all are not significant at any level of significance.

The correlation between the total Self Efficacy and Psychological Resilience is $.439$ and it is significant at 0.01 level of significance level while the correlation between Self Efficacy and Psychological Resilience among male flood victims is $.439$ and it is also significant at $.01$ level of significance. The correlation between Self Efficacy and Psychological Resilience among female flood victim is $.022$ which is not significant at any level of significance.

Implications of the Research

- As there is lack of research on flood victims of Assam from psychological perspective, this study will be a torch bearer for the future researchers in this area.
- Since different positive traits are quite important during any kind of disaster or extreme situation, hence this study will give an idea about the relationship among hope, self-efficacy and psychological resilience among the flood victims of Assam
- This research will guide counsellors, psychologists and other mental health professionals and paraprofessionals to carry out intervention programs for the frequent flood victims which will help the victims to keep their emotional wellbeing intact and restore resources to face this natural havoc in a much better way possible.

Conclusion

Resilience is the ability of people and society as a whole to cope up with the stress generated by various extreme events, natural disasters such as flood. This paper seeks to contribute to the understanding of various positive traits of flood victims such as hope, self-efficacy and psychological resilience and the relation among these three. This analysis tries to capture potential subjective and psychological degradation in mental health and wellbeing in order to report early stages of psychological distress and hence it can help build up resources among people and society.

As this study places emphasis on the relation between hope, self-efficacy and psychological resilience, it will surely provide an impression how people having higher positive traits can lead their life happily and successfully. Therefore, building up hope, self-efficacy and psychological resilience before and even after getting stressed out due to flood events, will trigger a number of individual and social adaptation practices.

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