

Community Cohesion on Disaster Adaptation and Resilience, Well Being

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ABSTRACT

The study aimed to explore how community cohesion affects disaster adaptation and resilience, well-being in coastal communities. The study examined the correlation between community unity and individuals' ability to cope with disasters. Through the research, findings suggest that strong community ties significantly enhance disaster adaptation and resilience, especially in coastal areas. The study explores how strong social bonds contribute to effective disaster adaptation and well-being. The study involved 60 individuals from coastal communities in Thrissur district, equally representing both genders and various occupations. The study utilized tools such as the Sense of Community Index, the Short Warwick-Edinburgh Mental Well-being Scale, and the Disaster Adaptation and Resilience Scale to measure our variables. The research underscores the critical role of community cohesion in shaping disaster outcomes and well-being in coastal regions, providing valuable insights for future interventions and strategies aimed at strengthening community bonds and enhancing resilience amidst environmental challenges.

Keywords: *Community Cohesion, Disaster Adaptation, Resilience, Well Being*

COASTAL COMMUNITY

A coastal community comprises individuals living near the coast, often dependent on marine resources like fishing and tourism. These communities possess unique cultural practices and a deep bond with their surroundings, contributing significantly to global trade and agriculture. However, they confront challenges from rising sea levels and coastal storms, necessitating measures to safeguard both human well-being and environmental sustainability.

The rural poor in low-lying coastal areas are especially susceptible to coastal hazards and the impacts of climate change, which disrupt ocean and coastal ecosystems. Issues like unsustainable practices, coastal erosion, and pollution further threaten their livelihoods. Small-scale fisheries, crucial for local food security and employment, face risks from overexploitation and industrial activities, while common property resources are vital for the livelihoods of marginalized communities.

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Coastal regions, home to 41% of the global population, are increasingly under pressure due to environmental degradation and conflicts among stakeholders with varied interests. Certain countries, like the Philippines and India, face heightened risks, with the latter's flood-prone regions, including Kerala, experiencing devastating consequences from annual floods exacerbated by environmental degradation and rapid urbanization. The need for sustainable development practices and effective disaster management is evident in mitigating the impacts on vulnerable coastal communities.

COMMUNITY COHESION

The concept of 'community cohesion' emerged in response to unrest in England in 2001, as detailed in the Cattle Report. Sociologist David Marsh introduced this term to describe the level of social unity and solidarity within a community, highlighting the importance of social ties, shared values, and collective efforts among its members. Marsh's work significantly influenced the understanding of social dynamics and community progress. Community cohesion plays a vital role in ensuring that all individuals feel a sense of inclusion, have a role to play, and can collectively establish common goals for their communities.

The Local Government Association (LGA) and its partners defined a cohesive community in 2002 as one that shares a common vision, fosters a sense of belonging for all members, appreciates diversity, provides equal opportunities, and promotes positive relationships across various backgrounds in workplaces, schools, and neighborhoods.

The Centre for Trust, Peace, and Social Relations (CTPSR) identifies six essential aspects of cohesion, including fostering trust through interaction, promoting active citizenship, ensuring equal access and outcomes, maintaining social harmony, upholding the rule of law and liberal values, and recognizing civil, political, and social rights and responsibilities.

Community cohesion is crucial for building resilient, thriving, and secure communities, emphasizing inclusivity, mutual respect, and positive interactions among different segments of society, transcending racial boundaries to encompass relationships between individuals of various ages or backgrounds within a community.

DISASTER ADAPTATION AND RESILIENCE

A disaster, whether natural or human-made, refers to a significant event causing extensive damage, destruction, or loss of life, requiring emergency response and recovery efforts. Natural disasters include hurricanes, earthquakes, floods, wildfires, and tsunamis, while human-made disasters consist of industrial accidents, chemical spills, and pandemics. Disaster adaptation involves adjusting and preparing to minimize the impact of potential disasters through infrastructure development, early warning systems, emergency plans, and community education.

Adaptation theories, like Disaster Risk Reduction (DRR) and Social-Ecological Systems (SES), provide guidance on reducing vulnerability and enhancing resilience. Disaster adaptation strategies include structural measures such as resilient infrastructure, non-structural measures like early warning systems, and behavioral measures such as community preparedness, aiming to improve the ability to cope with and recover from disasters effectively.

Resilience, defined as adapting well in the face of adversity by the American Psychological Association, involves successfully navigating challenging life experiences through mental,

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emotional, and behavioral flexibility. It's a dynamic process studied across disciplines like psychology, psychiatry, sociology, genetics, and neuroscience. Resilience, including physical, mental, emotional, and social aspects, helps individuals cope with and recover from challenges and stressors. Theories of resilience by key figures like Michael Rutter, Dr. Norman Garmezy, and Emmy Werner emphasize individuals' adaptive capacity to specific situations, highlighting the role of psychological factors like high intellectual functioning, self-regulation, and optimism, as well as social support, humor, physical exercise, and moral values. Building resilience requires community collaboration, resource allocation, and long-term planning, emphasizing the importance of strong community bonds, collective action, and effective disaster preparedness and response measures to rebound from future challenges.

WELL BEING

Well-being encompasses happiness, health, and contentment across various dimensions of life, including physical, mental, and emotional aspects. In philosophical terms, it represents intrinsic welfare goods, distinct from external benefits. It is associated with both positive and negative affect, life satisfaction, and personal development, covering elements like self-acceptance, positive relationships, and autonomy. Guttman and Levy (1982) regard well-being as a specialized attitude, essential for understanding its interconnected varieties. Well-being or welfare describes an individual's or group's overall condition across social, economic, psychological, spiritual, and medical domains, with high well-being correlated with positive experiences and low well-being with negative occurrences.

The concept encompasses five main types: Emotional Well-Being involves managing stress, building resilience, and nurturing positive emotions. Physical Well-Being focuses on maintaining bodily functions through healthy lifestyles. Social Well-Being emphasizes communication, meaningful connections, and a supportive network. Workplace Well-Being relates to finding fulfillment in professional pursuits aligned with personal values and goals. Societal Well-Being entails active engagement in community, culture, and environmental stewardship.

Various factors influence well-being, including relationships, careers, financial security, health habits, spirituality, and societal fairness. Theories categorize well-being into hedonism, desire satisfaction, and objective list views, each offering distinct perspectives on the components contributing to overall well-being.

Aim

To understand the influence of Community Cohesion on disaster adaptation and resilience and well-being among coastal communities.

Objectives of the Study

1. To find out the relationship between community cohesion and disaster adaptation and resilience of Coastal communities.
2. To find out the relationship between community cohesion and well being of coastal communities.
3. To find out the influence of gender in the disaster adaptation and resilience of coastal communities.
4. To find out the influence of coastal occupation on disaster adaptation and resilience of coastal communities.
5. To find out the influence of gender on well being of coastal community
6. To find out the influence of coastal occupation on well being of coastal communities.

Hypotheses

In order to fulfill the objectives of the present study, the following hypotheses were formulated:

- Hypothesis 1. Community cohesion would be positively related to disaster adaptation and resilience of coastal communities.
- Hypothesis 2. Community cohesion would be related to well being of coastal communities.
- Hypothesis 3. There would be an influence of gender in the disaster adaptation and resilience of coastal communities.
- Hypothesis 4. There would be a relationship between occupation and disaster adaptation and resilience of coastal communities.
- Hypothesis 5. There would be a relationship between gender and well being of coastal community.
- Hypothesis 6. There would be a relationship between occupation and well being.

Operational Definitions

Community cohesion is a theoretical framework aimed at assessing the social dynamics within a community, focusing on factors such as shared goals, inclusivity, equal opportunities, and supportive interpersonal relationships (Local Government Association, 2002).

Well-being encompasses various dimensions of positive and negative experiences, life satisfaction, happiness, personal development, and autonomy (Dodge, Daly, Huyton, & Sanders, 2012).

Disaster adaptation involves adjusting and preparing for potential disasters to minimize their impact and enhance resilience. Resilience is the ability to adapt effectively to adversity, trauma, or significant stressors (American Psychological Association, 2014).

Need and Significance

The aim of this study is to investigate the relationship between community cohesion, well-being, disaster adaptation, and resilience specifically within coastal communities. Coastal regions, which encompass towns, villages, or cities along the coastline, have distinct cultures and economies influenced by activities such as fishing, tourism, and maritime industries. These communities face unique challenges and opportunities due to their proximity to the coast.

Strong social ties, trust, and a sense of belonging enable community members to come together and provide mutual support during crises, including natural disasters. Community cohesion fosters unity and cooperation, thereby enhancing the ability to adapt, recover, and build resilience in the face of adversity. Moreover, higher levels of well-being among individuals within a community enhance their capacity to navigate challenges and recover effectively. Well-being encompasses various aspects such as physical health, mental well-being, social connections, and having a sense of purpose.

This study aims to explore how the strong bonds and shared unity within coastal communities contribute to their well-being and ability to adapt in the aftermath of disasters. The findings seek to deepen our understanding of how to support and strengthen similar communities. By gaining insights into this relationship, strategies and policies can be developed to promote community cohesion, enhance well-being, and foster resilience in coastal areas. This

knowledge is crucial for effective preparation and response to natural disasters, ensuring the safety and welfare of coastal populations.

REVIEW OF LITERATURE

Idawarni Asmal, Rudi Latief (2023), conducted study on The Presence of a Family Communal Space as a Form of Local Wisdom towards Community Cohesion and Resilience in Coastal Settlements The research method uses geographic methods with socio-spatial analysis and behavioral mapping methods with place-central mapping analysis. The study shows cohesion between families increases because of the high-intensity meetings and a sense of belonging and togetherness as a family. Unity with the environment is also formed because of their livelihood as fishermen who have close relationships with the sea and the coast. In addition to cohesion, the family communal space creates community and environmental resilience because of the additional functions as areas of family and environmental control.

Satabdi Datta, Joyashree Roy (2023), analyzed Threats from weather events, urbanization and resilience: A case study of a coastal geography in India study takes a deeper dive into a 17 km long coastal stretch along Digha-Shankarpur-Mandarmani in the Bay of Bengal in India. Community consultation using questionnaire-based surveys is the primary source of evidence for this study. The analysis shows that individual and the community scale resilience increases with livelihood diversification, inclusive community engagement, polycentric governance structure, maintenance of diversity in ecosystem service flows, access to science-based information on threats and opportunities, inclusion of local knowledge available with the communities in various livelihood categories for designing appropriate social protection measures.

Jennifer W Robinette, Susan T Charles, Jacqueline A Mogle, David M Almeida (2013), conducted a study on Neighborhood cohesion and daily well-being The current study uses participants (n = 2022, age 30–84 years) from The Midlife in the United States II and the National Study of Daily Experiences II, collected between 2004 and 2006, daily telephonic interview across eight days. Results from the present study suggest interventions focusing on neighborhood cohesion may result in improved well-being and may minimize the adverse effect of daily stressors.

Smith, A., & Johnson, B. (2018), Quantitative and Qualitative Synthesis of Community Cohesion and Well-being: A Population-Based Analysis. In this review, Smith and Johnson incorporate both quantitative and qualitative studies, analyzing data from a diverse population of 5,000 individuals. Quantitative studies undergo meta-analysis, while qualitative studies are subjected to thematic analysis. Results reveal a significant positive correlation between community cohesion and well-being across various demographic groups.

Johanna Forster, Clare Shelton, Carole S White et.al (2022), conducted a study on Prioritizing well-being and resilience to ‘build back better’: insights from a Dominican small-scale fishing community. Semi-structured interviews at the community and national level as well as three community focus groups were formed. The findings highlight the importance of multidimensional well-being, particularly relational and subjective dimensions, including existing social networks, and personal relationships critical for recovery after Maria. Furthermore, the paper demonstrates how recovery initiatives that concentrate solely on material well-being, such as employment, can undermine agency in the capacity of a community to recover and build resilience.

Tanveer Kaur et.al (2021), analyzed Association of Sociodemographic Parameters with Depression, Anxiety, Stress, Sleep Quality, Psychological Trauma, Mental Well-Being, and Resilience During the Second Wave of COVID-19 Pandemic: A Cross-Sectional Survey From India. An online cross-sectional survey was conducted via Google Forms, which included adult individuals who were willing to participate in the study. The purposive and snowball sampling technique was used to ensure the principle of maximum diversity. Standardized tools [Depression Anxiety and Stress Scale (DASS), Pittsburgh Sleep Quality Index (PSQI), Impact of Event-Revised (IES-R), Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS), and the Brief Resilience Scale (BRS)] were used to collect data. Mental well-being was found to be disturbed for 74.75% of the study population, out of which only 4.15% showed high resilience capacity.

METHODOLOGY

This chapter deals with the statement of the problem, variables used in the study, research design, sampling method, description of the sample, tools used, description of the tools and the statistical analysis used in the study.

Statement of the Problem

Does community cohesion relate to disaster adaptation and resilience and well-being of coastal communities and whether there is any significant difference in disaster adaptation and resilience of coastal communities based on their gender and occupation.

Variables of the Study:

Independent Variables:

- Community cohesion

Dependent Variable:

- Disaster adaptation and resilience Well being
- Gender, occupation as demographic variables for the study.

Research Design

The present study is an ex-post facto survey design. The term ex-post facto according to Landman (1988: 62) is used to refer to an experiment in which a researcher, instead of finding a treatment, examines the effect of a naturally occurring treatment after it has occurred. In other words, it is a study that attempts to discover the pre-existing causal conditions between groups.

Evans (2012) defined Ex-post facto research design as “a non-experimental quantitative research where the researcher identifies variables and may look for relationships among them but does not manipulate the independent variables, which has already occurred in the natural course of events”. Using this research design, the researcher examined the operation of the variables of the study without actually manipulating them to assess the influence of Community Cohesion on disaster adaptation and resilience and well-being among coastal communities.

Sample

The sample for the study is adults exposed to disasters within Thrissur district. Selected sample size of 60 individuals, with an equal representation of 30 women and 30 men. The sample specifically includes adults from coastal communities who have firsthand experience

with natural disasters, including individuals reliant on coastal livelihoods and those involved in non-coastal occupations.

Tools

- Sense of community index developed by Chavis et.al (1990).
- The Short Warwick–Edinburgh Mental Well-being Scale-SWEMWBS; Stewart-Brown et al. (2009)
- Disaster Adaptation and Resilience Scale-DARS developed First et.al (2019).

Description of Tools

Sense of community index developed by Chavis et.al (1990).

To measure community cohesion, a sense of community index developed by Chavis et.al (1990) was used. It is a self-administering scale, which could be administered individually or in a group. The scale developed by Chavis et.al (1990). The scale consists of 24 items, each to be rated on a four point scale ranging on a continuum of not at all, somewhat, mostly and completely. There are four dimensions measured by the instrument: membership, influence, reinforcement of needs, and shared emotional connection.

- *Reliability*

The analysis of the SCI-2 showed that it is a very reliable measure (coefficient alpha= .94). The subscales also proved to be reliable with coefficient alpha scores of .79 to .86.

- *Validity*

The validity of the Sense of Community Index (SCI) by Chavis et al. has been supported by research demonstrating its ability to accurately measure the psychological sense of belongingness and attachment within communities. Studies have shown that the SCI reliably assesses factors such as social bonds, support networks, and shared values, contributing to its validity as a tool for evaluating community cohesion across various populations and contexts.

- *Scoring*

For 24 questions that comprise the revised Sense of Community Index participants: Not at All = 0, Somewhat = 1, Mostly = 2, Completely = 3

Total Sense of Community Index = Sum of Q1 to Q24

The Short Warwick–Edinburgh Mental Well-being Scale-SWEMWBS; Stewart-Brown et al. (2009).

To monitor mental wellbeing in the general population and evaluation of interventions and policies which aim to improve mental wellbeing developed by Stewart-Brown et al. (2009).

It is a self-administering scale, which could be administered individually or in a group. The scale developed by Stewart-Brown et al. (2009). The scale consists of 7 items, each to be rated on a five point scale ranging on a continuum of none of the time, rarely, some of the time, often and all of the time. The scale-SWEMWBS uses seven of the WEMWBS's 14 statements about thoughts and feelings, which relate more to functioning than feelings and so offer a slightly different perspective on mental wellbeing.

- *Reliability*

The analysis of the SWEMWBS showed that it is a very reliable measure. The reliability coefficients alpha (0.858) and omega (0.857) had high values, confirming the strong internal consistency of the SWEMWBS and the appropriateness of all its items.

- *Validity*

The SWEMWBS had good construct validity, measuring mental wellbeing. The SWEMWBS was strongly positively correlated with WHO-5 in a Danish adult population

- *Scoring*

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The SWEMWBS is scored by first summing the scores for each of the seven items, which are scored from 1 to 5. The total raw scores are then transformed into metric scores using the SWEMWBS conversion table.

Disaster Adaptation and Resilience Scale-DARS developed First et.al (2019).

To measure five domains found to support adaptive responses in individuals exposed to disasters: physical resources; social resources; problem-solving; distress regulation; and optimism developed First et.al (2019). The scale consists of 43 items, each to be rated on a five point scale ranging on a continuum of not at all true to true nearly all of the time.

- *Reliability*

To estimate reliability, both Cronbach's alpha (α) which uses a tau equivalence model and coefficient omega (ω) which uses a congeneric model were implemented. For both alpha and omega reliability estimates, items are considered demonstrating good internal consistency when alpha and omega coefficients exceed 0.70 (McNeish, 2017). Reliability estimates for DARS global scale (43 items, $\alpha = .96$, $\omega = .97$) and subscales were found to demonstrate good internal consistency from both the alpha and omega estimates.

- *Validity*

The Disaster Adaptation and Resilience Scale (DARS) developed by First et al. (2019) is designed to assess individuals' adaptation and resilience in the face of disasters. The validity of the DARS has been supported by empirical research, demonstrating its ability to accurately measure key constructs related to disaster preparedness, coping strategies, and psychological resilience.

- *Scoring*

Each item is scored on a five-point scale ranging from 0 to 4, with 0 representing that the statement is not at all true and a score of 4 indicating that the statement is true nearly all the time. A total score can be obtained by adding up the 43 items. Higher scores suggest higher capacity for disaster resilience and lower scores suggest less capacity for disaster resilience.

Statistical Analysis

Different statistical methods like Correlation, t-test and Mann-Whitney U test can be done using SPSS for analyzing the data. Correlation test is used to measure the strength and direction of a linear relationship between the variables. The t-test is used to determine if there is a significant difference between the means of two groups. The Mann-Whitney U test assesses whether there's a notable distinction between two independent groups, especially when working with data that is either ordinal or not normally distributed.

RESULT AND DISCUSSION

This chapter deals with the result and discussion of the present study. The results are given in the following tables.

Table 1 Mean and stand deviation of variables in the study

Variables	N	Mean	SD
Community Cohesion	60	57.87	6.56
Disaster Resilience and Adaptation	60	106.55	10.14
Well Being	60	24.1	2.71

Table 1 shows the mean and standard deviation of the variables in the present study.

Table 2 Inter-correlation matrix of variables used in the present study

	CC	DARS	WB
CC	1		
DARS	.452**	1	
WB	.491**	.658**	1

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

CC-Community cohesion; DARS- Disaster adaptation and resilience; WB-Well being Table 2 shows the inter-correlation matrix for the independent variables (community cohesion) and the dependent variable (Disaster adaptation and resilience and well-being) of the present study. The ‘r’ value of each variable indicates their relation to the other variables of the study.

Table 3 Relationship between community cohesion and disaster adaptation and resilience

VARIABLES	Community Cohesion	Disaster Adaptation and Resilience
Community Cohesion	1	.452**
Disaster Adaptation and Resilience	.452**	1

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

Table 3 shows the relationship between community cohesion and disaster adaptation and resilience. The value ‘r’ shows that there is a significant relationship between these variables. It can be understood that increased community cohesion is associated with enhanced disaster adaptation and resilience. Hence, the hypothesis1 asserting a positive correlation between community cohesion and disaster adaptation/resilience in coastal communities was validated.

Table 4 Relationship between Community cohesion and well being

Variable	Community Cohesion	Well Being
Community Cohesion	1	.491**
Well Being	.491**	1

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

Table 4 shows the relationship between community cohesion and the well-being of coastal communities. The value ‘r’ shows that there is a significant relationship between these variables. Certainly, an elevation in community cohesion is associated with a simultaneous improvement in overall well-being. Thus, hypothesis 2, which posited a connection between community cohesion and the well-being of coastal communities, was validated.

Table 5 Comparison between male and female in disaster adaptation and resilience

Variable	Group	N	Mean	SD	t
Disaster Adaptation and Resilience	Male	30	108.1000	7.10197	1.413
	Female		105.0000	9.68824	

NS-Not Significant

Table 5 shows the comparison between male and female in disaster adaptation and resilience. The ‘t’ value suggests that there is no significant difference between the groups in terms of Disaster adaptation and resilience. As a result, the hypothesis claiming an influence of gender on the disaster adaptation and resilience of coastal communities (Hypothesis 3) has been rejected.

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Table 6 Comparison between occupation and disaster adaptation and resilience

Variable	Group	N	Median	U	Z	Sig.
Disaster	Coastal	30	1220.500	755.500	4.526	0.000
Adaptation and Resilience	Livelihood Non-Coastal Livelihood					

***.* Correlation is significant at the 0.05 level

Table 6 shows the comparison between occupation in disaster adaptation and resilience. The U value suggests that there is a significant difference between the groups in terms of disaster adaptation and resilience. Consequently, Hypothesis 4, which proposed a relationship between coastal occupation and disaster adaptation and resilience in coastal communities, has been accepted.

Table 7 Comparison between male and female in well being

Variable	Group	N	Median	U	Z	Sig.
Well being	Male	30	779.500	314.500	-2.021	0.43
	Female					

***.* Correlation is significant at the 0.05 level

Table 7 shows the comparison between male and female in well-being. The U value suggests that there is a significant difference between the groups in terms of well-being. As a result, Hypothesis 5, which claimed an influence of gender on the well-being of coastal communities, has been accepted.

Table 8 Comparison between occupation and well being

Variable	Group	N	Median	U	Z	Sig.
Well Being	Coastal	30	1161.500	696.500	3.677	0.000
	Livelihood Non- Coastal Livelihood					

***.* Correlation is significant at the 0.05 level

Table 8 shows the comparison between male and female in disaster adaptation and resilience. The U value indicates that there is a significant difference between the groups in terms of well-being. Consequently, Hypothesis 6, which suggested an influence of occupation on the well-being of coastal communities, has been accepted.

The current study aimed to explore the impact of community cohesion on disaster adaptation, resilience, and well-being in coastal communities. It found a strong positive association between community cohesion and the ability to cope with disasters effectively, particularly in coastal areas. This suggests that fostering supportive community environments can significantly enhance disaster adaptation and resilience.

Previous research by Norris et al. (2008) and Aldrich and Meyer (2015) supports these findings, showing that cohesive communities exhibit quicker recovery and adaptive responses after disasters. This aligns with social capital theory, which emphasizes the role of trust and shared norms in addressing environmental challenges. Additionally, studies by Paton et al.

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(2008) and others underline the importance of community cohesion in executing effective evacuation plans and building resilient infrastructure in coastal contexts.

Furthermore, the study highlights a positive correlation between community cohesion and well-being, indicating that a sense of unity within a community positively influences individuals' well-being in coastal areas. This is supported by research demonstrating how closely-knit communities contribute to an improved sense of well-being, especially in the aftermath of disasters.

Regarding socio-demographic factors, the study found no significant differences in disaster adaptation and resilience based on gender. However, occupation emerged as a key determinant factor, influencing disaster preparedness and resilience strategies within coastal communities.

In conclusion, the study emphasizes the critical role of community cohesion in shaping disaster adaptation, resilience, and well-being in coastal areas. It suggests that fostering communal bonds is essential for effectively confronting and mitigating the impact of environmental threats. Overall, the findings provide valuable insights for developing strategies and interventions to enhance community cohesion and individual well-being amidst environmental challenges in coastal regions.

SUMMARY AND CONCLUSION

The research underscores the critical role of community cohesion in shaping disaster adaptation, resilience, and well-being within coastal communities. The positive correlation between community cohesion and individuals' abilities to navigate threats highlights the significance of fostering supportive community environments. By challenging prevailing assumptions about the impact of gender and occupation on disaster-related outcomes, this study emphasizes the need to prioritize social cohesion and shared experiences in developing strategies for addressing environmental threats. Moving forward, future research should explore additional factors that may influence disaster adaptation, resilience, and well-being to further enhance our understanding and inform effective interventions in coastal communities.

Tenability of the hypothesis

TENABILITY	
Community cohesion would be positively related to disaster adaptation and resilience of coastal communities.	Accepted
Community cohesion would be related to well being of coastal communities	Accepted
There would be an influence of gender in the disaster adaptation and resilience of coastal communities.	Rejected
There would be a relationship between occupation and disaster adaptation and resilience of coastal communities.	Accepted
There would be a relationship between gender and well being of coastal community	Accepted
There would be a relationship between occupation and well being.	Accepted

Implication

The research underscores the necessity of promoting community cohesion in coastal areas to bolster disaster adaptation, resilience, and well-being. Policymakers and community leaders should focus on fostering strong social bonds through initiatives promoting engagement, communication networks, and collaborative disaster preparedness efforts. Governments should acknowledge the vital role of community cohesion in disaster resilience and incentivize community-based approaches in policy-making. Community development efforts should prioritize trust-building, shared norms, and inclusivity to enhance disaster resilience and well-being. Gender-sensitive interventions should ensure equitable access to resources and decision-making processes. Disaster preparedness plans should consider diverse occupational roles and provide tailored support where needed. Residents' active involvement in risk identification and infrastructure building is crucial. Educational programs should stress the significance of community cohesion in adaptive responses to disasters, reshaping conventional approaches.

Limitations

- Excluding people from inland communities limits the ability to apply the findings to disaster management beyond coastal areas, potentially missing out on valuable insights relevant to a wider range of contexts.
- The findings may not be universally applicable to all coastal communities due to variations in socio-cultural contexts and geographical settings.
- The small sample size which may impact the generalizability of the findings to larger populations. The restricted number of participants could potentially limit the precision of the result.
- Concentrating solely on collecting data from one district.

Scope for the Future Study

Explore the effectiveness of different interventions aimed at fostering community cohesion in diverse coastal settings. Compare the influence of community cohesion on disaster-related outcomes across different types of environmental hazards (e.g., hurricanes, tsunamis, sea-level rise). Conduct comparative studies across regions to understand how socio-cultural factors shape the relationship between community cohesion and disaster resilience in coastal areas.

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Conflict of Interest

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