## UNIVERSITI SAINS MALAYSIA GERAN PENYELIDIKAN UNIVERSITI PENYELIDIKAN LAPORAN AKHIR

## HEALTH AND SAFETY: VULNERABLE ELDERLY: EXPLORING THE PSYCHOLOGICAL NEEDS, MITIGATION BEHAVIOURS AND RESILIENT IN POST DISASTER

### PENYELIDIK

### PROFESOR MADYA DR. ASRENEE BT. AB. RAZAK

#### PENYELIDIK BERSAMA

# PROFESOR MADYA DR. AZIDAH BT. ABDUL KADIR PROFESOR MADYA DR. JUWITA BT. SHAABAN DR. SHARIFAH ZUBAIDIAH SYED JAAPAR

2017



		ERAN PENYELIDIKAN P aporan Akhir Skim Geran P					
A	RESEARCH TITLE: Vulnerable elderly: Exploring the psychological needs, mitigation behaviours and resilient in post disaster.						
	YEAR: 2015						
	THEME CODE: 1.0 (Please refer attachment)	SUBTHEME CODE:					
	Please Tick (√)						
	PHASE: 01: Pre-Disaster	02: During Disaster	03: Post-Disa	ster √			
	AREA: 01: Preventive	02: Preparedness	03: Rescue	anf Recovery			
	04:Adaptation √	05: Mitigation	1	10 11 12/13			
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Student Fullname: IC / Passport No: Student ID:   1     No. MASTER STUDENT   1     Student Fullname: IC / Passport No: Student ID:   Dr Nurul Nadia Ismail VC:811108016004 ID: PUM0073/13     No. RARO   Student Fullname: IC / Passport No: Student ID:   Dr Nurul Nadia Ismail VC:811108016004 ID: PUM0073/13     No. RARO   Student Fullname: IC / Passport No: Student ID:   Dr Nurul Nadia Ismail VC:811108016004 ID: PUM0073/13     Budget Approved (Peruntukan diluluskan)   FM 45,250.00 Amount Spent (Jumlah Parbelanjaan)   FM 45,250.00 FM 45,322.11 Balance (Baki)     Budget Approved (Peruntukan diluluskan)   FM 45,250.00 (Perutusan Belanjaan)   FM 45,322.11 FM 45,322.11 Balance (Baki)     Percentage of Amount Spent (Perutusan Belanja)   FM 45,322.11 FM		Citizen	Malaysian		Malaysian				
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	2. Series of Psychological First Aid Training for IMAM and community leaders in Kelantan (April – May 2015) 3. Forum kesihatan Mental (Oct 2015)	3. Persatuan Perubatan Psikologi Kelantan				
<b>U</b>	BROBLEMS / CONSTRAINTS IF ANY (Masalah/Kekangan seldranya ada) No					
Ŧ	RECOMMENDATION (Cadangar Penambathbaikan), Longer duration of grant would allow more publications in high impact journals.					
G	<b>G</b> RESEARCH ABSTRACT – Not More Than 200 Words (Abstrak Penyelidikan – Tidak Melebihi 200 patah pedetaan). The elderly are vulnerable to psychological sequels after disaster. In order to understand the disastrous impact on elderly psychological wellbeing, an exploratory mixed method research approach was employed in the worst hit area of 2014-Malaysian flood disaster. 156 elderly aged 60 and more, were interviewed with post flood survey, Malay Geriatric Depression Scale (M-GDS15), Malay Impact Event Scale- Revised (M-IES-R) and WHOQoL-BREF. Three focus group discussions were done to explore resilient factors. The quantitative data were analyzed using Pearson correlation and multiple linear regression analysis and qualitative data with thematic analysis. Triangulation was done to generate final result. Result showed 35.30% experienced traumatic stress, 41.29% depressive symptoms with 23.20% fulfilled criteria for major depression. Depression was associated with low education level and no previous history with a flood. Younger old age and sustained physical injury during flood were negative predictors for traumatic stress, and the duration of involvement with flood predicts the behavioral distress. Majority (94.90%) perceived good QoL. Depression is moderately correlated with post-traumatic stress (r = 0.342, p < 0.001), but negatively correlated with level of QoL in physical wellbeing (r= -0.445, p < 0.001) and psychological status (r= -0.440, p < 0.001). Themes related to psychological sequels were unpreparedness and low risk perception. The community cohesiveness and communal help emerged as resilient themes strengthen the positive attitudes, emotion regulation and spirituality. Therefore the communal factors are recommended to be empowered in the disaster preparedness measures.					
		eader's Signature;				
H	COMMENTS, IF ANY/ENDORSEMENT BY RESEARCH MANAGEMENT CEN (Komen, sekiranya ada/Bengesahan oleh Pusat Pengurusah Penyelidikan)	A REAL PROPERTY AND A REAL PROPERTY A REAL PRO				

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