


Effects of Social Support of Disaster Victims on Social Adaptation: Focusing on the Mediating Effect of Individual and Community Resilience

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Citation: Kang, Y. K. (2025). Effects of Social Support of Disaster Victims on Social Adaptation: Focusing on the Mediating Effect of Individual and Community Resilience, *Journal of Cultural Analysis and Social Change*, 10(4), 3922-3935. <https://doi.org/10.64753/jcasc.v10i4.3695>

Published: December 26, 2025

ABSTRACT

The present study explores the correlation between the social support and social adaptation of the survivors of the disaster, particularly the moderating roles of both individual resilience and community resilience. Based on the 4th year of the Longitudinal survey of Life changes of disaster victims the research was based on hierarchical regression analysis using the mediation testing procedures developed by Baron and Kenny (N=2,234). Findings show that social support has a strong impact on social adaptation, and the individual resilience, as well as the resilience of a community, is important in such a correlation. The research findings help in the comprehension of the recovery processes by the victims of a disaster and give implications that should be used in developing holistic containment systems that would lead to the development of the resilience of an individual as well as the community member. These findings imply that disaster recovery interventions must be multilevel in that they need to strengthen social support networks and at the same time enhance coping capacities of individuals and communities.

Keywords: Disaster Victims, Social Support, Social Adaptation, Individual Resilience, Community Resilience, Mediation Effect.

INTRODUCTION

Research Background

Natural and social disasters are becoming more common and devastating in the recent years and have resulted in major damages to individuals, communities, and societies (Arcaya et al., 2020). Disaster effects go way beyond those of physical destruction and have severe implications on the psychological, social, and economic welfare of the affected communities. The victims of the disaster usually have a long-term period of difficulties in restoring their usual lifestyles, encountering problems in sustaining relationships, carrying out daily tasks, and having a stable social functioning (Phillips & Mincin, 2023). The determinants that enable or inhibit the recovery and social adaptation of the disaster victims have become an important issue of concern among the scholars, policy makers, and practitioners in the realms of managing disasters and social welfare.

Social adaptation is the capacity of persons to adapt and be able to operate efficiently in their social setting after undergoing traumatic experiences (Nikookar et al., 2024). To the disaster victims, successful social adaptation is the key to recovery and reestablishing their lives. Nevertheless, the journey to social adaptation is complicated and depends on various factors of operation on various levels. Among these, the social support has also been found to be consistently one of the most important protective variables that can balance the adverse impact of the disaster experiences and expedite the recovery processes.

RESEARCH OBJECTIVES

The main purposes of the present research are two. Firstly, the study will seek to discuss the effect of social support on social adaptation of disaster victims. Although earlier researches have proposed positive relationships between these variables, this research study aims at affirming the relationship and putting into check other significant demographic and disaster related attributes that could confound the relationship. Second and more so, the study examines the role of individual resilience and community resilience as mediators of social support role in social adaptation. In particular, the study investigates the existence of a social support indirect boost of social adaptation through psychological resilience on individual level and resilience on the community level. As much as it is important to know the mediating pathways, in order to develop more effective interventions strategies that work at the various levels of the recovery process.

Research Questions

Based on these objectives, this study addresses the following research questions:

1. Does social support of disaster victims significantly influence their social adaptation?
2. When social support influences social adaptation, do individual resilience and community resilience play mediating roles?

Research Hypotheses

To address these research questions, the following hypotheses are proposed:

Hypothesis 1: Social support of disaster victims will have a positive effect on social adaptation.

Hypothesis 2: When social support influences social adaptation, individual resilience will play a mediating role.

Hypothesis 3: When social support influences social adaptation, community resilience will play a mediating role.

Significance of the Study

The study has a number of contributions to the disaster recovery literature. Theoretically, it enhances the knowledge of how social support enables social adaptation by studying the mediating functions of individual and community resilience in a combined perspective. This is a multilevel viewpoint which appreciates the fact that disaster recovery is a multi-ecological process with processes running on both individual coping mechanisms and on community resources.

The methodologically rigorous statistical methods such as hierarchical regression analysis and bootstrapping tests of mediation effects are used to test the mediation effects and offer strong evidence that would support the hypothesized relationships. The longitudinal survey data demonstrate the reliability and validity of the results of the study because disaster victims are tracked over several years, as opposed to cross-sectional studies.

In practice, the research results have valuable implications on the creation of more sophisticated and efficient support programs against disaster victims. When it is determined that individual and community resilience mediate the impacts of social support on social adaptation, it would follow that resilience interventions should not merely aim at offering short-term support interventions, but also invest in potential long-term resilience processes on multiple levels. The programs may be structured in such a way that social support networks are increased, and at the same time, the ability of the individual to cope is boosted, community cohesion and collective efficacy are supported.

Moreover, knowledge of these processes in the Korean context adds to the growing international literature about the disaster recovery and offers insights that can be used to influence policy and practice in other Asian countries that are still struggling with similar issues (Lee, 2021). The results can be used to inform resource distribution and development of recovery interventions that can produce optimal benefits to the disaster affected communities.

LITERATURE REVIEW

Social Adaptation of Disaster Victims

Social adaptation can be defined as the mechanism whereby people adapt to their social environment and continue to perform functional relationships and activity that lose their significance due to major disruption in their lives (Sharifian et al., 2022). Social adaptation is among the critical aspects that disaster victims need to accomplish to ensure a successful adaptation into normal life routines, the preservation of interpersonal relationships, community involvement, and fulfilling work or educational duties. The idea covers various aspects such as the capacity to accomplish domestic chores, the social activities, close relation, and to stay at the workplace.

It has always been reported that disasters may also considerably disrupt social adaptation. The victims usually have problems in most aspects of life such as lower ability to sustain social lives, diminished involvement in community life, inability to work and difficulties in carrying out everyday tasks (Pereira et al., 2020). These challenges

may last long lasting periods of time of up to years since the appearance of the first event of the disaster, which is a long term result of the disaster effects on social functioning.

A number of factors have been cited to affect the social adaptation outcomes in victims of disasters (Gim & Shin, 2022). Adaptation processes may depend on demographic factors (age, gender, education level, and socioeconomic status). There are also the kind and magnitude of exposure of the disaster (damage to property, injuries, and losses), which are also significant. Such psychological issues as post-traumatic stress symptoms, depression, and anxiety may be a serious barrier to social adjustments. Also, social and community determinants, including social support, community cohesion, and resource access, have an effect in recovery paths.

This is because the issue of social adaptation is also very important to understand since it is used as a significant measure of general recovery and quality of life among disaster survivors (Shigemoto & Kawachi, 2020). When people are more socially adjusted, they will be more likely to have a better mental health, increased life satisfaction, and other levels of well-being. On the other hand, poor social adaptation may cause social isolation, poor quality of life and being susceptible to future stressors. Consequently, determining factors that enable social adaptation and providing interventions to improve them are the primary targets of recovering after disasters.

Social Support

The concept of social support is widely investigated as a protective factor, regarding the stress and trauma (Wang et al., 2021). It means provision of psychological and material resources that are aimed at benefiting the capability of the person to deal with stress. These social support types can be segmented into a number of types such as emotional support (showing empathy, love, trust and caring), instrumental support (material aid and services), informational support (advice, suggestions and information), and appraisal support (information that can be used in self-assessment).

Social support has important roles to play in the context of the disaster. The victims of a disaster are usually faced with tremendous problems that are beyond their own capabilities to handle and the assistance of an external person is needed to restore the victims (Phillips & Mincin, 2023). Social support may be provided by a number of people and sources such as family members, friends, neighbors, community organizations and professional helpers. These various sources may have a strong impact on the outcome of the recovery process depending on their availability and quality of support.

Empirical studies have proven that social support of disaster victims has several positive outcomes (Kaniasty et al., 2020). Research has demonstrated that, sufficient social support correlates with decreased post-traumatic stress disorder symptoms, decreased depression and anxiety, and improved mental health outcomes in general (Zalta et al., 2021). Social support has also been associated with better physical health, accelerated healing of injuries and minimized chances of getting chronic health disorders after disasters. In addition, social support also encourages practical recovery through home building, accessing resources, and dealing with the bureaucracy.

The ways in which social support has its positive impacts work are complex and multifactorial. According to buffering hypothesis, social support cushions people against the potentially dangerous impacts of the stress by offering resources that make them better cope with the stress (Bekiros et al., 2022). The main effect model suggests that the beneficial impacts of social support on well-being are direct and positive irrespective of the levels of stress because basic human needs of belonging, intimacy, and esteem are satisfied. The two mechanisms can work in tandem when it comes to the disaster.

It should also be noted though that the impact of social support is not necessarily direct. The social support can mediate the effects on the outcome of the adaptation with the help of other psychological and social processes. This likelihood inspires the study of the possible mediating factors including resilience that can be used to explain how social support can be converted into improved social adaptation.

Individual Resilience

Individual resilience can be described as the dynamic process of adaptation well to adversity, trauma, tragedy, threats, or other major causes of stress (Grygorenko & Naydonova, 2023). It includes recovering after the bad experiences and upholding or restoring a psychological balance even when faced with major hardships. Personal resilience is not something predetermined, but the ability that can be developed and reinforced with the help of different experiences and interventions.

A number of attributes have been determined as part of individual resilience. These are optimism and positive outlook, self-efficacy and belief in abilities, emotional control abilities, problem solving abilities, flexibility and adaptability, and one being able to derive meaning in adversity. Strong people are usually willing to take challenges as a way of growing and they do not lose hope despite the bad situation they have and they are ready to participate in coping mechanisms that make them solve the problem constructively.

Individual resilience is especially in the context of a disaster. The more resilient the disaster victims, the less distressing the psychological effect they develop after the traumatic experiences (Brooks et al., 2020)

They have a faster rate of recovering the initial shock and disruption and adjust to the altered circumstances more efficiently and can better reintegrate in their lives. Strong individuals have higher abilities to be functional in every day process, hold relationship and carry on with pursuits despite the challenges that are encountered.

The analysis of the mediating impact of the individual resilience in the correlation between social support and social adaptation is theoretically plausible and empirically significant to be tested (Yu et al., 2024). In case social support increases resilience in individual, which in turn increases social adjustment, this would imply that the interventions should not only be based on giving support but also instilling internal resources that would enable individuals to utilize their support positively and work towards long-term coping mechanisms.

Community Resilience

Whereas individual resilience concentrates on individual capacities, community resilience is conducted at the collective level, which is the ability of the communities to withstand, adapt and recovery following disasters and other adverse occurrences. Community resilience has a number of dimensions such as social capital, collective efficacy, community competency, institutional trust, and access to resources and services. The networks, norms, and trust that enable coordination and cooperation within communities are known as social capital that is a major element of community resilience (Liu et al., 2022). A community that has high social capital has a higher level of ability to organize collective action, share resources and offer support to each other in times of crisis. Collective efficacy is a belief that is shared by the members of the community that they can work collectively to achieve the common goals and overcome the common challenges.

Community resilience studies in the disaster setting have revealed that resilient communities take shorter durations to recover, equitable distribution of recovery resources, and sustainability in the long term after the disasters (Finucane et al., 2020). Individual-level impacts can be mitigated through community resilience, which involves making collective resources available, enhancing feeling of belonging, and enabling environments to promote individual recovery.

Social support and community resilience have an interdependent and positive interrelation. The resilience of the community will build up the environment where the social support will occur naturally because community members feel related and responsible to each other (Kaniasty, 2020). On the other hand, a high level of social support networks helps in creating resilience within the community through support networks that have strong social ties, enhances a feeling of trust, and proves that the community has the capacity to take care of its members.

The social support and social adaptation relation might be mediated by community resilience in a number of ways (Kong et al., 2021). Having high social support makes people have better perceptions about community resilience as it shows that the community is together, loving and can act in times of crisis. The perceived community resilience, in turn, can promote social adaptation through availing a stable and conducive environment to recover, reduce vulnerability, and share resources in resilience that can support the use in rebuilding lives.

Integrated Framework and Theoretical Model

Based on the above ideas, this paper suggests a composite model that aligns individual resilience and community resilience on the intermediary status in the association between social support and social adaptation. In this framework, it is acknowledged that disaster recovery implies processes at a variety of ecological levels, and factors at one level do interact with others to affect results.

According to the theoretical model, the following pathways are possible: Social support has a direct effect on social adaptation through the provision of resources, assistance, and encouragement that will help the victims of the disaster to retaliate to normal activities and relations (Saraswati, 2025). Social support also indirectly affects social adaptation in two mediation processes. To begin with, social support strengthens the resilience of individuals through the provision of emotional resources, positive relationships and practical support that develop individual coping abilities. This improves individual resilience at that point leading to improved social adaptation. Second, social support helps in resilience of a community by enhancing the social networks, developing collective efficacy, and establishing mutual trust. This increased community resilience is the provision of conducive settings in which social adaptation occurs.

The model is a multilevel mediation theory that aligns with the ecological systems theory that states that individual, interpersonal and community factors are important in the development and adaptation of humans. It also coincides with conservation of resources theory that states that resources are prone to produce other resources in a gain spiral, where social support (external resource) develops resilience capacities (internal and collective resources), which consequently lead to adaptation outcomes.

RESEARCH METHODOLOGY

Research Design

In this research, a quantitative research design is adopted based on the analysis of secondary data by studying available surveys. Particularly, the study is based on the fourth year of the Longitudinal Survey on Life Changes of Disaster Victims that follows the recovery patterns of the people who encountered different natural and social disasters. The purpose of this longitudinal survey was to conduct a systematic observation of the life situations, mental conditions, interpersonal relations, and the process of recovery among the disaster victims during several years. In testing the proposed mediation model, the cross-sectional 4-year data analysis is suitable since all the variables of interest were measured concurrently, and, thus, it was possible to examine the relationships between social support, resilience factors, and social adaptation. Although longitudinal studies on changes over time would yield further information, the cross-sectional research design done presently provides groundwork on the hypothesized relationships.

Data Source and Participants

The sources of data used in this research are the fourth time of the Longitudinal Survey on Life Changes of Disaster Victims, which was carried out in South Korea. The initial survey sample was selected on the basis of populations that had been affected by different calamities such as typhoons, floods, earthquakes, and massive fires. The sampling procedures applied in the survey were systematic so as to cover disaster-affected groups in various regions and types of disasters in a representative manner.

In the given analysis, the sample size is 2, 234, which is the total number of disaster victims who responded to the fourth-year survey. The sample contains those people who had gone through natural disasters (typhoons, floods, earthquakes) and social disasters (large-scale fires). The sample sizes include both adolescents and aged persons, and have a wide range of socioeconomic status, which will offer a heterogeneous sample, which is appropriate in studying the relationship between the variables of the study as well as that of the demographics.

Measurement Instruments

Independent Variable: Social Support

The items of measurement of social support include 12 items adapted to standardized social support scales. The respondents specify to what degree individuals who surrounded them (family, relatives, friends, romantic partners, colleagues) offered different sorts of support after the experience of the disaster. The scale consists of such items as emotional support (e.g., They make me feel loved and cared for), esteem support (e.g., They recognize me as a necessary and valuable person), informational support (e.g., They give me good advice to help me adjust to the reality), and instrumental support (e.g., They help me directly or indirectly when I need it).

All the items will be rated on a five-point Likert scale between 1 (not at all) and 5 (very much). Social support score will be calculated by averaging all the 12 items in which high social support scores will be obtained. Cronbach alpha coefficient reliability is 0.952 indicating that there is excellent internal consistency.

Dependent Variable: Social Adaptation

The five items determine the scale of how the disaster-related mental and physical issues affect the different functioning aspects, which measure social adaptation. The items include the disturbance to home activities (cleaning, organizing, cooking), social (interacting with other people), personal (reading, walking alone), the possibility to create and sustain close relationships, and work performance.

The answers are noted on a five-point Likert scale with a point 1 (not at all) to 5 (very much). Since the items are phrased in a manner that determines the interference or difficulty, the responses are reversed coded and higher scores are a better measure of social adaptation. The mean of the five reverse-coded items is taken as the social adaptation score. The consistency of this scale is exceedingly high and the alpha of Cronbach is 0.966.

Mediating Variable: Individual Resilience

The personal resilience is evaluated by the six questions of the standardized resilience scores to evaluate the capacity to recover after the hardships and overcome the stressful experiences. Some of the statements used in items include: I usually recover fast after experiencing difficult events, it does not take me long to get over stressful situations and finally I am generally coping with hard times well.

The answers are to be provided on a five-point Likert scale 1 (not at all) to 5 (very much). There are also some items that are worded in a negative way (e.g., When stressful events occur, I have a hard time) and are reverse-coded. The individual resilience score refers to the sum of all six items and the higher the score the higher is the resilience. The percentage of the alpha of this scale is 0.791, which is acceptable.

Mediating Variable: Community Resilience

There are 10 items assessing community resilience which include perceptions of community capacity, cohesion and functioning. Items are rated on a range of dimensions such as governance (e.g., The local government in my area is well-managed), social cohesion (e.g., Residents in my area help each other and care about one another), preparedness (e.g., My area is well-prepared to an emergency), pride in the community (e.g., I am proud to tell others about the area where I live), trust (e.g., I trust the decision-makers of my local government), and collective efficacy (e.g., If a crisis occurs, people in my area will)

All the items are rated using a five-point Likert scale (not at all, rather much, and very much). Its community resilience score is determined as the average of all 10 items and the higher it, the better the perceived community resilience. The scale has high internal consistency (Cronbach alpha= 0.927).

Control Variables

To account for potential confounding factors, several demographic and disaster-related variables are included as controls in the analyses:

Gender: Coded as a binary variable (0 = male, 1 = female).

Age: Measured in age groups including 19-29 years, 30s, 40s, 50s, 60s, and 70 years or older.

Disaster Type: Categorized as natural disaster (typhoons, floods, earthquakes) or social disaster (fires), with natural disaster coded as the reference category (0) and social disaster coded as 1.

Marital Status: Categorized as unmarried, married, or divorced/separated/widowed, with unmarried as the reference category.

Education Level: Measured as highest educational attainment ranging from elementary school or below through graduate school.

Monthly Household Income: Categorized into six groups ranging from less than 1 million won to 5 million won or more.

Residence Duration: Measured in years of residence in the current community.

Data Analysis Procedures

The analysis of data was carried out with the help of the SPSS version 25.0 in accordance with the systematized procedures to check the hypotheses of the study. The discussion undertaken was in a number of steps:

First, reliability analysis was performed to assess the internal consistency of each measurement scale using Cronbach's alpha coefficients. This proves that the scales are reliably measuring what they are intended to measure.

Second, frequency analyses were used to investigate the distributions of categorical variables and provide the description of the general characteristics of the sample. All the continuous variables were measured using descriptive statistics such as means and standard deviations to evaluate the levels of social support, factors of resilience and social adaptation among the sample.

Third, Pearson correlation were conducted to test the presence of bivariate relationships between all the study variables. This will give some early data on the association of the variables in the desired direction and whether multicollinearity may be a problem.

Fourth, hierarchical regression analyses were able to test the mediation hypotheses in accordance with the steps by Baron and Kenny. In this method, three regression equations are used: (1) regression of the mediator against the independent variable, (2) regression of the dependent variable against the independent variable, and (3) regression of the dependent variable against the independent variable and the mediator. Mediation is illustrated by the incidence of the independent variable having a significant predictive power on both the mediator and the dependent variable in equations 1 and 2 respectively, the mediator having a significant predictive power on the dependent variable in equation 3, the effect of the independent variable on the dependent variable is less with the inclusion of the mediator.

Fifth, further validation of mediation effects was tested with the help of bootstrapping procedures with SPSS Process Macro. Bootstrapping is a resampling technique that lacks the assumptions about the normality and gives more precise approximations of indirect effects. It used 5,000 bootstrap samples in computing 95 percent bias-corrected confidence intervals. Mediation effects are said to be statistically significant when the confidence interval is not equal to zero.

The regression models incorporated all the control variables (gender, age, type of disaster, marital status education, income, number of years, spent at the residence) to control their possible effects on the outcome variables. The level of statistical significance was considered at the level of alpha (0.05).

RESULTS

General Characteristics of Participants

In the analysis, 2,234 victims of disasters who took part in fourth year of Longitudinal Survey of life changes of disaster victims were used. Table 1 reveals the demographic and disaster related features of sample.

Table 1. General Characteristics of Participants (N=2,234)

Variables	Categories	N	%
Gender	Male	987	44.2
	Female	1,247	55.8
Age	19-29 years	157	7
	30s	167	7.5
	40s	247	11.1
	50s	503	22.5
	60s	603	27
	70 years or older	557	24.9
Disaster Type	Natural disaster (typhoon, flood, earthquake)	1,924	86.1
	Social disaster	310	13.9
Marital Status	Unmarried	274	12.3
	Married	1,607	71.9
	Divorced, separated, widowed	353	15.8
Education Level	Elementary school or below	202	9
	Elementary school graduate	392	17.5
	Middle school graduate	384	17.2
	High school graduate	870	38.9
	College or above	386	17.3
Monthly Household Income	Less than 1 million won	338	15.1
	1-2 million won	497	22.2
	2-3 million won	560	25.1
	3-4 million won	385	17.2
	4-5 million won	245	11
	5 million won or more	209	9.4
Total		2,234	100

In terms of the gender balance, 987 males (44.2) and 1247 females (55.8) were represented in the sample, which means that the female participants had a greater representation. The age distribution reflected that the most significant percentage of the participants consisted of those aged 60s (27.0), then those aged 70 years and above (24.9), which is a sign of the aging population of the victims of disasters.

Regarding the type of disaster, 1,924 people (86.1) participants had to endure natural disasters (typhoons, floods and earthquakes) and 310 (13.9) participated in social disasters (large scale fires). This distribution indicates the proportion of occurrence of various types of disasters within the study areas.

The marital status revealed that 1,607 participants (71.9% were married, 274 (12.3% were unmarried and 353 (15.8% were divorced, separated and widowed). The majority of people who are married are in line with the age of the sample. Educational attainment was used to display that the highest educational level was the high school graduates with 38.9% (870 participants).

The monthly household income was not very stable, with modal income of 2-3 million won per month (25.1, 560 participants) and 1-2 million won (22.2, 497 participants) being the most frequent ones.

Descriptive Statistics and Correlations among Study Variables

Table 2 presents the means, standard deviations, and correlation coefficients among the key study variables

Table 2. Descriptive Statistics and Correlations among Study Variables (N=2,234)

Variables	Social Support	Individual Resilience	Community Resilience	Social Adaptation	Mean	SD
Social Support	1				3.42	0.62
Individual Resilience	.262***	1			3.25	0.62
Community Resilience	.408***	.158***	1		3.19	0.6
Social Adaptation	.145***	.386***	.108***	1	4.28	0.94

*p < .001

The social support score was a mean of 3.42 (SD = 0.62) with the levels of perceived support being moderate to moderately high with the five-point scale. The mean individual resilience was 3.25 (SD = 0.62) indicating moderate levels of resilience. The mean of community resilience was 3.19 (SD = 0.60), and also represented moderate perceptions of community capacity. The mean of social adaptation was the largest at 4.28 (SD = 0.94) which means that the levels of adaptation were relatively good considering the reverse coding of the original items of the interference.

The theoretical framework was supported with the help of correlation analyses that demonstrated the presence of significant positive relationships between all the study variables. Individual resilience ($r = .262$, $p = .001$), community resilience ($r = .408$, $p = .001$), and social adaptation ($r = .145$, $p = .001$) had positive and significant correlations with social support. These results show that the greater the social support, the more the individual resilience, community resilience, and social adaptation.

Individual resilience showed high levels of positive correlations with social adaptation ($r = .386$, $p < .001$) and community resilience ($r = .158$, $p < .001$). The close correlation between individual resilience and social adaptation implies that individual ability to recover after challenges is a significant predictor of adaptation consequences. The relationship between community resilience and social adaptation was also significant ($r = .108$, $p < .001$) but lower than the one between individual resilience and social adaptation.

It is interesting to note that the correlation between social support and community resilience ($r = .408$) was better than the correlation between social support and individual resilience ($r = .262$), which implies that it is possible that social support is more strongly related with processes in collectives than with individual psychological traits. Individual resilience and social adaptation were significantly correlated ($r = .386$) as compared to the case of community resilience and social adaptation ($r = .108$), which may imply that individual-level resilience is more likely to play a leading role towards adaptation.

The correlation pattern presents a preliminary evidence to the formulated mediation model because the independent variable (social support) is significantly correlated with both mediators (individual and community resilience), all the mediators are significantly correlated with the dependent variable (social adaptation), and the relationship between the independent variable and the dependent variable is also direct. But the formal mediation testing is required to identify the statistical significance of the indirect effects via the mediators.

Mediation Analysis

The hypothesized mediating effects of the individual resilience and community resilience in the relationship between social support and social adaptation were tested using hierarchical regression analyses using the three-step test of Baron and Kenny (1986). Every analysis was controlled by gender, age, type of the disaster, marital status, education level and monthly household income. The full findings of these analyses are in Table 3.

Table 3. Mediation Analysis Results

Steps	DV	IV	B	SE	β	t	p	F(R ²)
Step 1-1	Individual Resilience	Gender (Female)	-0.132	0.026	-0.106	-5.028	<.001	43.378** *
		Age	-0.011	0.013	-0.027	-0.829	0.407	-0.135
		Disaster Type (Social)	-0.091	0.037	-0.051	-2.444	0.015	
		Marital Status (Married)	-0.027	0.049	-0.019	-0.546	0.585	
		Marital Status (Divorced etc.)	0	0.061	0	0	1	
		Education Level	0.036	0.014	0.07	2.485	0.013	

		Monthly Household Income	0.061	0.01	0.147	6.277	<.001	
		Social Support	0.239	0.02	0.238	11.754	<.001	
Step 1-2	Community Resilience	Gender (Female)	0.011	0.024	0.009	0.451	0.652	69.387** *
		Age	0.053	0.012	0.132	4.263	<.001	-0.2
		Disaster Type (Social)	-.027	0.034	-.015	-0.772	0.44	
		Marital Status (Married)	-.066	0.045	-0.05	-1.449	0.147	
		Marital Status (Divorced etc.)	-.067	0.057	-.041	-1.178	0.239	
		Education Level	-.058	0.013	-.118	-4.393	<.001	
		Monthly Household Income	0.046	0.009	0.117	5.167	<.001	
		Social Support	0.391	0.019	0.405	20.819	<.001	
Step 2	Social Adaptation	Gender (Female)	-.065	0.04	-.035	-1.63	0.103	35.406** *
		Age	-.043	0.021	-.068	-2.093	0.037	-0.113
		Disaster Type (Social)	-.296	0.057	-.109	-5.212	<.001	
		Marital Status (Married)	0.037	0.075	0.018	0.497	0.619	
		Marital Status (Divorced etc.)	-.038	0.093	-.015	-0.404	0.686	
		Education Level	0.041	0.022	0.053	1.873	0.061	
		Monthly Household Income	0.119	0.015	0.191	8.029	<.001	
		Social Support	0.171	0.031	0.113	5.51	<.001	
Step 3	Social Adaptation	Gender (Female)	-.004	0.038	-.002	-0.101	0.92	56.319** *
		Age	-.042	0.02	-.067	-2.147	0.032	-0.202
		Disaster Type (Social)	-.251	0.054	-.093	-4.649	<.001	
		Marital Status (Married)	0.055	0.071	0.027	0.777	0.437	
		Marital Status (Divorced etc.)	-.032	0.089	-.013	-0.365	0.715	
		Education Level	0.029	0.021	0.037	1.383	0.167	
		Monthly Household Income	0.086	0.014	0.139	6.063	<.001	
		Social Support	0.026	0.033	0.017	0.799	0.424	
		Individual Resilience	0.472	0.031	0.313	15.339	<.001	
		Community Resilience	0.082	0.033	0.052	2.447	0.015	

Note. Dummy variables: Gender (Male=0), Disaster Type (Natural disaster=0), Marital Status (Unmarried=0)

* $p < .05$, ** $p < .01$, *** $p < .001$

Step 1-1: Effect of Social Support on Individual Resilience

The initial regression equation tested the hypothesis of whether the social support is a significant predictor of individual resilience. The findings showed that the social support made a big positive impact on individual resilience ($B = 0.239$, $SE = .238$, $t = 11.754$, $p = .001$). Gender was also a significant control variable where females recorded a low individual resilience compared to males ($B = -0.132$, $SE = .106$, $t = -5.028$, $p = .001$). The type of disaster also played an important role, and victims of social disaster reported less individual resilience than victims of natural disasters ($B = -0.091$, $SE = .051$, $t = -2.444$, $p = .015$). Both education level ($B = 0.036$, $SE = .070$, $t = 2.485$, $p = .013$) and monthly household income ($B = 0.061$, $SE = .147$, $t = 6.277$, $p = .001$) revealed a positive impact on the individual resilience. The total model had a significant statistical value, $F = 43.378$, $p < .001$, and attributed 13.5% of the variance in individual resilience ($R^2 = .135$).

Step 1-2: Effect of Social Support on Community Resilience

The second first-step equation was to test the hypothesis of whether social support is an important predictor of community resilience. The findings indicated that there is a strong significant positive impact on community resilience by social support ($B = 0.391$, $SE = .405$, $t = 20.819$, $p < .001$). The age was one of the control variables with a significant positive effect ($B = 0.053$, $SE = .132$, $t = 4.263$, $p < .001$), meaning that age affected perceived community resilience. There was a negative significant effect on the education level ($B = -0.058$, $SE = .118$, $t = -4.393$, $p = 0.001$), which indicates that more educated respondents had a lower rating of community resilience. The influence of monthly household income was significant ($B = 0.046$, $SE = .117$, $t = 5.167$, $p = .001$). The general model was very important, $F = 69.387$, $p < .001$ and captured 20.0% in the variance of community resilience ($R^2 = .200$).

Step 2: Effect of Social Support on Social Adaptation

The second step focused on investigating the direct impact of the social support on the social adaptation without the mediators. The findings showed that social support was positively correlated with social adaptation ($B = 0.171$, $SE = .113$, $t = 5.510$, $p = .000$). Some of the control variables were also significant. The negative impact of age had a significant effect ($B = -0.043$, $SE = -0.068$, $t = -2.093$, $p = .037$). Type of the disaster demonstrated a significant effect, where social disaster victims had less social adaptation ($B = -0.296$, $SE = -.109$, $t = -5.212$, $p = .001$). The positive effect of monthly household income on social adaptation was high ($B = 0.119$, $SE = .191$, $t = 8.029$, $p < .001$). The total model was meaningful, $F = 35.406$, $p < .001$, and it explained 11.3% of the social adaptation variance ($R^2 = .113$).

Step 3: Effects of Social Support and Mediators on Social Adaptation

The third step demonstrated the medial relationship between social support and social adaptation using all the variables at once with the mediation of individual resilience and community resilience. The findings indicated that individual resilience significantly positively predicted social adaptation ($B = 0.472$, $SE = .313$, $t = 15.339$, $p < .001$). A positive effect, albeit less important ($B = 0.082$, $SE = 0.052$, $t = 2.447$, $p = .015$), was also found on community resilience. Notably, the direct influence of social support on social adaptation lost its significance when the two mediators were incorporated in the model ($B = 0.026$, $SE = .017$, $t = 0.799$, $p = .424$).

The control variables that were of significance in this last model were; age ($B = -0.042$, $SE = -0.67$, $t = -2.147$, $p = .032$), disaster type ($B = -0.251$, $SE = -0.093$, $t = -4.649$, $p = .001$), and monthly household income ($B = 0.086$, $SE = .139$, $t = 6.063$, $p = .001$). The general model was very important, $F = 56.319$, $p < .001$, and described significantly more variance in social adaptation ($R^2 = .202$) than the model without mediators.

Interpretation of Mediation Effects

The third step demonstrated the medial relationship between social support and social adaptation using all the variables at once with the mediation of individual resilience and community resilience. The findings indicated that individual resilience significantly positively predicted social adaptation ($B = 0.472$, $SE = .313$, $t = 15.339$, $p < .001$). A positive effect, albeit less important ($B = 0.082$, $SE = 0.052$, $t = 2.447$, $p = .015$), was also found on community resilience. Notably, the direct influence of social support on social adaptation lost its significance when the two mediators were incorporated in the model ($B = 0.026$, $SE = .017$, $t = 0.799$, $p = .424$).

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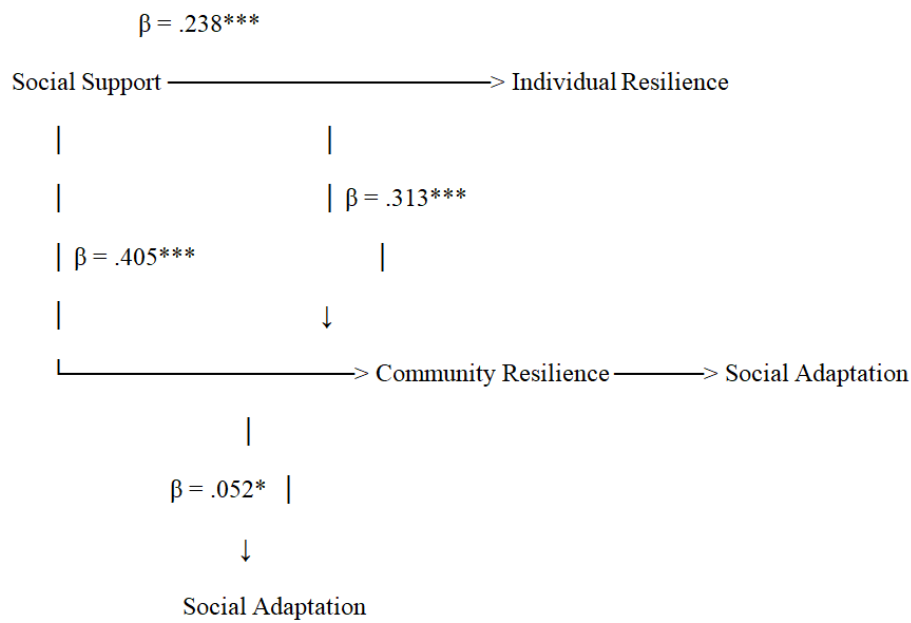


Figure 1. Mediation Analysis Results

Direct effect: $\beta = .113^{***} \rightarrow \beta = .017$ (n.s.)

Note. $*p < .05$, $***p < .001$; n.s. = not significant

Bootstrap Verification of Mediation Effects

To give more support to the mediation effects with more rigorous statistical methods, bootstrapping procedures were done with the help of SPSS Process Macro (Hayes, 2013). The method produces bias-corrected confidence intervals of the indirect effects when repetitions on the data are done (5,000 bootstrap samples in the current analysis). When the indirect effect 95 percent confidence interval does not contain zero, then mediation is established.

Table 4. Mediation Analysis with Bootstrapping

Path	Effect	SE	95% CI	
			LLCI	ULCI
Total Indirect Effect	0.145	0.017	0.112	0.18
Social Support → Individual Resilience → Social Adaptation	0.113	0.012	0.091	0.138
Social Support → Community Resilience → Social Adaptation	0.032	0.013	0.007	0.058

Note. LLCI = Lower Limit Confidence Interval; ULCI = Upper Limit Confidence Interval
 Bootstrap samples = 5,000; Confidence level = 95%

Table 4 shows the findings of the bootstrapping analysis. The overall indirect impact of social support on social adaptation by using both mediators was 0.145 (SE = 0.017) and its median is 0.112 to 0.180. Since this interval does not contain zero the aggregate indirect effect is significant.

Analyzing the particular indirect routes, the indirect impact via personal resilience was 0.113 (SE = 0.012), and the 95% confidence range of it is 0.091-0.138. This interval does not include zero which determines strong mediation by personal resilience. The community resilience indirect effect was 0.032 (SE=0.013) with a confidence interval of 0.007-0.058. It is also by excluding the value of zero which proves that there is substantial mediation by community resilience.

By looking at the proportion of the two indirect effects, it is evident that the pathway through individual resilience (0.113) is considerably larger than the pathway through community resilience (0.032), indicating that individual resilience is a more important construct through which social support explains social adaptation.

These bootstrapping findings are consistent with the results of the hierarchical regression analyses and present strong evidence that both personal resilience and community resilience are important intermediaries in the interrelation between social support and social adaptation in victims of disasters. The fact that both conventional

regression-based mediation testing and modern bootstrapping technique are used enhances the belief in the validity of these findings.

DISCUSSION

Summary of Major Findings

The paper has looked into how social support and social adjustment are related to disaster victims with the moderating factors being individual resilience and community resilience. The data analysis process on 2,234 victims of disasters presented multiple significant results that promote insight into disaster recovery processes.

Firstly, social support was observed to have a large positive impact on social adaptation which confirms Hypothesis 1. Victims of the disaster with greater perception of support of their family, friends and the community members showed superior social adaption as indicated by less interference in their daily activities, social relations and job performance. The observation is in line with the substantial past studies that describe the protective value of social support under the conditions of trauma and stress.

Further, the social support was also linked to social adaptation that was mediated by both individual resilience and community resilience, which confirmed Hypotheses 2 and 3. The mediation tests showed that there is no direct positive effect of social support on social adaptation to a significant extent. Rather, the positive impacts of social support have been observed to work mainly by taking indirect routes which include the establishment of individual level coping mechanisms as well as the community level shared resources.

Finally, the two mediating pathways were compared, and individual resilience was found to mediate significantly than community resilience. The difference in the indirect effect of the individual resilience was found to be about three and a half times as much as the indirect effect of the community resilience. This is a hint that although both scales of resilience are important, the personal psychological factors can be closer to the individual adaptation than the perception of community-level resources.

Theoretical Implications

Firstly, the research gives empirical evidence of a multilevel mediation model, which incorporates individual and community views on resilience. A large part of the past studies has investigated either individual or community based factors individually. This study contributes to the more global ecological explanation of the recovery processes by showing that these two levels of resilience are both mediators at the same time.

Further, conservation of resources theory is also expanded in the study, as it shows it through the cascading trend according to which external resources result in the development of the other resources that in turn results in good outcomes. This resource gain spiral offers an insight into processes where initial investments into support systems can result into more long term benefits as they develop sustainable capacities and not temporary relief.

Third, it is theoretically interesting that complete mediation was found to be present instead of a partial one. The direct influence of social support on social adaptation lost significance when the factors of resilience were incorporated, indicating that the social support might act almost exclusively via the development of the resilience instead of possessing its own direct actions. This is contrary to other theoretical models that hypothesize the buffering and primary effects of social support. It indicates that in the context of the disaster, buffering might be more direct than direct effects.

Practical Implications

The results are significant when it comes to policy and practice associated with disaster recovery support systems. The first and foremost are the implications of the findings that neither immediate material help nor short-term emotional help should be given to the immigrant population, but instead the investments in the long-term resilience plans should be made at both the individual level and the community level. At individual level interventions, the programs must be provided to promote psychological resilience using evidence based practice like cognitive-behavioral measures, stress management training, and development of problem solving skills, and meaning making activities. Although it is an important task, the provision of concrete help and emotional support must be done in a manner that will empower the disaster victims and enhance their own self-coping mechanisms instead of fostering a dependent relationship. Resilience and recovery processes psychoeducation can be used to normalize experiences and give hope.

In the case of community-level interventions, the strategy should be aimed at enhancing social cohesion, establishing collective efficacy, increasing trust in institutions, and developing community capacity to respond to future problems in a coordinated manner. This may involve making community organizing easier, assisting grassroots recovery groups, enhancing communication between citizens and local government, investing in community infrastructure, and creating a space of collective action and shared decision-making. Policymakers can

also look at the provision of funds to ensure that they are not merely used in responding to the immediate disaster but also to support the long-term resilience building programs. Although emergency response and short-term aid is essential, recovery is a process and needs to be sustained. Resilience capacity building programs can help prevent future issues, minimize reliance on outside help, and encourage more sustainable recovery patterns.

LIMITATIONS AND FUTURE RESEARCH

Although this study has brought about several contributions, there are a number of limitations that should be noted. First, the data is cross-sectional, which restricts the possibility of causal inference. Although mediation model assumes directional relationships between resilience and social support as well as social support and adaptation, the data were taken at one time, and it is not possible to determine clearly that time precedence. Longitudinal designs with measurement of variables at more than one point in time would give more evidence about the causal pathways and would allow assessment of how the relationships would evolve with time.

Further, all variables were measured self-report which brings the problem of common method bias and social desirability. Further study may include the use of more assessment methods such as behavioral observations, collateral reports by family or community members and objective measures of adaption such as employment status or healthcare usage. Again, the study did not cover other potential factors that may have been of importance; though it controlled many demographics and disaster related factors. Indicatively, mental health pre-disaster health conditions, level of disaster impact, disaster loss, and financial support may determine recovery patterns. More in-depth evaluation of these factors should be conducted in the future.

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