

## **THE ROLE OF GENERAL SELF-EFFICACY, RESILIENCE, AND PERCEIVED SOCIAL SUPPORT ON FILIPINO DISASTER VICTIMS' PSYCHOLOGICAL TRAUMA**

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### **ABSTRACT**

Studies on the role of general self-efficacy, resilience, and perceived social support in influencing disaster-related psychological trauma is fairly limited in the context of the Philippines, wherein most regions have been listed as disaster-prone areas due to the frequent occurrence of natural disasters. In this predictive cross-sectional study, the sample consists of 251 participants selected through purposive sampling from different regions across the country. Using Ehlers and Clark's (2000) theory on the cognitive model of PTSD, the present study aimed to determine whether certain factors such as general self-efficacy, resilience, and perceived social support have significant influences on disaster-related psychological trauma when tested for independent and interaction effects. 4 instruments were used to fulfill the objectives of the study: Davidson Trauma Scale (DTS), Brief Resilience Scale (BRS), New General Self-Efficacy Scale (NGSE), and Multidimensional Scale of Perceived Social Support (MSPSS). Differences in levels of general self-efficacy, resilience, and perceived social economic status among participants were tested using independent samples t-test when grouped according to gender and using one-way ANOVA when grouped according to socioeconomic status. Multiple linear regression was used to determine whether general self-efficacy, resilience, and perceived social support had significant influences on disaster-related psychological trauma when tested for independent and interaction effects. While significant independent relationships have been found between general self-efficacy and resilience towards psychological trauma, results showed that there were no significant interaction effects between the predictor variables in predicting psychological trauma symptom severity. The researchers conclude that other factors may also influence the psychological trauma of disaster survivors apart from general self-efficacy and resilience.

**Keywords:** General self-efficacy, perceived social support, resilience, psychological trauma.