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Resilience and Coping Strategies among Slum Women in Tiruchirappalli Municipal Corporation: A Descriptive Study

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Abstract

Slum women face numerous challenges, including poverty, housing insecurity, gender-based violence and limited access to resources. Despite these adversities, many slum women demonstrate remarkable resilience and employ various coping strategies to navigate their difficult circumstances. This descriptive study explores the experiences of slum women in Tiruchirappalli Municipal Corporation, focusing on their understanding of resilience, the coping mechanisms they employ, and the factors that influence their effectiveness. The study will utilize quantitative methods, such as questionnaire prepared by the Researcher, Scale to Measure Resilience and Coping Strategies, to gather rich data on the women's perspectives and experiences. This study aims to contribute to a deeper understanding of the strengths and vulnerabilities of slum women in Tiruchirappalli. By examining their resilience and coping mechanisms, the study seeks to: identify common coping strategies employed by slum women, explore the factors that influence the effectiveness of these strategies, gain insights into the lived experiences of resilience among slum women and suggest interventions and policies aimed at supporting the well-being and empowerment of slum communities. Using a descriptive research design with a quantitative approach, a simple random method was used for sampling with a sample size of 50 respondents. The research primarily focuses on finding the Level and inter correlation of the resilience and coping strategies. The major finding is majority (54%) of the respondents are have Low level of Resilience and Coping Strategies. Salient findings related to the study and suggestions are discussed in the full paper.

Keywords: Resilience, Coping Strategies, Slum Women, Tiruchirappalli, Quantitative Research.

Introduction

The study of resilience and coping strategies becomes essential in the dynamic urban environment, as slum populations face a variety of obstacles, especially for women living in these poor settings. This descriptive research addresses the complex collection of variables impacting the coping strategies and resilience used by women who live in slums. Under Sustainable Development Goal (SDG) No. 3, “good health and well-being” this study aims to identify coping strategies and resilience as essential characteristics influencing slum women's overall well-being. The research intends to highlight the

importance of knowing how various ways to cope contribute to both individual health and the overall health and well-being of the community by focusing on SDG Goal No. 3.

Review of Earlier Studies

Chant, S., & Guttal, S. (2016) This study explores the everyday experiences of women living in urban slums in the Global South, focusing on their resilience and coping strategies in the face of poverty, insecurity, and limited resources. The research reveals how women draw upon social networks, collective action, and individual resourcefulness to navigate precarious living conditions and build resilience. It highlights the importance of recognizing and supporting women's agency and informal economies in promoting sustainable and inclusive urban development.

Rao, A., & Sharma, A. (2018) This research examines the coping strategies and resilience of women living in informal settlements in Mumbai, India. The study identifies various strategies employed by women to manage economic hardships, social exclusion, and gender-based inequalities. These include income diversification, collective action, micro-entrepreneurship, and seeking support from networks and NGOs. The research emphasizes the need for policy interventions and community-based support systems to strengthen women's resilience and improve their living conditions in informal settlements.

Aim and Objectives

Aim

The aim of the study about to identify and understand resilience and coping strategies among slum women in Tiruchirappalli municipal corporation, is to describe the various kind of resilience and coping strategies in various aspects.

Objective

- To describe the socio-demographic characteristics of the Slum Women.
- To measure the level of Resilience and Coping Strategies.
- To analyse the relationship between important sociodemographic variables and the dependent variables
- To provide suitable measures to improve the resilience and coping strategies among them.

Materials & Methods

Statement of Problem

The development of resilience and coping strategies offers particular challenges for slum women due to their poor living conditions, which are characterized by limited resources and increased socio-economic challenges. There is a study low concerning specific factors limiting the development of resilience among this vulnerable group, despite the immediate need for special care. With the goal to address this information gap, this study will do an analysis that will shed light on the challenges that slum women have while trying to develop coping strategies and resilience. The knowledge obtained will help establish successful, focused resources for this vulnerable group.

Research Design

As the study aims at analysing the relationship between Resilience and Coping among the Slum Women in Tiruchirappalli Municipal Corporation, the researcher used Descriptive Research Design.

Universe & Sampling

The Universe of the study is Tiruchirappalli Corporation. Researcher collected data from 50 respondents from Tiruchirappalli corporation by using simple random sampling method.

Tools & Methods of Data Collection

The researcher used Self prepared questionnaire related to socio demography. The researcher used Nicholson McBride Scale to find the level of resilience and Hamby, Grych, & Banyard, 2013 Scale to find the level of coping strategies.

Results

The Researcher converted the Data into Tables. The Researcher used SPSS to analyse the Data, the Statistical tests namely Quartile and Inter Correlation.

Table 1 Socio Demographic Characteristics

S. No.	Variables	No. of Respondents (n:50)	Percentage (%)
1	Age Group		
	20 to 30	6	12.0
	31 to 40	19	38.0
	41 to 50	15	30.0
	51 to 60	10	20.0
2	Education Qualification		
	Uneducated	11	22.0
	Primary School	14	28.0
	Middle School	19	38.0
	High School	6	12.0
3	Occupation		
	House Maker	9	18.0
	Daily Wage	10	20.0
	Private Sector	13	26.0
	Government Sector	13	26.0
	Small Business	5	10.0
4	Monthly Family Income		
	Below 10,000	18	36.0
	10,001 to 15,000	17	34.0
	15,001 to 20,000	4	8.0
	20,001 to 25,000	7	14.0
	More than 25,000	4	8.0
5	Type of Family		
	Nuclear Family	33	66.0
	Join Family	12	24.0
	Extended Family	5	10.0

6	Years of Living in this current slum (years)		
	Four	4	8.0
	Five	9	18.0
	Six	5	10.0
	Seven	11	22.0
	Eight	12	24.0
	Nine	9	18.0

From the above table it is inferred that distribution of the demographic profile of the respondents in the study. It reveals that Most (38%) of the respondents are belongs to 31 to 40 age group, Majority (38%) of the respondents are qualified in Middle school, Majority (26%) of the respondents are working both in private sector and government sector, Majority (36%) of the respondents earning less than 10,000 as their monthly family income, Majority (66%) of the respondents are living in Nuclear family and Majority (24%) of the respondents are living eight years in the same slum area.

Table 2 Level of Resilience & Coping Strategies

S.No.	Level of Resilience & Coping Strategies	No. of Respondents (n: 50)	Percentage
1.	Low Level	27	54.0
2.	Moderate Level	9	18.0
3.	High Level	14	28.0

While analysing the above table, it is inferred that majority (54%) of the respondents are have Low level of Resilience and Coping Strategies.

Table 3

S. No.	Resilience vs. Coping Strategies	Correlation Value	Statistical Inference
1.	Resilience vs Coping Strategies	(-)0.298*	P<0.05 Significant

With regard to the above table, using inter correlation, it is inferred that, there is a Significant relationship between Resilience and coping strategies.

Discussion

The study reveals a concerning trend as 54% of slum women in Tiruchirappalli Municipal Corporation exhibit low levels of resilience and coping strategies. The inter correlation between resilience and coping strategies underscores that the significant relationship of these factors. The significant relationship that has been seen between strategies for coping and resilience shows how interdependent these characteristics remain. The low levels of resilience found in the modern world could be explained by systematic disparities and limited access to resources, which are common socio-economic difficulties. These results highlight the absolute need for focused interventions and support systems to improve these women's adaptive abilities so they may effectively deal with and overcome challenges in their stressful living environments.

Findings

- Most (38%) of the respondents are belongs to 31 to 40 age group.
- Majority (38%) of the respondents are qualified in Middle school.

- Majority (26%) of the respondents are working both in private sector and government sector.
- Majority (36%) of the respondents earning less than 10,000 as their monthly family income.
- Majority (66%) of the respondents are living in Nuclear family.
- Majority (24%) of the respondents are living eight years in the same slum area.
- Majority (54%) of the respondents are have Low level of Resilience and Coping Strategies.

Suggestions to Varied Stakeholders

Based on the findings of the study on resilience and coping strategies among slum women in Tiruchirappalli Municipal Corporation, here are some suggestions for stakeholders:

Government and Municipal Authorities

Increase access to basic amenities like clean water, sanitation, and healthcare facilities in slum areas to improve living conditions.

Implement policies and programs aimed at poverty alleviation, skill development, and income generation for slum women, thereby enhancing their economic resilience.

Enhance social protection measures to provide a safety net for vulnerable populations, including slum women, during times of crisis or adversity.

Invest in infrastructure development and urban planning initiatives that prioritize the needs of slum communities, including adequate housing and transportation options.

NGOs and Community Organizations

Provide targeted support services such as counseling, vocational training, and support groups to empower slum women and build their psychological resilience.

Facilitate access to education and literacy programs for both women and children in slum areas to break the cycle of poverty and improve long-term outcomes.

Foster community cohesion and collective action by organizing women's groups, cooperatives, and networks that can advocate for their rights and access to resources.

Offer micro finance and entrepreneurship opportunities to enable slum women to start small businesses and become financially independent.

Employers and Private Sector

Create employment opportunities that are accessible to slum women, including flexible working arrangements and skills training tailored to their needs.

Implement fair labour practices and policies that promote gender equality and provide a supportive work environment free from discrimination and harassment.

Engage in Corporate Social Responsibility (CSR) activities focused on improving the well-being of slum communities through targeted interventions and partnerships.

Collaborate with local organizations and government agencies to invest in community development initiatives that benefit slum residents and contribute to sustainable urban growth.

Academic Institutions and Researchers

Conduct further research to deepen understanding of the unique challenges faced by slum women and identify effective strategies for building resilience and coping.

Disseminate knowledge and best practices through workshops, conferences, and publications to inform policy-making and program development efforts.

Collaborate with local stakeholders and community members to co-create solutions that are culturally sensitive, contextually relevant, and sustainable in the long term.

Advocate for the inclusion of gender-responsive approaches in urban development policies and initiatives to address the specific needs and priorities of slum women.

By addressing these suggestions, stakeholders can work together to create a supportive environment that enables slum women to overcome adversity, strengthen their resilience, and improve their overall well-being.

Conclusion

The findings of this study reveal the critical need for enhancing the poor resilience levels of women living in slums in Tiruchirappalli Municipal Corporation. The significant relationship that has between strategies for coping and resilience shows how interconnected these aspects are. Identifying and decreasing the socioeconomic challenges that slum women experience can lead to focused actions that enable them to overcome challenges. This knowledge is essential for developing strategies that effectively support this poor population's overall well-being in challenging living conditions.

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