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Psychosocial challenges and coping mechanisms of internally displaced people and host community, Bullen woreda, Metekel zone

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Running head psychosocial challenges and coping mechanisms of IDPS and host community



Bahir Dar University

Faculty of Social Science

Department of Social Work

Psychosocial challenges and coping mechanisms of internally displaced people and host community, Bullen woreda, Metekel zone

Thesis Submitted to the Faculty of Social Sciences, Department of Social Work in Partial

Fulfillment of the Requirement to the Degree of Master of Social Work (MSW)

By Nemera maru

Advisor: Kerebih Asrese (PhD)

Jan, 2023

Bahir Dar, Ethiopia

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This is to certify that the thesis titled Psychosocial challenges and coping mechanisms of internally displaced people and host community at Bullen woreda is the work of Nemera maru. It has been submitted in partial fulfillment of the requirements for the degree of master of social work (MSW).

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List of Abbreviation and Acronyms

UNHRC	United nation human right council
IDP	Internally displaced people
PTSD	Post- traumatic stress disorder
ENDRMC	Ethiopian national Disaster risk management commission
GHQ-28	General health questionnaire
NGO	Non-governmental organization
GO	Governmental organization
SPSS	Statistical Package for Social Sciences
SCL-90-R	Symptom Checklist 90 Items Revised
UNICEF	United Nations International Children's Emergency Fund

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Abstract

People who have been internally displaced (IDPs) are a worldwide phenomenon that is alarmingly expanding around the world. This study set out to look into the psychological difficulties and coping strategies that internally displaced individuals and the host community face. A design using mixed methodologies was used. Data, both quantitative and qualitative, were gathered from 238 host communities and 122 IDP respondents. Purposive and basic random samplings were used. Numerous statistical methods, both descriptive and inferential, were used to analyze the data. The test results of one sample t-test sex [t (112) = -2.158, P=.001 for personal depression; t (112) = 3.204, P=.001 for personal stress cases; and t (112) = -1.319, P=.190 for personal challenges of anxiety, and the test result of [t(228)=-3.181,p=.001 for personal depression of households, [t(228)=-3.358,p=.001 for personal stress of households, and [t(228)=-3.188,p=.001 for personal challenges of anxiety [t (112) = 3.054, P=.000 emotional depression; t (112) = -2.873, P=.000 emotional stress cases; t (112) = -3.041, P=.000 emotional challenges of anxiety of IDPs; t(228) = -3.358, P=.001 emotional challenges stress of households; and t(228) = -3.188, P=.001 emotional challenges of anxiety of households host community. The result showed that psychosocial challenges were higher in females than men in camp than in the community. The result of one-way ANOVA analysis indicated that (household's age [F (2,111) = 7.895, P =.001 for personal depression, [F (2,111) = 8.725, P =.001 for personal stress, and [F (2,111) = 9,546, P =.000 for personal anxiety within IDPs) and there was a considerable change between age intervals among the host community (household's age [F (2,227) = 16.919, P =.000 for personal depression, [t (2,227) = 20.026, P =.000 for personal stress, and [F (2,227) = 19.623, P =.000 for personal challenges of anxiety household's marital [F (3,110) = 65.505, P =.001 for personal depression, [F (3,110) = 8.335, P =.000 for personal stress, and [F (3,110) = 6.598, P =.000 for personal anxiety within IDPs, and there was substantial variation between marital status among the host community's marital [F (3,226) = 7.170, P =.000 for personal depression, [F (3,226) = 5.568, P =.001 for personal stress, and [F (2,226) = 6.566, P =.000 for personal challenges of anxiety]. As a function of family size, [F(2,111)=12.092, p=.000 for personal depression cases; [F (2,111)=10.265, p=.000 for personal stress; [F (2,111)=7.982, p=.001 for personal anxiety of IDPs personal challenges due to family size; and [F (2,227)= 6.893, p=.001 for personal depression; [F(2,227)= 7.374, p=.001 for personal challenges of stress; [F(2,227)=14.919, p=.000 for personal challenges of host community due to family size]. The result showed that as family size increased, family structure became dysfunctional, and age increased, internally displaced people in IDP camps in Bullen Woreda were highly affected by a lot more psychological and social problems than the host community. The governments at all levels, non-governmental organizations, and individuals should take responsibility for addressing the issues pointed out in this study, such as the psychological distress and social challenges of IDP and the host community.

Keywords: Psychological distress, social challenges, IDP, host community.

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Chapter one

1. Background of the study

1.1 Introduction

As stated by Lai (2014), tens of thousands of people are forced to flee their homes every year due to violence. According to Kälin (2008), internally displaced people are individuals who were compelled to leave their homes due to a range of man-made and natural calamities, such as war, conflict, violence, floods, and outbreaks, even if they are still inside the borders of their own countries . In the words of Cohen (2006), IDPs are persons or groups of persons who had been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or to avoid the effects of armed conflict, situations of generalized violence, violations of human rights, or natural or man-made disasters, and who have not crossed an internationally recognized state border.

Internal displacement, which impacts over 25 million people worldwide, is one of the most distressing events that occur in the modern world. According to the UN Human Rights Council (2015), conflicts and natural disasters caused 30.6 million additional internal displacements in 143 countries and territories in 2017. According to Rajput (2019), war and natural catastrophes have caused displacement in a number of Third World countries. Sub-Saharan Africa is home to just 14% of the world's population, but it has seen more than half of all recent forced emigration. An extra 5.5 million people were displaced in this region in 2017 as a result of conflict and violence (Oyeyemi et al., 2018). In comparison to other eras, the question of displacement in the

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Horn of Africa is incredibly complex, and internal displacement is currently a highly important issue.

Tesfaw (2022) claims that displacement brought on by violence is the primary cause of internal displacement in Ethiopia. Ethnic tensions, localized disputes, political unrest in the area, and intercommunal violence are some of the causes.

Yigzaw & Abitew (2019) estimated that 1.4 million Ethiopians were believed to have been forced to escape their homes due to violence.

Araya (2007) claims that famine and disagreements can create enormous suffering for the persons concerned, and that our nation, Ethiopia, is still responsible for providing care for hundreds of thousands of people who were internally displaced as a result of interstate warfare.

In countries experiencing significant displacements, the original homes of internally displaced people (IDPs) tend to undergo physical, institutional, and social structure destruction, while host communities frequently serve as permanent homes for newly arriving IDPs (Verme & Schuettler, 2019). Governments must consider how to stabilize both the IDP population and the long-term residents of host communities. This inter-place population reshuffling and demand for services frequently overwhelm such towns, even with the deployment of humanitarian assistance.

The host community is faced with several issues as a result of the IDP inflow. First, according to Holleman et al. (2017), they frequently require aid from both official and private humanitarian organizations. Second, while a great number of IDPs end up living in the community with relatives and close friends or in temporary housing, only a small number end up in IDP camps managed by the government or non-governmental organizations (NGOs) (Bhardwaj, 2021).

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Third, the host communities frequently have insufficient resources and are unable to completely meet the demands of newcomers in terms of employment, education, healthcare, and humanitarian aid (George & Adelaja, 2021). Fourth, there is a rise in the short-term pressure on public utilities and infrastructure due to the demand for jobs, housing, healthcare, education, and other services (Martin-Shields & Stojetz, 2019). Fifth, even when humanitarian agencies step in to aid; their efforts normally focus on organized IDP camps, not the broader community, while long-term inhabitants must struggle with greater competition for resources and opportunities, Song (2012). Sixth, due to financial and market limitations, the host communities' capacity to provide for the needs of the influx of IDPs is limited because they are frequently exposed to the larger regional destruction that first caused the IDP influx (Depetris-Chauvin & Santos, 2017).

The literature now in publication offers some data on the effects of such shocks on housing, infrastructure, agriculture, economics, health, and other areas for the communities that were directly affected. A number of other aspects of host communities' lives, including employment (Foged & Peri, 2016; Ruiz & Vargas-Silva, 2015), wages (Foged & Peri, 2016; Morales, 2018), prices (Verme & Schuettler, 2021), and a host of other wellbeing metrics (Depetris-Chauvin & Santos, 2017; Maystadt & Duranton, 2019), have also been studied in the literature that is currently available.

Thus, emphasis was placed on a few agricultural elements in host communities. Since their mental health was given less attention, even though the vast majority of people who have been relocated were from low-income rural communities and were basically agriculturally related, research findings from the west (Pacquiao, 2008) showed that after an individual or collective disaster, maintaining harmony with supernatural forces and a shared culture was seen to have a

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moderating effect on people's mental welfare. Although coping was a multifaceted concept, task-oriented coping, avoidance-oriented coping, and emotion-oriented coping were three coping styles (or techniques) that frequently appeared in the literature (Endler & Parker, 1990). According to Paardekooper et al (1999), one of the most significant influences on coping was social networks, which serve as the foundation for understanding psychological issues in general and psychosocial difficulties and coping methods in particular for those who have been internally displaced.

Since 2012 E.C., the inter-ethnic conflict between the Gumuze and other ethnic groups in the Metekel zone has resulted in the displacement of about 167,000 people (food security work process from the Metekel Zone Agriculture Department, November, 2012 E.C.). The majority of people who were evacuated from the Metekle zone were accommodated in each zone's woreda's collective center. The Bullen Woreda, one of the host areas, received roughly 9757 households, or 57617 individuals, who had been internally displaced; 993 people were living in settlement camps in the woreda center (food security procedure from the Bullen woreda Agriculture Office). The host community, governments, and organizations had given vital help throughout this process, establishing camps and providing food and material support, among other things. There were still many problems that needed to be resolved, despite the community receiving life-saving assistance.

As I noticed from my personal observation of this area, conflicts and tensions between IDP and host populations due to the shared, scarce resources of the host community were the main causes of stress and violence. The displaced people had been ignored in different social service areas like the clean drinking water pipe, the mill site, and Edir-Ekube, isolation from social

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network and their displacement was not been paid attention; their voice doesn't have a listener, and the chaos seems to perish them and also as I noticed from my personal observation of this area of host community had been face challenges due to displaced persons pollute the clean drinking water of the local community; they affect the local market, husband and wife quarrel, fight with the resident community at various service areas, defecate in unsafe places, force early marriage on displaced people's children, had an unexpected sexual relationship with community youth. As a result this study was important to assess the psychosocial challenges and coping mechanisms of IDPs and host communities in this particular study area

1.2 Statement of the Problem

The IDP and host community were vulnerable to a wide range of problems, including limited access to jobs, healthcare, education, and other necessities of everyday life due to the increasing population size. They also face psychosocial challenges, such as stress, loss of loved ones, and discomfort from eviction. The host community also faces psychosocial challenges due to the IDP's actions,(Salihu et al., 2022).

According to Yigzaw and Abitew (2019), Ethiopia had the highest percentage of residents forced to leave their houses in the first half of 2018. This study focused on the size of population displaced due to conflict and this study was addressed the causes and impacts of internal displacement in Ethiopia and the study were missed the psychosocial challenges and coping mechanisms of IDPs and host community. According to the Ethiopia National Disaster Risk Management Commission (Tadesse & Ardalan, 2014), Ethiopia was experiencing one of the largest internal displacement crises in the entire globe.

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Asfaw, (2016), carried out research on the challenges and coping mechanisms faced by those who have been displaced as a result of the Tana Beles Integrated Sugar Factory. The study looked into how restricted accesses to services dislocated people in a new location have. Since the studies were addressed the difficulties and coping strategies faced by displaced people and it missed the soft part which was psychosocial challenges and coping mechanisms faced by dislocated people and host community members.

Tesfay, (2019), conducted a study on the psychosocial difficulties and coping strategies faced by internally displaced people in the resettlement. The study missed the psychosocial challenges and coping strategies faced by the host society in favor of focusing on internally displaced people.

Dereje, (2019), conducts a study on how internally displaced persons were coping with their psycho-socio-economic issues. This study was focused on internally displaced individuals, excluding the psychosocial difficulties and coping methods of the host society.

Temesgn (2017), examined the interactions between the Berta Community in the Bambasi Refugee Centre and the Sudanese refugees from the Blue Nile. This study used a qualitative design approach and focused on the refugee camp and the particular ethnic host community, Berta. He is not included in the host community relations and ethnic conflict-induced peoples.

These previous studies mainly focused on the challenges and coping strategies of conflict induced displacement, development-induced dislocation programs in urban area and some of them investigated international refugee. Psychosocial challenges of dislocation and host community in relocation process were not addressed in the past studies. Moreover, the

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psychosocial challenges and coping strategies of conflict-induced dislocation in rural areas were not investigated by the past studies.

According to the researcher's knowledge, no research has been done on the difficulties and coping strategies faced by internally displaced individuals and host community in the current study area, the Bullen woreda displacement site. The challenges faced by displaced people and the host community in rural locations had not been addressed by previous studies on the challenges of conflict-induced and development-induced relocation in settings. The difficulties and coping methods of the host community in rural area and the displaced individuals were not also highlighted.

Thus this study would attempted to investigate the psychosocial challenges and coping mechanisms of IDPs living in the camp and the host community that arise as a result of the presence of displaced people in the community at Bullen woreda resettlement site in Benishangul Gumuz regional state of Ethiopia.

1.3 Objective of the study

1.3.1 General objectives

➤ To investigate the psychosocial challenges and coping mechanisms of internally displaced people and host community.

1.3.2 Specific objectives of the study

- To assess the psychological challenges of internally displaced people and host community
- To explore the social challenges that the IDP and host community suffer from
- To identify the coping mechanisms of displaced people and host community

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1.4 Research Questions

The current study is designed to answer the following questions:

1. What are the psychological challenges or distress (depression, stress and anxiety) faced by the internally displaced people and the host community?
2. What are the social challenges that the IDP and host community is suffering from?
3. What are the coping mechanisms of the displaced people and the host community?

1.5 Scope of the Study

Though the communities from the metekele zone were internally displaced to different parts of the metekel zone woreda, the present study site was limited to Bullen woreda administration shelters and host community people. Similarly, though the IDP at the Bullen woreda shelters were experiencing hardship in terms of shelter, clothing, care, safety, health, food, toilet, and clean drinking water problems, this study focused only on the psychosocial challenges of the displaced individuals in the shelters and host community members.

There were a number of demographic, familial, and socio-economic variables, such as family structure, marital status, income level, religious background, age and characteristics, sex, occupation, and level of education, that influence adjustments; in this study, only the household's age, gender, family size, marital status (including single, divorce, and widowhood), and displaced people would be considered due to issues of practicality and resource limitations.

1.6 Significance of the study

This study was significant in that it is the first study that have been conducted on internally displaced people settled in Bullen woreda center settlement camp and host community. As per

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my knowledge, there was no study conducted on internally displaced people settled in Bullen woreda center settlement camp and host community to this time. So that this study would be significant for:

IDPS and host community: to the integration of cultural, personal, emotional, social, and economic factors and to foster positive relationships with one another and enduring community structures. It would provide a voice for people from Bullen woreda kebele who have relocated to Bullen woreda town center shelters and their hosting community.

The government: would be used the study's findings to gain a comprehensive understanding of the psychosocial difficulties that residents of the host communities faced during the internal displacement period and to give responses for the problems as a government and this study would be significant for the government to provide counselors for psychosocially affected IDP and host community.

The NGOs: would use the study's findings in order to prevent, decrease, or eliminate the causes of psychological challenges during internal displacement, by pinpoint the practical mechanisms causing these issues for IDPs and host communities.

Further researchers: the study's findings would be used to lay the foundation for their work on the situation of individuals who face psychosocial difficulties when they are internally displaced and serve as host community.

Policymakers: would use the study's finding to putting in place suitable psychosocial well-being procedures, to develop strong responses to the citizens' psychosocial challenges during internal displacement by addressing the underlying causes of the psychosocial issues of IDPs and host community

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1.7 Limitation of the study

- The study did not include the people that were free from displacement and the community that did not host the displaced people
- The scope of this study is only limited to displaced people and host community of Bullen woreda settlement camp so that it can't be generalized to all displaced people all over the zone woreda and country.

1.8 Conceptual definition

Internally Displaced Persons: IDPs were defined as "persons or groups of persons who had been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights, or natural or human-made disassemblies," according to the United Nations Guiding Principles on Internal Displacement.

Psychosocial Challenges: In this study, the researcher wants to look at the individual, psychological, and social Challenges that people from Bullen woreda kebele who moved to Bullen woreda town were dealing with as they go through life events and the host community. These challenges could include the armed conflict situation they were in before they fled, the difficulties they faced traveling, and the living conditions in Bullen woreda sheds after they moved and the host community.

Social challenges: A sense of connection and interaction with one's environment was referred to as belonging. A sense of belonging and worth derived from shared social characteristics (Abell, 2019). Loss is a feeling of being cut off from one's belonging (Golestaneh, 2015)

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It might hurt for someone to be separated from their belongings. A person may suffer enormous losses during the forced migration process, which could undermine their sense of security and confidence in the outside world and influence their decision-making (Castro & Murray, 2010). For those who lose important things like their loved ones, traditions, native language, values, social status, close relationships, financial security, familiar ways of being, and safety as many immigrants directly experience the world can be an unpredictable and unreliable place (Golestaneh, 2015). People react to loss in different ways; some hide their inner wounds in an effort to escape suffering, while others idealize their cultural loss by rejecting the host society and becoming isolated. Some people go through the grieving process, and this may help them cope with their losses more successfully by enabling them to find an emotional outlet for their grief (Root & Exline, 2014).

Personal challenges: individual thoughts, emotions, and perspectives on the shifting circumstances of what occurred and is still happening.

Psychological challenges: were problems that people experience emotionally as a result of displacements. These problems include blaming oneself for what has happened and what is happening now, being furious, and becoming tense. According to report by (Marshall, 2022), being displaced can have severe adverse effects on the physical, social, emotional and spiritual well-being of a person. Exposure to violence or disaster, loss of or separation from family members and friends, deterioration in living conditions, the inability to provide for one's self and family, and lack of access to services, can all have immediate and long-term consequences for individuals, families and communities, including post-traumatic stress disorders, psychosomatic illness, depression, anxiety and even violence. While some of the psychological effects are direct

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responses to the trauma of disaster, other effects are long-term responses to the interpersonal, societal and economic effects of the disaster. In the absence of well-designed interventions, IDPs may develop lasting depression, pervasive anxiety, post-traumatic stress disorder and other emotional disturbances (Sryh, 2019). Even more than the physical effects of disasters, the emotional effects cause long-lasting suffering, disability and loss of income

Coping Mechanisms: This term refers to the methods used to adjust to Bullen woreda town shelters after fleeing one's home or one's habitat from different woreda kebele. Three coping mechanisms emotion-focused coping, problem-focused coping, and removal-focused coping were looked at in this study.

Emotion-focused: coping was to lessen or delay their own emotional response. This includes controlling emotions by identifying outlets for them or sources of diversion, such as enlisting the aid of others or practicing relaxation techniques. Regulating their feelings and emotional response to the problem instead of addressing the problem

Problem-focused coping : this was examines activities of persons from displaced persons and cognitive changes aimed at avoiding the stressful situation and oriented toward altering the situation, thoughts or emotions in response to a stressful situation or all the active measures taken to control stressful circumstances and change a problematic person environment relationship in order to change or remove the sources of stress through human conductive measures taken to control stressful circumstances and change a problematic person-environment relationship in order to change or remove the sources of stress through human conduct. Identifying whether they are cognitive strategies is to challenge their own beliefs and alter their

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way of thinking. Aims to lessen or get rid of a stress or the root of a problem. This includes learning more about the problem, developing new management techniques, or weighing the advantages and disadvantages of potential solutions.

Removal-focused coping: This might entail removing themselves from the issue or obstacle, changing their aims and ideals, or finding the humor in the circumstance to put a positive perspective on things, this may include distancing themselves from the problem

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Chapter Two

2. Review of Related Literatures

2.1 Concepts of Internal Displacement

Doná (2015) makes the following distinction between refugees and internally displaced people: "Both groups frequently flee their homes for similar reasons." When civilians cross a national border in search of safety in another nation, they are referred to as "refugees." For whatever reason, those who were internally displaced stay in their own countries (Cohen, 2007).

Furthermore, Robinson (2003) states that "internally displaced individuals do not require or cannot be granted a specific legal status comparable to refugee status." The distinction between refugees and IDPs is stated. Refugees are given special legal status under international law because they have lost the protection of their own nation and need the kind of international protection that is not required for people who stay within national borders.

Internally displaced people do not require this kind of substitute protection. Instead, individuals have a right to all applicable protections under humanitarian law and the law of human rights as people who are vulnerable, including those that are particularly important to them. "Individuals" were used in a variety of ways. Some individuals believe that the phrase "internally displaced persons" exclusively refers to those who have been uprooted due to conflict, violence, or persecution; in other words, those who would qualify as refugees if they crossed a border (Mooney, 2005). Some, on the other hand, believe that the idea of internal displacement is far more comprehensive and includes the millions more people who have been displaced because of

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natural disasters. Some people even wonder if it's worthwhile to focus on the so-called "IDPs," or internally displaced people.

According to the representative of the secretary general on internally displaced persons, internally displaced persons (IDPs) were "persons or groups of persons who have been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights, or natural or man-made disasters," and who have not crossed an internationally recognized state border (Nylund, 1999). IDPs have not, unlike refugees, crossed an international border for safety but have stayed in their native country, despite the fact that the reasons for their escape may be comparable (civil strife, humanitarian disaster, etc.).

IDPs thus become very vulnerable since they continue to enjoy their citizenship rights and government protection, even if the government may have contributed to the original cause of the displacement. The experts argue that "a restatement of existing human rights and humanitarian law" is what led to the current descriptive functional definition of IDPs" (Iwabukuna, 2011). Iwabukuna adds that there are several extant publications addressing international law, international humanitarian law, and international human rights law that define the phrase "internal displacement." The Guiding Principles on Internal Displacement's introduction by Francis Deng offers the most commonly used definition, which is "persons or groups of persons who have been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights, or natural or human disasters, and who have not crossed an internationally recognized state border."

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The essential components of the idea of internal displacement are thus made evident. One is the movement's forced or unintentional character. The second is the distinction between internally displaced people and refugees who cross national boundaries, i.e., the fact that such mobility occurs within national borders. According to the 1951 United Nations Convention Relating to the Status of Refugees, a person who fled their home country because of a well-founded fear of persecution owing to their race, religion, nationality, membership in a certain social group, or political beliefs was considered a refugee (Fullerton, 1993). Internally displaced persons (IDP) were defined in national IDP legislation, or a decrease that some countries with internal displacement issues had developed. These people may be given access to food rations, immediate medical care, and temporary housing as emergency assistance.

2.2 Conflict-Induced Displacement

Most academics agree that population displacement was one of the immediate effects of armed conflict. When many categories of actors were engaged in dynamic conflict within a static and constrained area of displacement results. Conflict that drives locals out of their homes is sparked by the desire to dominate a particular region and its resources (Terminski, 2013). Hence, "conflict-induced displacement" refers to persons who were pushed to leave their usual domicile due to an uptick in internal conflict or violence. Internal turmoil, civil war, foreign occupation or intervention, international armed conflict, generalized or community violence and violent raids were all examples of displacement caused by conflict (Belayneh, 2020). In the aftermath of conflict, when individuals are caught in the crossfire, they may feel obliged to flee their homes to defend themselves from bodily harm, or they may be forcibly and unwillingly relocated from

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their homes and lands by state troops or non-state armed organizations (Belayneh, 2020; Terminski, 2013).

2.3 Theoretical Concept of Displacement

Internal displacement as a distinct theoretical idea is frequently described and analyzed as a part of the global process of forced migration and as a way for a vulnerable social group to exist, as discussed in the work of (Salukvadze et al., 2014). Migration, coping mechanisms, resilience, and many facets of social isolation and social capital are all discussed. Internal displacement is directly related to migration's peculiarities, and more specifically, to forced displacement. IDPs are "forced migrants who physically remain within their own countries," according to Weiss (Weiss & Korn, 2006), who have been researching internal displacement concerns. The authors also stress the significance of redefining when they draw a connection between the rise in the number of people who are internally displaced and the need to address their distinct needs from those of refugees. They examine a number of significant issues, including material well-being, employment, human and social capital, and the function of state actors, among others.

The authors argued that, when summarizing the scientific ways of inquiry of IDPs, it is important to draw attention to a significant gap in analyses and explanations of IDPs' coping and survival mechanisms and the spatial characteristics of their daily lives.

2.4 Over view of psychosocial challenges of Internal Displacements

According to some studies, being uprooted against one's will may have a detrimental effect on one's psychological health and increase the likelihood of mental disorder (Lindencrona et al., 2008; Littleton et al., 2011; Voutira & Harrell-Bond, 1995). In addition to studies that claim that some refugees benefit from their ability to persevere in the face of difficulty by strengthening

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themselves and finding effective coping mechanisms (Ai et al., 2007), due to poverty, discrimination, and potential exposure to trauma during their journey, many researchers have hypothesized that refugee populations are psychologically more vulnerable than the general population. As a result, they are more likely to experience negative mental health outcomes like depression, substance abuse, and risky sexual behavior (Blake et al., 2001; Haggerty & Mrazek, 1994; Hohmann & Shear, 2002; Kluft et al., 2000).

IDPs were an especially vulnerable group since they have experienced daily horror and dread during their move. It is important to have reliable study findings since every individual approaches the issue differently depending on their own personality, ethnic origin, and culture. This is especially true given that it is estimated that there are over 40 million refugees worldwide (Nickerson et al., 2011). Many studies had reported that having a sense of coherence is an important factor in a migrant's capacity to cope with stress and improve quality of life during the early adaptation phase (Antonovsky, 1987; Hintermair, 2004); yet even when they do, job stability is frequently inadequate, and getting a job may require accepting labor that is low-paying, dangerous, or unrelated to their abilities (Carballo & Mboup, 2005). This is clearly the case, but it is not only with unauthorized migrants. When it does, the subsequent emotions of relative deprivation and loss of self-esteem can have very damaging psychological effects (Carballo & Mboup, 2005). When left untreated or unresolved, anxiety and homesickness are common issues that may quickly turn chronic and have major effects on one's psychosocial welfare, including depression and psychosomatic functional illnesses, including stress-related ulcers, migraines, and incapacitating back pain (Shevlin et al., 2000).

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The departure of migrants to seek a living elsewhere is also fraught with psychosocial challenges for close family and kin left behind, particularly when the displaced people are heads of households, leaving behind spouses, partners, children, and elderly relatives for whom they represented protection and psychosocial security in addition to economic security. The physical and emotional distance that separates migrants from their loved ones may be very damaging for everyone concerned, even if and when remittances were sent back by migrants and become the basis of the families.

Individual challenges of internally displaced people and host communities: IDPs who had dealt with human rights violations could require a more in-depth or distinctive comprehension of the nature of their experience (Pieloch et al., 2016). The authors highlighted that while many trauma studies were conducted in a controlled setting, IDPs' experiences and backgrounds were substantially different because of their culture and country of origin. Nonetheless, IDPs were frequently classified as a traumatized group, necessitating a focus on psychological issues (Miller, 2012). The author put up a comprehensive theory that views PTSD as a component of one's experience rather than as a significant result of their trip. Most mental health practitioners who interact with this demographic are too preoccupied with PTSD, which might be detrimental to the person's overall psychological health (Miller, 2012).

Social challenges of internally displaced people and host communities: A sense of connection and interaction with one's environment is referred to as "belonging." A sense of belonging and worth is derived from common social characteristics (Hagerty et al., 1996; Hill, 2006). Loss is the feeling of being cut off from one's belongings (Hagerty et al., 1996; Keyes & Kane, 2004). It might hurt for someone to be separated from their belongings. A person may suffer enormous losses throughout the forced migration process, which might undermine their feeling of security

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and confidence in the outside world and influence their decision-making (Gorman-Murray et al., 2014). For people who lose important things like their loved ones, customs, native language, values, social standing, close relationships, financial stability, a familiar way of being, and safety, as many immigrants directly experience the world, it may be an unpredictable and untrustworthy place (German & Banerjee, 2011). Individuals react to losses in different ways. Some people conceal their inner wounds to avoid suffering, while others idealize their cultural loss by rejecting the host society and becoming isolated. Some people go through the grieving process, though, and this may help them cope with their losses more successfully by enabling them to find an emotional outlet for their grief (Root & Exline, 2014).

Psychological and emotional challenges of IDPs and host communities: persons respond to loss in different ways. Some conceal /hiding/ their inner wounding to avoid pain, while others cling to loss through protracted mourning and idealization of their cultural loss, which causes them to isolate themselves (Golestaneh, 2015). Some people go through the grieving process, though, and this may help them cope with their losses more successfully by enabling them to find an emotional outlet for their grief (Root & Exline, 2014). The "continual ties" model of grief holds that a person maintains an ongoing, internal relationship with their losses (Root & Exline, 2014). The grieving process may help the person come to a fresh awareness of their new life and how it integrates with their loss-related features (Golestaneh, 2015). Those who are forced to migrate must deal with a variety of losses, and how they deal with this sense of loss may affect how well they adjust to their new environment and finally become assimilated. The scholarly study discussed above demonstrates that it is no longer reasonable to live among people. As a result, the person may feel lost, confused, and powerless over their life, which might have a negative emotional impact like depression.

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2.5 Coping Mechanisms of IDP

"Coping" is the term used to describe a person's cognitive capacity to handle stressful situation when the interaction between the individual and their environment exceeds their cognitive capacity (Golestaneh, 2015). According to Rout & Rout (2007), when a person believes they are unable to handle a situation where their safety or well-being is in danger, they are said to be under stress. According to Gomes (2014), when faced with a traumatic experience, a person must first go through a primary appraisal in which they attempt to make sense of the stressor by determining if it poses a threat, a challenge, is hurtful, or will result in loss for themselves or their loved ones. In the secondary evaluation, the person determines if there is anything that can be done to minimize or lessen the effects of the stressor. In general, coping can have a significant impact on how psychological well-being is perceived (Gustems-Carnicer & Calderón, 2013). By using coping mechanisms, one may influence their wellness and deal with stress, as well as limit, lessen, or accept stressful situations.

Coping has two functions: Although emotion-focused coping uses the person's feelings to lessen emotional reactivity or stress, problem-focused coping attempts to solve the problem (Biggs et al., 2017). The connection between coping style and psychological health is complicated and remains unclear. For instance, people who use problem-focused, healthy coping techniques may occasionally experience psychological well-being that is better, whereas those who use emotion-focused techniques may occasionally experience psychological well-being that is worse. A person's response to one stressful incident may differ from their response to another, and frequently, people are dealing with several stressful situations at once. Coping allows a person to control their actions and ideas, and as a result, how they interact with their surroundings and his or her psychological health are related to this contact (Lazarus, 2020)

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Coping mechanisms: Coping mechanisms can be employed to control stressful circumstances in order to preserve psychological well-being. Resettlement can affect IDPs in third-world nations in a range of good and bad ways, according to Kirmayer et al. (2011). These people are probably going to start using bad coping mechanisms over time to deal with stress. In contrast to successful issue resolution, planning, and enlisting social support, negative coping techniques include drug abuse, negative assessment, and avoidance coping strategies (such as humor, denial, or methods linked to behavioral disengagement) (Kapsou et al., 2010).

Negative coping mechanisms: An indication of emotional imbalances or more stigmatized kinds of mental illness might be maladaptive coping mechanisms (Chase et al., 2013). I see IDPs who are living in Bullen woreda shelters for this study, and I see how they are struggling to cope with the integration process due to individual, psychological/emotional, and sociological/social challenges.

Positive coping mechanisms: planning, adopting active coping techniques to solve problems, and asking for social assistance from family, friends, or others are all examples of positive coping practices. Positive or emotion-focused coping methods are linked to positive reframing (Subedi et al., 2019). According to a cross-sectional survey study with 386 participants conducted in the US, IDPs and refugees frequently withdraw, seek the support of friends or turn to self-focused problem solving, engage in entertainment or leisure activities, practice their religion or culture, and seek out community support (Subedi, 2016). These studies share a number of common themes, including the development of positive coping mechanisms by refugees with the aid of friends, community support, or religious practice. This suggests that host nations should work to mobilize community resources to support social interactions for refugees.

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Coping mechanisms and how we perceive social support have direct and indirect effects on mental distress and quality of life, which are gender specific. When compared to placement in the Bullen Woreda camp, placement in the community setting provided a higher quality of life. According to critical thinkers such as Michael Kelly, who emphasized in his study that women in the former Yugoslavia represented militaristic men's inability to protect their place of residence, there were also other types of abuse, such as the sexual exploitation of males. Non-combatants were predominantly the victims of the cruelest atrocities during the 1999 Kosovo War (Cawson et al., 2000) assert that there is a chance to feel the influence of a certain form of vulnerability that is tied to gender during a time of violence. As a result, one noteworthy finding from a critical analysis of Kelly's perspective is the rate of exposure to threats to their lives (insecurity), which is significantly influenced by the roles that men and women play in society (Cawson et al., 2000).

When considering the position of women, as Reimann (2002) states, it is evident that the bulk of recorded instances of sexual assault almost always involve women or young girls, who face different physical risks than males. Women are seen as being the most vulnerable and frequently face a high level of risk, which can include sexual exploitation, domestic abuse, and getting impregnated by enemy soldiers, among other things.

The Brookings Institution (Cohen & Deng, 2012) has also noted the severity of the abuses that IDP women frequently face and the need for special care for this population. As a result, each victim's experience with the violation is unique since some IDP women may experience prejudice in their access to property, land, education, and paperwork. In other cases, there is a significant likelihood of violation among camp-residing women, and the camp staff frequently

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worsens their circumstances (Adekeye, 2019). These incidents show the vulnerability IDP women encounter in many settings. Women who are refugees and those who are internally displaced during displacements are not protected.

A cursory review of the African setting reveals that some female victims in camps have been the targets of femicide, gang rape, and other types of violations. Women are commoditized and trafficked as sex workers in the Asia-Pacific region (True, 2010). Sengupta & Calo (2016) bring up gender vulnerability and social justice, which are two major features of IDP women. This classification's defining characteristic is its advocacy for giving special consideration to women while simultaneously keeping males and masculinities in mind.

According to several empirical studies and data provided by (Mirth), the number of men experiencing mental health issues in sub-Saharan IDP facilities has increased significantly. The challenge of displacement, according to Mirth, is how the future is envisioned and planned in circumstances determined by the victims, the receiving community, and the state as the transitory body. (Mirth) also supported and stated this point of view.

There is a significant frequency of despair and perplexity in unclear situations, especially among male victims who are household heads or the family's primary provider of income. The additional study of (Mirth's) work about the various levels of vulnerability both men and women suffer during eviction and construction has undergone a slight change. Women are more likely than men to become vulnerable during times of evacuation and to be faced with a variety of difficulties; during times of reconstruction, the majority of them are more likely to face dangers, including unexpected widowhood, which over time results in the loss of the social environment.

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Factors of psychosocial challenges and Coping strategies of IDPs and host community

According to Araya (2007), findings from a study on post-conflict internally displaced people in Ethiopia showed that men much more often than women reported experiencing trauma, feeling more supported by others, and using problem-focused coping mechanisms. Women reported more emotional coping than men.

Age : displaced older aged people (women and men) are more vulnerable for every problems,(Hasanović et al., 2005).As I see they have not any ability to labor work because of this they simply harmed psychologically and also thy have no the ability to set the mechanisms to cop the challenges simply they are depending on the host community and on youth displaced people. Conflict-affected populations have a higher prevalence of mental problems than the host community,(Charlson et al., 2019)

Gender: according to (Mels et al., 2010), women are more disposed to psychological distress during displacement. Any harm done against the will of the victimized individual, which has an adverse effect on their physical and psychological development, as well as their identity, and which results from gendered power inequities that take advantage of differences between men and women, is referred to as gender-based violence,(Marsh et al., 2006). Sexual and other forms of gender-based violence are common in conflict settings and are known risk factors for mental health and psychosocial wellbeing,(Tol et al., 2013) . Displaced men are more vulnerable than women.

Family size: since the displaced people are economically and by any other issues depend on aid, so the displaced people who have large size of family more vulnerable psychologically due to having economic problems and to set coping mechanisms they send their child in different

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working area and their child exposed to sex work to solve their family economic problem. Comparison of the effects of parenting pressures on mothers and fathers of adults without young kids under the age of 18 living at home (Bird, 1997).

Marital status/divorce, widowed, single/: Persons who are married are in better mental and physical health than unmarried persons,(Cotten, 1999).Greater proportion of married individuals living in two camps in the Bullen Woreda Center. That being said, not every marriage situation can enhance psychological health (Shapiro & Keyes, 2008)

Due to the pressure of life, most displaced people divorce their wives. In order to sustain their lives, displaced men go to women who are better in life. Some members of the security forces are harassing displaced women and for this reason their husbands are released, displaced people due to livelihood problems are marrying off their children without any reason Marital status affects how social well-being is viewed, and marriage's effects on physical and mental health provide some useful information. People who are married are in better mental and physical health than people who are single. According to reports, married people have stronger social ties to their communities than dysfunction family of people (Shapiro & Keyes, 2008)

Generally: Problem-focused coping was associated with stronger perceived social support in both sexes, but emotion-oriented coping was associated with more trauma experiences. Mental distress increased and the quality of life decreased with age. Mental distress mediated the effects of most trauma in reducing quality of life, and some trauma reduced quality of life directly. Living conditions were also significantly related to quality of life.

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Chapter three

3 Research Methods

3.1 Description of the Study Area.

Bullen woreda town, which was one of the metkele zone woredas and one of the fastest growing towns in the metkele zone. The town was located about 95 kilometers from Metekel Zone, 586 kilometers from Asosa, 313 kilometers from Bahir Dar, and 680 kilometers from Addis Ababa. Based on the census, the population of Bullen woreda was 53,763 in 2007 and was grown to more than 148,589 in 2023 (estimated), showing that the population of the town has increased by almost threefold within the past 17 years. The town was established as woreda in 1987 E.C in metekel zone . The Bullen woreda resettlement location is characterised by lowland climate and lacks adequate infrastructure, including transportation, electricity, and water supply. 175 households were displaced by ethnic conflict and transferred to the Bullen Centre relocation site, excluding additional households that were relocated in other locations. The primary means of income for the populace were farming and pastoralism.

3.2 Research Design

A mixed-methods research strategy would be used in the current study. Both quantitative and qualitative data would be gathered and analyzed at the same time; both types of data would be given equal importance; data analysis would be carried out separately; and data integration took place at the data interpretation stage. **The specific type of design to be used in this study was a concurrent nested design.** In concurrent gathering both forms of data at the same time, the researcher seeks to compare both forms of data to search for concurrent findings i.e. qualitative collection compared with statistical results in the quantitative and using identical sampling for both qualitative and quantitative components of the study and also its purpose was to describe the

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pervallance and the nature of the problem This approach was chosen primarily because it enables the integration of quantitative and qualitative research into a single study at various phases of the research process, including the stages of sampling, formulation of research questions, data collection, data analysis, and interpretation stage (Onwuegbuzie & Collins, 2007); Kadushin et al., 2008; Marsland et al., 2001; Thurman et al., 2015). Mixed approaches, additionally were a research design that supports the dual goals of in-depth comprehension of a phenomenon through careful study of a smaller sample and generalisation from a larger sample to a population (Bazeley, 2004; Onwuegbuzie & Collins, 2007; Onwuegbuzie & Leech, 2006).

It also allows the occurrence of data analysis and integration at almost any point in time (Bryman, 2006; Rocco et al., 2003). The researcher increases the breadth and depth of their understanding of psychological challenges, coping mechanisms, and corroboration while balancing the drawbacks of employing only one of the quantitative or qualitative methods. The prospect of triangulation, or using many approaches (methods, data sources, and researchers) to study the same phenomenon was something, the researcher wishes to take advantage of because triangulation enables more precise identification of a phenomenon's components by approaching it from several angles and through various strategies and methodologies.

The mixed-methods of both qualitative and quantitative research's concurrent triangulation design would be used in this particular area because the primary goal of the current study was to triangulate and complement data from multiple sources and methodologies (Greene, 2008). According to Yauch and Steudel (2003), in a concurrent triangulation design, the collection and analysis of both quantitative and qualitative data can be done simultaneously; both forms of data are given equal priority, data analysis was usually conducted separately, and integration usually occurs at the data interpretation stage.

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The benefit of simultaneously collecting quantitative and qualitative data is that it enables the researcher to compare the themes to be discovered through the qualitative data analysis with the statistical findings through the quantitative analysis in order to look for consistent findings,(Creswell & Creswell, 2017). This would be made up of free-form data that the researcher would obtain through surveys and in-depth interviews. In the current study, both random and non-random sampling techniques would be used, as mentioned by Onwuegbuzie & Collins (2007).

3.3 quantitative phases

3.3.1 Quantitative Design

The researcher would be used a cross-sectional survey study design, which allowed him to gather all the data at once. According to (Creswell, 2012), "cross-sectional designs evaluate a programme, such as a survey, that provides useful information to decision makers."

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3.3.2 Participant

The target population includes 175 households, or a total of 993 internally displaced people, who had been transferred to Bullen woreda's two sheds or camps, which were the Bullen woreda car station and Bullen woreda centre elementary school complex (through the process of food security from the Bullen District Agriculture Office, 2012 E.C.). Due to ethnic violence between the Gumuz ethnic group and other ethnic groups, 5497 people, or 590 households in the host community, were accommodating displaced people (from the Bullen 02 Kebele office, 2023). As a result, the current study's target participants were representative individual households of IDPs stteled in two shelters in Bullen woreda town, as well as a representative household from the host community. IDPs moved into Bullen woreda town at two shelters, and representatives of households and the host community were the subject of this study.

3. 3.3 Sample Size and Sampling technique

The researcher would be selecting through purposive sampling technique in which both the study site and population. The total numbers of internally displaced people found in the selected two comps (Bullen town car station and Bullen center elementary school compound) were 175 internally displaced household and 590 host communities' household. From this, the number of participants in the current study was 114 internally displaced households for filling Out of the questionnaire, and 230 host community households for filling out the questionnaire scale,

This study design typically employed a simple random sample for the quantitative component with reference to calculating sample sizes (Neuman & Kreuger, 2003), point out some guiding principles that were followed by conventional social science researchers for selecting representative samples for quantitative studies. Yamane (1967) provides a simplified formula to

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calculate sample sizes. If the population was small, then the sample size can be reduced slightly. This was because a given sample size provides proportionately more information for a small population than for a large population. This formula would be used to calculate the sample sizes,

$$n = \frac{N}{1+N(e)^2}$$

n= sample size , e=level of significance /marginal error 5%

N= target population

$$\text{From IDPs; } n = \frac{175}{1+175(0.0025)} = 122 \quad , \text{ From Host community; } n = \frac{590}{1+590(0.0025)} = 238$$

Newman (2003) outlined several guiding principles that conventional social science researchers use when choosing representative samples for quantitative investigations with reference to sample size determination. As stated by Neuman, if the study population is 1000 or less, the sample ratio would need to be 300 (about 30%) individuals; for a population of 10,000, the sample size would be 1000 (about 10%); and for populations over 150,000, smaller sampling ratios (1%) are acceptable. What this guideline makes clear is that as the target population increases, the sampling ratio decreases. Thus, on the grounds that IDPs are homogeneous, following Neuman and Kreuger's (2003) suggestion that as the size of the target population gets larger and larger, the sampling ratio decreases, which yields a small sample size, and based on the assumption that large samples tend to just add costs to the study with little return for the effort.

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3.3.4 Data Sources

The primary data sources for this study were obtained from internally displaced people and host community

3.3.5 Data Collection tools

Psychological and social states of minds of IDPs and host communities were measured by applying the Depression, Anxiety, and Stress Scale—21 Items [DASS-21, 37] and modified 19-item self-report Symptom Check List (SCL-90-R),(Atsua et al., 2017; Rasheed et al., 2022)

3.3.5.1 Questionnaires

3.3.5.2 Psychosocial challenges scale

The modified 19-item self-report Symptom Check List (SCL-90-R), a widely standardised instrument that aids in evaluating a wide range of psychological challenges and symptoms of psychopathology, was used to assess mental distress (psychosocial challenges). (Derogatis & Savitz, 1999) It was bee-tested (Schmitz et al., 2000; Olsen et al., 2006) and employed in various cultural and clinical settings, including those concerning trauma victims (Lev-Wiesel & Amir, 2000; Wang & Jiao, 2000; Valli et al., 2005). The symptom level of each item of the SCL-90-R is rated by the subject on a five-point scale of distress, from "not at all" (score 0) to "extremely" (score 4). The items of the SCL-90-R are adapted to check the individual feelings, psychological, and social states of minds of IDPs and host communities,the instrument would structured on participants were asked to what extent they agreed to their ability to stand and face difficult times through use of a Likert scale (from 1 = strongly disagree to 5 = strongly agree).

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The Depression, Anxiety, and Stress Scale—21 Items [DASS-21, 37], a tool for measuring states of depression, anxiety, and stress, would be used to assess the psychological distress of the participants.

3.3.5.3 Social/sociological challenges of assessment tools

I used the general health questionnaire (GHQ-28) screening tools to assess social dysfunction. I chose this instrument to obtain information on common, nonspecific psychiatric problems. The GHQ-28 is used as a community screening tool and for the detection of non-specific psychiatric disorders among individuals in primary care settings.

A higher mean score on GHQ-28 represents of poorer mental health status (0-28). Prior resilience assessments evaluated resources that might support resilience as opposed to those that might support recovery, resistance, adaptation, or thriving. Testing a new quick resilience scale is the goal. The resilience scale was composed of five subscales: strongly agree, agree, disagree, undecided, strongly disagree (Smith et al., 2008). The data collected would be analyzed using mean and standard deviation. A criterion mean of 2.50 would be established, such that any item with a mean value of 2.50 and above was for agreed while a mean value below 2.50 would be for disagreed (Atsua et al., 2017).

3.3.6 Data Gathering Procedures

There were different data collection instruments. The data would be collected according to the time schedule and the availability of resources through the appropriate instruments (questionnaire) in order to collect relevant information for the study.

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3.3.6.1 Questionnaires

A questionnaire used. The questionnaire is the most widely used type of instrument in research. The data provided by questionnaires can be more easily analyzed and interpreted than the data obtained from verbal responses. Questionnaires give better uniformity across measurement situations than interviews. Each participant accurately answers the same questions because standard directions are given to the respondents. The questionnaire plan is relatively easy (Haines, 2007).

Hence, questionnaires were prepared in English and would be translated into Amharic and administered to all participants with the supposition that they can understand the language. The questionnaire was divided into two parts. The first part deals with the general background of the participants. The second part contains the total number of closed-ended question items that relate to the basic questions of the study.

A questionnaire was prepared by the researcher to collect information from internally displaced people and the host community, who fill out the questionnaires because the researcher believes that they are rich in the information required to accomplish the research.

3.3.7 Data analysis procedure

The research followed the **descriptive-analytical** approach, which was considered the best among other approaches when conducting an apparent study as it was in reality and the data collecting through questionnaire scales would be **analyzed using the software (SPSS)version26**

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3.4 Qualitative phase

3.4.1 Qualitative Design

In order to better understanding of the phenomenon by people who encountered the situation, a qualitative research approach called transcendental phenomenological study type would be used. According to (Creswell et al., 2007) evaluation of Moustakas's work, transcendental phenomenology places more of an emphasis on participant experiences than it does on the researcher's conclusions. Since it is the most effective technique to comprehend the lived experience of displaced individuals and host community, this type of phenomenological research approach was ideal for this assessment. The phenomenological approach, according to (Moerer-Urdahl & Creswell, 2004), involves gathering information from people who have experienced the phenomenon and creating a composite description of the experience's core for all of the participants.

3.4.2 Participant

The study population for this assessment would be those people living in the Bullen woreda center settlement camp after being internally displaced from all of Bullen woreda kebele due to the inter-ethnic conflicts that happened between ethnic groups of Gumuze and other ethnic groups and the host community accommodating them. There were 175 households, or 993 internally displaced people, living in the Bullen Woreda Centre Settlement Camp, and 590 households, or 5497 host community members, accommodating them. Hence, the study population consisted of internally displaced people living in this camp and the host community accommodating them.

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3.4.3 Sampling Method and Sample size

For this study, research participants would be purposively selected for in-depth interview based on heterogeneous selection criteria. The research participants were selected based on their gender, age, family size, women headed and male headed household. The rationale behind making the research participants selection heterogeneous would be with the assumption of collecting multiple perspectives from the research participants and to assess the cross-cutting issues of displacement across these criteria. According to Creswell (2007), the maximum variation or heterogeneous selection approach was used, because it increases the likelihood that the findings would reflect differences or different perspective. For this assessment, eight (8) research participants will be selected for in-depth interview from IDPs living in Bullen woreda settlement camp and eight (8) research participants would be from host community. According to Boyd (2001), a sample size from two (2) to ten (10) participants was enough to reach saturation for phenomenological study.

3.4.4 Data Collection Method

For this study I would be used In-depth Interview as a method of data collection. In-depth Interview was conducted with research participants using guide questions. An interview would the exchange of verbal questions asked by the interviewer and verbal responses provided by the interviewee (Gall et al., 2007). For this study, semi-structured interview questions were prepared in English and were translated into Amharic for participants. The reason using semi-structured interview was its advantage of flexibility in which new questions were forwarded during the interview based on the responses of the interviewee.

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The interview questions were discussed with the interviewee in Amharic to reduce communication barriers and get more information. The purpose of the interview was to get evidence and gather more information that may not be easily captured by the questionnaires.

3.4.5 Data Collection Tools

For this study, interview guides who consists open ended questions related to psychosocial challenges and coping mechanism for IDPs in Bullen woreda settlement camp and host community would be prepared in English and the interview would be conducted by Amharic language that the research participants can hear and responds to. To avoid inconsistency that could happen while translating the questions from English to Amharic, the researchers has exactly internalized the wording of the questions and consistently used the same languages throughout the interview sessions .If an interview was conducted in a proper manner, it enables the researcher to have access to the real situation and experiences from respondent in IDP camps (Hampton, 2014)

3.4.6 Method of Data Analysis

Method of data analysis for this assessment would be qualitative method in which phenomenological approach of data analysis were used. Before starting data, analysis data collected in Amharic was changed to English transcript. The horizontalization were significant statements from research participants on the psychosocial challenges and their coping mechanisms would be taken from transcripts and these significant statements were put together to form cluster of themes about their lived experience on the psychosocial challenges . These clustered meaningful statements would be described to form structural description of how the people experienced the phenomenon. By doing structural description, I had formed the essence

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were essential to descriptions of the phenomenon had formed a long passage to report the lived experience my research participants.

Table 1: Summary of Samples Drawn from each of the Sampling Frame

SN	Name of shelter/host community	IDP that relocated		Proposed participant households for the study from each sit	
		HH	Family size	For filling questionnaire	For interviews
1	Bullen elementary school compound	99	523	65	4
2	Bullen car station	76	476	49	4
3	Bullen 02 kebele host community	5497	590	230	8

3.5 Validity of the Instruments

Wallace et.l (2003) wrote that collecting data by instruments with establishing validity and good psychometric qualities enables one to obtain valid data. So in the current study the researcher had his advisor comment on the instrument regarding its validity, and he acknowledged and recognizing the comment and Giligle Beles teacher education college English teacher who is his friend [to comment on its apparent validity]. The content validity of the data collection instruments (Questionnaire scales and in-depth interview were established). In establishing the content validity of the original English version instruments of data collection both quantitative and qualitative approaches would be followed

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3.6 Reliability of the Instruments

The researcher immediately was conducted pilot testing after the translation process and justification from the experts before distributing to a larger population to verify the effectiveness of the data collection instruments, identify and fix the instruments' flaws, and calculate the reliability of the questionnaire scales. (Du Plessis & Hoole, 2006) state that a pilot test enables the researcher to compute the scales' reliability, identify the initial response rate, and assess whether the questionnaire's length, language, and instructions were appropriate for completion. In order to establish instrument reliability, the researcher was either employs the test-retest approach. Neuman (1997) suggested that a small set of samples($n \geq 20$) was normal in a pilot study; therefore, a pre-test was undertaken among 11 IDPs and 11 host community participation for questionnaire administration in order to ensure the reliability of the scales and a smooth course of the actual tool administration.

For the reliability the instrument [10 questions for psychological, 8 question for social challenges and 4 questions for coping mechanisms] (Akafa & Onun, 2021) . Pilot tested at Dibate woreda town IDP and host community

3.7 Respondent Profiles in the Pilot Test

The pilot test was carried on a total of 11 IDP and 11 host community participants. Out of the 11 IDP participants, 5 were males while 6 were females and out of 11 host community participant 5 were males and 6 were females. With respect to age, the respondents' age ranged from 18 to 60 and above 60 and mean age IDP = 41.37 and SD IDP= 10.37and mean age of host community is 38.73 and SD of host community is 14.157

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3.8 The Reliability Index Methods and Findings

According to (Shevlin et al., 2000) Cronbach alpha (α) was a measure of an item's internal consistency for scales of the Likert type was a measure of an item's internal consistency for scales of the Likert type. After that, the Cronbach's alpha coefficient was calculated for each questionnaire subscale. As a result, the reliability was calculated using Cronbach's alpha to be personal challenges of subscale of IDP, Depression .829, anxiety .869, stress .927 and for emotional challenges of subscale of IDP, Depression .829, anxiety .874, stress .935 and for social subscale IDP is .960. Similarly, the reliability in terms of Cronbach's alpha was found to be for Problem-focused coping mechanisms subscale of IDP, .875, for emotional oriented subscale of IDP .823 and removal focused coping mechanisms of IDP is .956.

And Cronbach's alpha to be personal challenges of subscale of host community, Depression, .953, anxiety .927 , stress .803 and for emotional challenges of subscale of host community, Depression .795 , anxiety .745, stress .764 and for social subscale host community is .777. Similarly, the reliability in terms of Cronbach's alpha was found to be for Problem-focused coping mechanisms subscale of host community is .767, for emotional oriented subscale of host community, .785 and removal focused coping mechanisms of host community is .727.

3.9 Ethical Considerations

Community leaders of internally displaced communities and the host community from woreda would be informed that the researcher would be looking into information for intervening in the psychosocial challenges and coping mechanisms among the IDP and host community after discussing the purpose and significance of the study with the woreda administrator and offering them a supportive letter. The ethical conduct of research pertains to the way the researcher treats

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study participants and how to manage data after it has been collected. (Johnston & Wilkinson, 2009). Many ethical considerations had been made during the study. First and foremost, in order to obtain informed consent from study participants, the study's purpose would be briefly explained, participants would be informed that the data collected from them were used for educational purposes, and the researcher's identity and place of origin would be described, allowing him to build rapport with participants. Participants would also be advised that they can stop responding to questions if they feel uncomfortable during in-depth interviews and surveys. Participant and data confidentiality would be another ethical factor taken into account. Because relocation is a politically sensitive subject, participants' information and identities would be kept private. The participants further guaranteed that their real names would not be disclosed in the research report and that they had a right to know the goal and results of the study. Additionally, the participants would be made aware of their right to withdraw consent at any moment if they believe they would be inconvenienced or treated unfairly. Finally, after spending time with the informants to debrief on the data they had gathered, the researcher assured the participants that any information they provided would be kept completely confidential and stored in a secure location. Therefore, the research's confidentiality would be ensured at every stage.

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CHAPTER FOUR

3. FINDINGS OF THE STUDY

4.1 Profile of the Participants

A total of 16 people took part in the qualitative part of this study and were purposively selected from internally displaced people living in Bullen Woreda settlement camp after being displaced from their place of origin due to inter-ethnic conflict that happened between ethnic groups of Gumuz and other ethnic groups and from the accommodated community. Eight (8) were from internally displaced people and eight (8) were from the host community.

Table: 2. Demographic characteristics of displaced people in in-depth interview

participant	sex	Age	Marital Status	Status in the HHD	Family size
Participate1 from elementary school compound camp	F	46	married	head	5
Paticipate2 from elementary school compound camp	M	33	widowed	head	3
Paticipate3 from elementary school compound camp	F	19	single	Daughter	0
Paticipate4 from elementary school compound camp	M	29	divorced	head	3
Paticipate5 from bus station	F	28	married	head	2

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resettlement comp					
Paticipate6 from bus station resettlement comp	M	36	divorced	head	4
Paticipate7 from bus station resettlement comp	F	42	widowed	head	7
Paticipate8 from bus station resettlement comp	M	61	married	head	9
Participate 9 from host community	F	21	single	Daughter	0
Participate10 from host community	F	53	married	head	6
Paticipate11 from host community	F	41	divorced	head	6
Paticipant12 from host community	M	63	married	head	5
Paticipate13 from host community	M	20	single	boy	0
Participate 14 from host community	F	29	married	head	2
Participate 15 from host community	M	32	married	head	3
Paticipate16 from host community	M	38	widowed	head	4

This table shows that the residents of the Bullen woreda center settlement camp were forced from all Bullen woreda kebele, and the Bullen woreda 02 kebele host community accommodated them. Seven of the sixteen research participants were married, and their families ranged in size from 0 to 9 people. Three research participants are widowed, three are divorced, and three are unmarried. All of the participants stated that children under the age of 18 make up more than half of their family members. In-depth interviews were used to collect the qualitative data, and the interviews were recorded on tape. After transcribing and translating the data from the tape into

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English in accordance with the study's objectives, the researcher carefully read the data and recognized the segments.

In other words, the themes used to organize the emergent problems and their meanings were developed. The results show that there was a lack of resources in the camp and pressure on community resources, military illegal activity, economic hardship, a lack of food, a lack of social interaction, and various people's use of the term "IDPS," a decline in social value, child labor, and children who disobey their parents and behave disorderly. The study only focuses on the difficulties and their effects, since it is concerned with the psychosocial difficulties and coping techniques of IDPs and the host community.

Individual/Personal challenges: The internally displaced individuals risked developing psychosocial issues. They went to the government and the community for assistance, but because of the government's inadequate service delivery, the internally displaced people's needs were at sea. People who were internally displaced experience psychosocial issues as a result of inadequate government service provision.

All of the interviewees confirmed that one of the issues affecting the psychological well-being of internally displaced individuals was the government's poor delivery of services. This threat came very close to being the participants' collective voice, as they emphasized that the services provided by this woreda for IDPs were not up to their standards or what they needed. Fair service supply is an essential component of psychological health function; however, the participants attested that the psychosocial issues experienced by internally displaced individuals appeared to be caused by the government's provision of services. Being questioned regarding the origin of IDP's psychosocial difficulties. The service provided was poor, according to participant 1 from

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the primary school compound. She claimed that because of the government's poor service provision, IDPs experience psychosocial difficulties. Her voice was heard, saying the following:

According to them [Participant 1],

There are biases in the way that aid is distributed. There is a representative who monitors such activity and alerts the authorities, but nobody is able to do anything about it once it has been reported. We informed them [the government] that there was an issue with the distribution of aid. They said they were able to resolve the issues quickly, but they didn't. It constantly offered hope but never actually did anything to address the issue.

The second household informants [participant 2] in the in-depth interview from Bullen worda elementary school compound Shed also reported:

I am administering my family through labor work and the aid given by different NGO. I have not enough money and food items to survive my family, and due to this, my wife do not always wants to be with me. Even she said to me if you have no ability to survive me, as the previous one divorced me. When I am tired from labor work, the IDP in the shed are disturbed, and I lack sleep. I am not interested in leaving this shed because the IDP men have suspicions about their wives.

Participants generally discussed various personal struggles and angers they had been dealing with from the start. They described being in circumstances where they were afraid of being raped by armed soldiers. The following are quotes taken from [participant 3] in-depth interview elementary school compound IDP camp

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I feel bad always because [soldiers] tried to rape me when I went alone everywhere. When defense comes, they say that it will protect our peace, but they are on the side of criminals and spreading. I feel traumatized by hearing about the women who have been raped by soldiers when they leave the house alone. Because of this, I mistrust everyone.

However, several host community in-depth interviewee informants claimed that we lose our pace when internally displaced people come to this community. One informant [participant 10] in-depth interviewee reported from the Bullen Woreda 02 Kebele host community:

All the time when I left any property in the courtyard, internally displaced people robbed. Even in my community, before IDPs came to hear no one thief, but now that those IDPs have come to this community, we are living with strong protection. Sometimes, when I go to a hotel to enjoy myself, they quarrel with me; due to this, I leave the hotel.

At the same time, one of the household informants [participant 12] in the in-depth interview from the Bullen Woreda 02 Kebele host community also reported:

The infrastructure built in this community is built based on the number of households and households, but due to displacement, the population in this community has increased and affected the existing resources. For example, there is always a misunderstanding with our women in service areas such as water pumps or mills. When we tell them that they have solved this problem, they don't take anything negative and don't act.

One of the household informants [participant 11] in the in-depth interview from Bullen Woreda 02 Kebele Shed additionally noticed that when expressing his personal challenges, he also mentioned the following:

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Our communities' youth and men became normless after the IDP came to this community. They have illegal sexual interactions with girls and women. A woman accused my husband of getting pregnant for you. In the end, it was confirmed that it was his. Due to this, I divorced my husband, and I am living with six children without a husband. This displacement has put a lot of pressure on my life and dignity; that is, I used to live with dignity in my marriage, but today I have divorced and live without dignity.

Similarly, participants in the in-depth interview reported that, most of the time, their lives are full of anxiety, and they are complaining about the illegal sexual relationships of young and IDP women in the host community. One household informant [participant 6] in-depth interviewee from Bullen Woreda bus station IDP also reported as follows:

I feel like a worthless person because I have lost my marriage due to the host community's young, normless sexual relationships with IDP women. Before displacement, my marriage was very good, but due to ethnic conflict, I lost all the assets that I had built for many years, and due to this, I failed to administer my house well. Because of this, my wife divorced me and married another person, living with him, and I was left alone and living with my four children. When we were displaced due to the war of inter-ethnic conflict and we lived in a camp, I put my children and my wife in the camp, and while I was running around for work, my wife had an unnecessary sexual relationship with a local young man and left me with my four children. I am restless in this camp. Uh—uh—uh--! It is very dangerous when I feel the life of the camp.

Emotional challenges: A general question regarding the types of emotional challenges people face when residing with the hosting community and surrounding residents was posed to the participants in the in-depth interviews. Participants generally mentioned traits like uncertainty,

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helplessness, and a lack of control over one's life, all of which might result in poor emotional outcomes like sadness. Participants noted, for instance, how internal displacement negatively affected their emotional state. Additionally, they discussed how this encounter impacted their outlook on life. One participant [participant 5] in-depth interviewee from Bullen Woreda bus station, IDP shed explained the change in her mindset and the outcome as follows:

The local community considers our children normless. Even when their children do something wrong, they consider it our fault. I feel when my children integrate with community children. The local community mothers are not willing to make social life relations with us due to some displaced mothers having social problems and because of some rudely displaced mothers. No one takes responsibility for integrating the community and displaced people and establishing smooth social relationships.

Similarly, participants also stated that they believed displaced people's actions to be unusual. One in-depth interviewee participant [participant 15] from the host community reported:

Internally displaced people are not thought of as human beings. When they are living in the school compound, they use the school bench chair for firewood. When they told us it was not good, they took our idea negatively and considered the host community a contradiction of IDPS. The school directors do not take responsibility for correcting them.

Almost all host community participants explained that new behaviors were created at night in this community, disturbing the community. One in-depth interviewee participant [participant 16] from the host community reported:

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I lack sleep at night. Because the IDP camp is in the center of the community, whenever they drink alcohol and come to the camp, they shout at each other, which disturb the community. It hurts psychological health, and no one can take on the responsibility to somewhat protect the community

Social challenges: A broad question regarding the types of social difficulties that the IDPs and host community are facing was posed to the person who conducted the in-depth interview.

The following phrases were extracted in depth from the interviewee [participant 4].

At an elementary school compound IDP center I am not feeling future brightness. I have three children from my divorced wife. I am distributing my children to my family, one to my elder brother and two to my mother, and I am living alone.

Most respondents express grief reactions. The majority of them were not adequately treated for their losses. [Participant 7] from the Bullen Woreda Car Station Shelter described her anxiety as follows:

I am hopeless, and I am in danger of survival. I lost my husband in this ethnic conflict and was left with seven (7) children. Whatever I do when I am living, sleeping, waking, or even taking with others, my perverse life situation comes to my mind, and I am disturbed. No one can help me except the formal government and NGO help/aid. I lost every asset that we had built for a long period of time. No one can consider my special case and provide special help.

Similarly, unemployment is another issue. It is challenging to start a business in this time of life. One-depth interviewee participant [Participant 14] from the Bullen Woreda host community reported:

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I am worried much about the market and about my future, since I am a merchant. After the internally displaced people come to the camp, the market Inflation increases highly, and every time IDPS starts trade without licenses, we leave our work and become unemployed. No one can take responsibility for establishing the legal way. The only alternatives are turning to farming or changing the workplace.

[Participant 13] regarding issues related to unusual norms of the community, which were expressed as follows:

I feel bad communicating with or being involved with his community because I am young in this community. Before the internally displaced people came to this community, the young discipline in the community was normal, from my perspective. Nowadays, every young person, whether the host community is young or displaced, has become normless; that is, they do immorality in every place with the opposite sex, and they do not consider whether my father saw me and my mother saw me. Because of this, it is difficult for me to meet with my friends, and I prefer living alone.

4.1.1 Coping mechanisms

Problem-focused coping: - Participants in the in-depth interviews were asked a broad question to explain what they had been doing to improve the situation. Nearly all of the respondents actively contributed to the improvement of the environment. When they encounter issues with the economy, food, or their health, they are eager to find better solutions.

Participants in the in-depth interview [participant 7] from the Bullen Woreda bus station reported as follows:

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Every aspect of life should be influenced by the local community and government. I receive 15 kg of different types of items from the government per individual. If it were to be cut off at some point, I would try to respond better by engaging in daily labor, getting in contact with my husband's family, and including my children in financial work to the extent that they could, such as girls working in hotels and boys working as waiters, to ensure our survival. We don't consider the future.

In addition, [participants 8] in the in-depth interviews from the Bullen Woreda car substation described challenges in trying to solve the issue and make changes to the circumstances:

When unexpected events happen, I try to see things positively, drinking alcohol to forget the situation. To put the terrible event behind me, I contacted my relatives, told them what had happened, and asked them for advice. I then tried to relax my mind and cope with the stressful circumstances.

Removal focused coping mechanisms: Similar to this, when explaining how much they have tried to deal with reality, they gave up on the future by taking the present circumstances into account. According to [Participant 9] of the in-depth interviews from the Bullen Woreda 02 Kebele host community,

As a host community, I have faced different difficulties with IDP. When I face this difficulty, to make the situation better, I remove myself from it. I am not thinking about the future.

4.2 Analysis of Psychosocial Challenges and Coping Strategies in Relation to Demographic Factors

The data were summarized based on their sex; age category, marital status, and family size represent a reasonable and balanced representation of samples or participants from each stratum.

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They can also qualify as primary sources of data. The age group was classified into three groups, i.e., those who are in the age range of 18–35, 36–60, and >60, by the researcher (this was done based on the overall situation of the participants and the Ethiopian job creation agency age category in 2009E.C). Based on this, 32 (28.1%) of internally displaced households were in the age range of 18–36 (adolescents), 71 (62.1%) of internally displaced households were categorized under adulthood, and 11 (9.6%) of internally displaced households were categorized under older adults.

The sex classification shows that 52 of the participants were internally displaced people, or 45.6% of them were male, and 62 of the participants, or 54.4% of them, were female. On the other hand, the level of marital status of participants among internally displaced people was 80 or 70. 2% of the participants were married, 4 or 3.5% of the participants were single, 5 or 4.4% of the participants were divorced, and 25 or 21.9% of the participants were widowed. Also, the family size of the participant of internally displaced people b/n 1–5 was 64 or 54.4%, the family size of the participant of internally displaced people b/n 1–8 was 39 or 34.2%, and the family size of the participant of internally displaced people above 8 was 4 or 3.5%.

Whereas 124, or 53.9%, of host community households participants were in the age range of 18–36 (adolescents), 64, or 27.8%, of host community households were categorized under adulthood, and 42, or 18.3%, of host community households were categorized under older.

The sex classification shows that 104 or 45.2% of the participants in the host community were male, and 126 or 54.6% of host community participants were female. On the other hand, the level of marital status of the host community participant was 200, or 87.0% of the participants were married, 15 or 6.5% of the participants were single, 4 or 1.7% of the participants were

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divorced, and 11 or 4.9% of the participants were widowed. Also, the family size of the participant of the host community b/n 1-4 was 173 or 75.2%, the family size of the participant of the host community b/n 1–8 was 39 or 17%, and the family size of the participant of the host community above 8 was 12 or 5.2%. Finally, the number of participants with no children in the host community was 6 or 2.6%. The background data is highlighted in the table below.

Table 3: Demographic Characteristics of the Participants of internally displaced people and host community

Variables	Label	Participants		Percent
Age:	Adolescents (18-35 years)	IDP	32	28.1%
		Host community	124	53.9%
	Adulthoods (36-60 year)	IDP	71	62.3%
		Host community	64	27.8%
	Older Adults (above 60)	IDP	11	9.6%
		Host community	42	18.3%
	Total	IDP	114	100%
		Host community	230	100%
sex	Male	IDP	52	45.6%
		Host community	104	45.2%
	Female	IDP	62	54.2%
		Host community	126	54.8%
	Total	IDP	114	100%

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		Hos community	230	100%
Marital status	Married	IDP	80	70.2%
		Host community	200	87.0%
	Single	IDP	4	3.5%
		Host community	15	6.5
	Divorce	IDP	5	4.4
		Host community	4	1.7
	Widow/widower	IDP	25	21.9%
		Host community	11	4.8
	Total	IDP	114	100.00%
		Host community	230	100.00%
Family size	1-4	IDP	64	56.1%
		Host community	173	75.2
	1-8	IDP	39	34.2%
		Host community	39	17%
	Above 8	IDP	4	3.5%
		Host community	12	5.2%
	Total	IDP	114	100.0%
		Host community	230	100.00%

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Comparison of differences in psychosocial challenges by gender in IDP households and host communities

Table 4: Independent t-test of psychosocial variables: personal depression, personal stress, and personal anxiety variables as a function of the gender of households in IDP and the host community

Dependent variable	sex	IDP					Host community				
		N	mean	SD	t	p-value	N	mean	SD	t	p-value
Personal challenges of depression	male	51	1.56	.427	-2.158	.001	104	1.30	.471	-3.780	.000
	female	63	1.72	.364			126	1.54	.495		
Personal challenges of stress	male	51	1.45	.303	3.204	.001	104	1.32	.463	-3.581	.000
	female	63	1.67	.371			126	1.55	.497		
Personal challenges of anxiety	male	51	1.15	.291	-3.607	.000	104	1.39	.318	-3.703	.000
	Female	63	1.42	.467			126	1.63	.293		

The mean difference is significant at the 0.05 level.

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The descriptive statistics for the two groups (mean of the host community and IDPs, males and females of the personal challenges of depression, stress, and anxiety revealed differences among the sex groups). It was assumed that psychosocial problems, i.e., personal depression issues, personal stress issues, and personal challenges of anxiety variables, vary as a function of households' gender within IDPs and host communities and also vary between IDPs and host communities. An independent t-test was performed to test this prediction. So, in the present study's hypothesis, statistically significant results were obtained for all measures as a function of the IDP household's sex. [$t(112) = -2.158, P = .001$] for personal depression; [$t(112) = 3.204, P = .001$] for personal stress cases; and [$t(112) = 1.319, P = .190$] for personal challenges of anxiety. Thus, the results of the t-test did provide support for the research hypothesis. In general, findings showed that there was a significant difference between males and females in all aspects of psychosocial distress among IDPs. The descriptive statistics for the two groups (mean of the host community and IDPs, males and females) of the personal challenges of depression, stress, and anxiety revealed differences among the sex groups. It was assumed that psychosocial problems, i.e., personal depression issues, personal stress issues, and personal challenges of anxiety variables, vary as a function of households' gender within IDPs and host communities and also vary between IDPs and host communities. An independent t-test was performed to test this prediction. So, in the present study's hypothesis, statistically significant results were obtained for all measures as a function of the IDP household's sex. [$t(112) = -2.158, P = .001$] for personal depression; [$t(112) = 3.204, P = .001$] for personal stress cases; and [$t(112) = -1.319, P = .190$] for personal challenges of anxiety. Thus, the results of the t-test did provide support for the research hypothesis. In general, findings showed that there was a significant difference between males and females in all aspects of psychosocial distress among IDPs.

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And also, the variables vary as a function of the host community's household's sex [$t(228) = 3.684, p = .001$] for personal depression of households; [$t(228) = 3.256, [t(228)=3.256,p=.001]$ for personal stress of households; and [$t(228) = -3.528, p = .001$] for personal challenges of anxiety of households in the host community]. Thus, the results of the t-test did provide support for the research hypothesis. The findings generally revealed, as some as IDPs, that there was substantial variation between male and female in all variables of psychosocial problems within the community, and when we compare the challenges between IDPs and host communities, there is also a variable variation as IDPs and host communities have almost the same psychosocial challenges as IDPs and host communities due to ethnic conflict.

To generalize, psychological distress (depression, anxiety, and stress) was reported as being higher among women, particularly in the camp and host communities, and when we compare the psychological distress of IDPs and the host community, psychological distress was higher than that of the host community (see Table 4 for means and standard deviations).

Comparison of differences in psychosocial challenges by gender in IDP households and host communities

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Table 5: Independent t-test of psychosocial variables: emotional depression, emotional stress, and emotional anxiety variables as a function of gender

Dependent variable	sex	IDP					Host community				
		N	mean	SD	t	p-value	N	mean	SD	t	p-value
Emotional challenges of depression	male	51	1.51	.337	3.054	.000	104	1.62	.468	-3.181	.001
	female	63	1.75	.450			126	1.80	.375		
Emotional challenges of stress	male	51	1.58	.491	-2.873	.000	104	1.58	.468	-3.358	.001
	female	63	1.81	.363			126	1.77	.384		
Emotional challenges of anxiety	male	51	1.64	.462	-3.041	.000	104	1.57	.498	-3.188	.001
	Female	63	1.86	.309			126	1.76	.428		

The descriptive statistics for the two groups (mean of the host community and IDPs of males and females) of the emotional challenges of depression, emotional challenges of stress, and emotional challenges of anxiety showed differences among the sex groups. It was assumed that psychosocial problems, i.e., emotional challenges of depression cases, emotional challenges of stress cases, and emotional challenges of anxiety, vary as a function of households' gender within IDPs and host communities and also vary between IDPs and host communities. An independent t-test was performed to test this prediction. So, in the present study's hypothesis,

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statistically significant results were obtained for all measures as a function of the IDP household's sex. [t (112) = 3.054, P=.000] emotional depression; [t (112) =-2.873, P=.000] emotional stress cases; and t (112) =-3.041, P=.000 emotional challenges of anxiety of IDPs. Thus, the results of the t-test did provide support for the research hypothesis. Overall, the results showed that there was a significant difference between males and females in all aspects of the psychosocial difficulties in the camp. And also, the variables vary as a function of the host community's household's sex [t(228)=-3.181,p=.001] emotional depression of households; [t(228)=3.358,p=.001] emotional challenges stress of households; and [t(228)=-3.188,p=.001] emotional challenges of anxiety of households host community. Thus, the results of the t-test did provide support for the research hypothesis. The findings generally showed that there was substantial variation between males and females in all variables of psychosocial problems within the community, and when we compared the psychosocial challenges between IDPs and the host community, the variables also varied between IDPs and the host community.

As a result, mental distress (depression, anxiety, and stress) was reported to be higher among women within the IDP camp and host community, (See Table 5 for means and standard deviations.).

Comparison of differences in psychosocial challenges by gender in households of IDPs and host communities

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Table 6: Independent t-test of psychosocial; social challenges of variables as a function of the gender of households of IDP and host community

Social challenge	IDP						Host community				
	sex	N	mean	SD	t	p-value	N	mean	SD	t	p-value
s of IDP and host community	male	51	2.96	.130	3.402	.001	104	2.60	.161	-3.61	.001
	female	63	2.85	.215	3.575	.001	126	2.67	.171	-3.277	.001

A one-sample t-test was applied to see if the social challenges of IDPs and the host community within them were above the expected mean of 2.50 for agreeing or below the expected mean of 2.50 for disagreeing. The test result of one sample t-test revealed that the t-test score [t (112) = 3.402, p =0.001] is for males and [t (112) =3.575, p = 0.001] for females. This finding has proved that the mean about social challenges of male (M = 2.96; SD = 0.130) and female (M = 2.85; SD =.215) for IDP is higher than the expected mean (M >2.50 for agree and < 2.50 for disagree) and also [t (112) = 3.61, p =.001] for male, and [t(112) = 3.277, p = 001]. This finding has proved that the mean about social challenges of male (M = 2.60, SD =.161) and female (M = 2.67, SD =.171) for the host community the result generally showed that there was substantial variation between male and female of social challenges within the camp and host community.

The findings generally showed that there was substantial variation between male and female social challenges within IDP and host communities and between IDPs and host communities (see Table 6 for means and standard deviations).

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Table 7: Independent t-test of coping mechanisms; problem-focused, emotional-focused, and removal-focused variables as a function of the gender of households of IDPs and the host community

Dependent variable	sex	IDP					Host community				
		N	mean	SD	t	p-value	N	mean	SD	t	p-value
Problem focused coping mechanisms	male	51	2.88	.325	3.432	.001	104	2.55	.500	-.348	.001
	female	63	2.61	.476			126	1.25	.432		
Emotional focused coping mechanisms	male	51	2.52	.496	-3.604	.000	104	2.59	.495	3.331	.001
	female	63	2.75	.419			126	2.79	.412		
Removal focused coping mechanisms	male	51	2.65	.483	3.813	.000	104	2.50	.502	-3.395	.001
	Female	63	2.92	.272			126	2.71	.454		

It was predicted that the coping strategies of IDPs that were relocated to Bullen Town, with dimensions of problem-oriented, emotion-oriented, and removal-oriented, would vary based on their gender. The difference in the means was compared, but we have to run the hypothesis test to find out if the difference is statistically significant. In order to test the hypothesis, an independent t-test was performed. An examination of Levine’s test indicated that the assumption for equality of variance was satisfied. Contrary to the present study’s hypothesis, statistically significant results were obtained for the problem-oriented, emotion-oriented, and removal-

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oriented IDPs and host community. So, the finding generally showed that there was substantial variation between male and female in the coping mechanisms (household's sex). [$t(112) = 3.432$, $P = .001$] for problem-oriented; [$t(112) = -3.813$, $P = .0001$] for removal-focused; and [$t(112) = -3.604$, $P = .000$] for emotion-oriented coping mechanisms. And host community results generally showed that there was substantial variation between male and female in the coping mechanisms (household's sex). [$t(228) = -3.348$, $P = .001$] for problem-focused, [$t(228) = -3.395$, $P = .001$] for removal-focused, and [$t(228) = -3.331$, $P = .001$] for emotion-focused coping mechanisms.

Thus, the results of the t-test could provide support for the research hypothesis. The result generally showed that there was substantial variation between male and female in problem, emotion, and removal-oriented behavior between IDPs and the host community (see Table 7 for means and standard deviations).

Table 8: Comparison of the Differences in Psychosocial Challenges: Personal Depression, Personal Stress, and Personal Anxiety as a Function of Age of Households, IDP, and Host Community

Ns, means, SDs, F values, and P values for testing differences in psychosocial issues among age intervals (N total = 230)

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Dependent variables	Age interval	IDP					Host community				
		N	mean	SD	F	p-value	N	mean	SD	F	p-value
Personal challenges of depression	Adolescent(18-35)	33	1.15	.364	7.188	.001	124	1.14	.345	7.169	.001
	Adulthods(35-60)	70	1.51	.503							
	Older(Above 60)	11	1.55	.522							
Personal challenges of stress	Adolesc ent(18-35)	33	1.21	.405	19.119	.001	124	1.52	.501	7.984	.000
	Adulthods(35-60)	70	1.67	.473							
	Older(a bove 60)	11	2.00	.000							

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Personal challenges of anxiety	Adolesc ent(18-35)	33	1.33	.477	6.9	.001	124	1.40	.493	8.250	.000
	Adulthoods (36-60)	70	1.60	.493			46	1.58	.498		
	Older(>60)	11	1.91	.302			42	1.70	.445		

The study was interested in comparing psychosocial, personal depression issues, personal stress issues, and personal anxiety variables as a function of the age interval in which households were located in camps and communities by hypothesizing that they varied among the variables by age interval. Here, the types of residences were more than two; a one-way ANOVA analysis of variance was conducted to test the comparison. The results of the present study provided partial support for the hypothesis. So, the result generally showed that there was substantial variation between age intervals (household's age [F (2,111) =7.188, P=.001 for personal depression, [F (2,111) = 19.119 P=.001] for personal stress, and [F (2,111) = 6.963 P=.001] for personal anxiety within IDPs), and there was considerable change between age intervals among host communities (household's age [F (2,227) = 7.169 P=.001] for personal depression, [t (2,227) = 7.984, P=.000] for personal stress, and [F (2,227) =8.250, P=.000] for personal challenges of anxiety host community). The results generally indicate that there was substantial variation between age intervals within the host community.

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The finding generally showed that the results of a one-way ANOVA did provide support for the research hypothesis for the psychosocial challenges of personal depression, personal stress, and personal anxiety between IDPs and host community variable variation among age intervals.

Generally, to summarize, psychological distress (depression, anxiety, and stress) by age interval was reported as being higher as there age increases because of as there age increases their maturity level is increase and they simply analysis things to survival within the IDP camp and host community (See table 8 for the mean and standard deviation.).

Comparison difference in psychosocial challenges by genders of households of IDPs and host community

Table 9: Comparison of the Differences in Psychosocial Challenges: Emotional Depression, Emotional Stress, and Emotional Anxiety as a Function of Age of Households of IDP and Host Community

Ns, means, SDs, F values, and P values for testing differences in psychosocial issues among age intervals (N total = 230)

Dependent variables	Age interval	IDP					Host community				
		N	mean	SD	F	p-value	N	mean	SD	F	p-value
Emotional challenges of depression	Adolescent (18-35)	33	1.39	.496	8.177	.000	124	1.14	.497	7.169	.001

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	Adult hoods (36- 60)	70	1.71	.448			64	1.22	.315		
	Older(Abov e60)	11	1.93	.302			42	1.40	.261		
Emotional challenges of stress	Adole scent(18- 35)	33	1.61	.496	11.68 5	.000	124	152	.501	7.98 4	.000
	Adult hoods (36- 60)	70	1.93	.259			64	1.55	.502		
	Older(Abov e 60)	11	2.00	2.00			42	1.86	.354		
	Adole scent	33	1.36	.482	7.359	.001	124	1.50	.493	7.41 5	.001

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Emotional challenges of anxiety	(18-35)									
	Adulthods (36-60)	70	1.45	.483			64	150	.504	
	Older (>60)	11	1.96	.081			42	1.74	.445	

We were interested in comparing psychosocial, emotional depression issues, emotional stress issues, and emotional anxiety variables as a function of the age interval in which households are located in camp and community by hypothesizing that they vary among the variables by age interval. Here, the types of residences were more than two; a one-way analysis of variance was conducted to test the comparison. The results of the present study provided partial support for the hypothesis. So, the result generally showed that there was substantial variation between age intervals (household's age [F (2,111) =8.177, P =.001] for emotional depression, [F (2,111) = 11.685, p =.000] for emotional stress, and [F (2,111) = 7.359, p =.001 for personal anxiety within IDPs and there was a significant difference between age intervals among the host community's age [F (2,227) = 7.169, p =.001] for emotional depression, [t (2,227) = 7.984,[t(2,227)= p =.000] for emotional stress, and [F (2,227) =7.415, p =.001] for personal challenges of anxiety]. Findings generally revealed that there was a significant difference between age intervals within the host community.

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So, the result generally showed that there was substantial variation between age intervals between IDPs and host communities and within IDPs and host communities.

To generalize, psychological distress (emotional depression, emotional anxiety, and emotional stress) was reported to be higher as there age increase in host community, due to as their age increase their maturity level, increase and they are simply understand the things properly and gives appropriate solution (response) in host community and camp. (See table 9 for the mean and standard deviation.).

Table 10: Comparison of the difference in psychosocial challenges; social challenges of variables as a function of the age interval of households of IDP and host community

Social challenges of IDP and host community	IDP						Host community				
	Age interval	N	mean	SD	F	p-value	N	mean	SD	F	p-value
	Adolescent (18-35)	33	2.52	.143	15.101	.000	124	2.70	.137	24.658	.000
	Adulthoods (36-60)	70	2.75	.190			64	2.75	.156		
	Older(>60)	11	2.87	.065			42	2.77	.134		

A one-way ANOVA was run to see if there was a statistically significant difference between the social challenges of IDP and the host community within it in terms of the age interval. The results show that $[F(2,111) = 15.101, p = .000]$ for IDP and $[F(2,227) = 24.658, p = .000]$. This implies that there was a statistically significant difference among the groups by age interval.

To generalize, psychological distress and social challenges were reported as being higher as there age increase and lower as there age decrease within camp and b/n camp and host community, (see table 10 for mean and standard deviation).

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Comparison the differences in coping mechanisms by the age of Households IDP and host community

Table 11: Coping mechanisms; problem-focused, emotional-focused, and removal-focused variables as a function of the age of households, host communities, and IDPs

Ns, means, SDs, F values, and P values for testing differences in psychosocial issues among age intervals (N total = 230)

Dependent variables	Age interval	IDP					Host community					
		N	mean	SD	F	p-value	N	mean	SD	F	p-value	
Problem focused coping mechanisms	Adolescent(18-35)	33	2.55	.506	7.566	.001	12	2.76	.430	7.55	.001	
	Adulthoods(36-60)	70	2.86	.352			64	2.88	.333			
	Older (Above60)	11	2.91	.302			42	3.00	3.00			
emotional focused coping mechanism	Adolescent(18-35)	33	2.79	.415	9.330	.000	12	2.67	.472	7.79	.001	
	Adulthoods (36-60)	70	3.00	.000			64	2.84	.366			
	Older(> 60)	11	3.00	.000			42	2.93	.261			
Removal focused coping mechanisms	Adolescent(18-35)	33	2.36	.489	10.61	.000	12	2.78	.414	6.71	.001	
	Adulthoods (36-60)	70	2.70	.462			64	2.89	.315			
	Older(>60)	11	3.00	.000			42	3.00	.000			

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The study compared households' coping strategies for IDP and the host community as a function of the age interval that had been practiced before the displacement. A one-way analysis of variance was conducted to test the comparison. As a function of age interval [F (2,111) =7.566, P =.001 for problem orientation, F (2,111) = 9.330, P =.000 for emotional cases, and F (2,111) =10.617, P =.000 for removal] of IDP, and host community as a variation of age interval [F (2,227) = 7.555, p =.001 for problem orientation, 7.793, p =.001 for emotional orientation, and for removal orientation [F (2,227) = 6.716, p =.001, the result of the host community revealed that as a function of age interval, coping strategies were significant and the variation was due to age interval

To generalize, coping mechanisms (problem-focused, emotion-focused, and removal-focused) were reported as having variation as an age interval, particularly in the camp and host communities. As presented, the level of coping mechanisms as reported by participants was higher as there age increase in IDP camps; and in host community. (See Table 11 for means and standard deviations.)

Comparison of differences in psychosocial challenges by marital status of Households of IDP and host community

Running head psychosocial challenges and coping mechanisms of IDPS and host community

Table 12:-Psychosocial: - Personal depression, personal stress and personal anxiety variables as a function of the marital status of households IDP and host community.

Dependent variables	Marital status	IDP					Host community				
		N	mean	SD	F	p-value	N	mean	SD	F	P-value
Personal challenges of depression	married	73	1.40	.429	5.505	.001	213	1.85	.349	7.170	.000
	single	10	1.78	.416			6	1.33	.516		
	Divorced	7	1.19	.363			4	1.75	.500		
	Widowed	24	1.17	.362			7	1.43	.535		
Personal challenges of stress	married	73	1.39	.423	8.335	.000	213	1.82	.388	5.568	.001
	single	10	1.78	.416			6	1.33	.516		
	Divorced	7	1.83	.346			4	1.50	.577		
	Widowed	24	1.20	.257			7	1.43	.535		
Personal challenges of anxiety	married	73	1.38	.422	6.598	.000	213	1.85	.358	6.566	.000
	single	10	1.78	.416			6	1.33	.516		
	Divorced	7	1.29	.363			4	1.75	.500		
	widowed	24	1.13	.317			7	1.43	.535		

The study compared households' personal distress for IDP and the host community as a function of marital status that had been practiced before the displacement. A one-way analysis of variance was conducted to test the comparison. The results of the present study provided partial support for the hypothesis. So, the finding generally revealed that there was substantial variation between marital status (household's marital [F (3,110) =65.505, P =.001 for personal depression, [F

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(3,110) = 8.335, $P = .000$ for personal stress, and $[F (3,110) = 6.598, P = .000$ for personal anxiety) within IDPs, and there was substantial variation between marital status among the host community (household's marital $[F (3,226) = 7.170, P = .000$ for personal depression, $[F (3,226) = 5.568, P = .001$ for personal stress, and $[F (2,226) = 6.566, P = .000$ for personal challenges of anxiety). The results generally showed that there was substantial variation in marital status within the host community.

So, the result generally showed that there was substantial variation between marital status between IDPs and host communities and within IDPs and host communities.

Generally to generalize , psychological distress (personal depression, personal anxiety and personal stress) by marital status was reported as being higher among single ,married, divorced and widowed respectively personal depression was higher ,personal depression are higher among divorce ,single married and emotional anxiety was higher among single married, divorced and widowed in IDP camp and also psychological distress (personal challenges of depression, challenge of stress and challenges of anxiety) was higher in married ,divorced ,widowed and single respectively host community psychological distress was varies as personal case , within IDP camp and host community, (see table 12 for mean and standard deviation).

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Table 13: Psychosocial: - emotional depression, emotional stress and emotional anxiety variables as a function of the marital status of households IDP and host community

Dependent variables	Marital status	N	IDP				Host community				
			mean	SD	F	p-value	N	mean	SD	F	P-value
Emotional challenges of depression	married	73	1.85	.360	7.16	.000	213	1.91	.286	7.121	.000
	single	10	1.40	.516			6	2.00	.000		
	Divorced	7	1.29	.488			4	1.25	.378		
	Widowed	24	1.75	.442			7	1.86	.301		
Emotional challenges of stress	married	73	1.85	.360	5.94	.001	213	1.91	.292	6.745	.000
	single	10	1.50	.327			6	2.00	.000		
	Divorced	7	1.29	.527			4	1.25	.500		
	Widowed	24	1.67	.488			7	1.86	.378		
Emotional challenges of anxiety	married	73	1.86	.346	6.47	.000	213	1.92	.264	8.521	.000
	single	10	1.50	.527			6	2.00	.000		
	Divorced	7	1.29	.488			4	1.25	.500		
	widowed	24	1.75	.482			7	1.86	.378		

The study compared households' psychosocial experiences as a function of IDP and host community marital status that had been practiced before the displacement. Since the entire participant's maximum level of marital status was married. A one-way analysis of variance was conducted to test the comparison. As per the reviewed literature, the results also showed that all psychosocial variables vary based on the marital status of the households. As a function of

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marital status, [F (3,110) =7.162, P =.000 for personal depression cases, F (3,110) =5.949, P =.001 for personal stress scales, and F (3,110) =6.473, P =.000 for personal challenges of anxiety

Generally, to generalize, psychological distress (emotional depression, emotional anxiety, and emotional stress) by marital status was reported as being higher among married, widowed, single, and divorced, respectively, in the IDP camp, and also psychological distress (emotional challenges of depression, stress, and anxiety) was higher in single, married, ,divorced and widowed, respectively, in the host community. Psychological distress varies as a personal case within the IDP camp and host community (see Table 13 for means and standard deviations).

Table 14: Comparison of the difference in psychosocial challenges; social challenges of variables as a function of the marital status of households of IDP and host community

Social challenges of IDP and host community	IDP						Host community				
	Marital status	N	mean	SD	F	p-value	N	mean	SD	F	p-value
married	73	2.62	.475	2.001	.118	21	2.72	.242	.436	.192	
single	10	2.65	.474			10	2.73	.294			
divorced	7	2.51	.501			7	2.78	.287			
Widowed	24	2.86	.339			24	2.87	.221			

The study compared households' psychosocial variables, i.e., social challenges, as a function of IDP's and the host community's level of marital status. A one-way analysis of variance was conducted to test the comparison. The results of the present study provided significant support for the hypothesis. [F (3,110) =2.001, P =.118 for social challenges of IDP, and [F (3,110) =.436,

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p =.192]. The analysis showed the existence of significant mean differences between married and single, divorced and widowed.

As it is reviewed from different literatures, the finding also revealed that psychosocial problems vary based on the marital status of the IDP and host community.

Generally, social challenges are higher in widowed, single, married, and divorced communities, respectively, and higher in widowed, divorced, single, and married communities in the host community (see Table 14 for means and standard deviations).

Comparison of the differences in coping mechanisms by the marital status of households with IDP and host communities

Table 15: Coping mechanisms; problem-focused, emotional-focused, and removal-focused variables as a function of the marital status of households in the host community and IDPs

Dependent variables	Marital status	IDP					Host community				
		N	mean	SD	F	p-value	N	mean	SD	F	P-value
Problem focused coping mechanisms	married	73	2.30	.4626	7.580	.000	213	2.94	.231	7.287	.000
	single	10	2.00	.000			6	2.50	.548		
	Divorced	7	2.29	.488			4	2.75	.500		
	Widowed	24	2.71	.464			7	3.00	.000		
Emotional focused coping mechanisms	married	73	2.36	.482	6.308	.001	213	2.94	.240	7.706	.000
	single	10	2.10	.316			6	2.50	.548		
	Divorced	7	2.29	.488			4	2.75	.500		
	Widowed	24	2.75	.442			7	3.00	.000		
Removal focused coping mechanisms	married	73	2.41	.495	5.514	.001	213	2.96	.202	9.672	.000
	single	10	2.10	.316			6	2.50	.548		
	Divorced	7	2.29	.488			4	2.75	.500		
	widowed	24	2.75	.442			7	3.00	.000		

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The study compared households' coping strategies as a function of IDP and host community marital status that had been practiced before the displacement to make the stress situation better. A one-way ANOVA analysis of variance was conducted to test the comparison. Contrary to the reviewed literature, the results showed that, as a function of marital status, coping strategies are significant, and the difference is varying due to marital status. As a function of marital status, [F (3,110) =7.580, P =.000 for problem orientation, [F (3,110) = 6.308, P =.001 for emotional orientation, and [F (3,110) =5,514, P =.001 for removal-oriented]

To generalize, psychological distress problem focused, emotional focused, and removal focused by marital status were reported as being higher among widowed, married, divorced and single, respectively, in the IDP camp and host community. Here we concluded that coping mechanisms are highly used in widowed and married status due to their challenges (see Table 15 for means and standard deviations).

Comparison differences in psychosocial challenges by family size of Households of IDP and host community

Running head psychosocial challenges and coping mechanisms of IDPS and host community

Table 16; Psychosocial: Personal depression, personal stress and personal anxiety variables as a function of the family size of households of IDP and host community

Dependent variables	Family size interval	IDP					Host community				
		N	mean	SD	F	p-value	N	mean	SD	F	P-value
Personal challenges of depression	1-4	59	1.24	.429	5.575	.001	177	1.29	.457	8.423	.000
	1-8	51	1.53	.505			41	1.49	.506		
	Above 8	4	1.75	.500			12	1.92	.289		
Personal challenges of stress	1-4	59	1.69	.505	6.302	.001	177	1.29	.455	5.639	.001
	1-8	51	1.96	.367			41	1.36	.486		
	Above 8	4	2.00	.000			12	1.83	.389		
Personal challenges of anxiety	1-4	59	1.49	.447	7.982	.001	177	1.45	.499	5.580	.001
	1-8	51	1.84	.465			41	1.56	.502		
	Above 8	4	2.00	.100			12	2.00	.000		

The study compared households' psychosocial experiences as a function of IDP and host community family size that had been practiced before the displacement. A one-way ANOVA analysis of variance was conducted to test the comparison. As per the reviewed literature, the results also revealed that all psychosocial variables vary based on the family size of the households. As a function of family size, [F(2,111)= 5.575, p=.001 for personal depression cases; [F (2,111)= 6.302, p=.001 for personal stress; [F (2,111)=7.982, p=.001 for personal challenges of anxiety of IDPs personal challenges due to family size; and [F (2,227)= 8.423, p=000 for personal depression; [F (2,227)=7.374,[F(2,227)= 5.639,p=.001 for personal

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challenges of stress]; and [F (2,227)= 5.580, p=.001 for personal challenges of the host community due to family size. Generally, the result showed that there was a variable variation due to family size among the host community and IDPs.

Generally, to generalize psychological distress (personal depression, personal emotion, and personal stress) are higher as family size increases , since all children at this level depend totally on the hands of their family (see Table 16 for means and standard deviations),

Comparison of differences in psychosocial challenges by family size of IDP households and host community

Table 17: Psychosocial: emotional depression, emotional stress, and emotional anxiety variables as a function of the family size of households in IDP and the host community

Dependent variables	Family size interval	IDP					Host community				
		N	mean	SD	F	p-value	N	mean	SD	F	P-value
Emotional challenges of depression	1-4	59	1.71	.416	8.076	.001	17	1.72	.451	7.407	.001
	7										
	41	1.95	.218								
	1-8	51	1.73	.432			12	2.00	.000		
	Above 8	4	1.85	.300							
Emotional challenges of stress	1-4	59	1.81	.371	10.712	.000	17	1.73	.446	6.908	.001
	7										
	41	1.95	.216								
	1-8	51	1.58	.480			12	2.00	.000		
	Above 8	4	1.75	.500							
Emotional challenges of anxiety	1-4	59	1.75	.418	9.535	.000	17	1.69	.462	8.456	.000
	7										
	41	1.95	.218								
	1-8	51	1.78	.375			12	2.00	.000		
	Above 8	4	1.75	.500							

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As per the reviewed literature, the results also showed that all psychosocial variables vary based on the family size of the households. As a function of family size, $[F(2,111)=8.076, p=.001]$ for emotional depression cases; $[F(2,111)=10.712, P=.000]$ for emotional stress; $[F(2,111)=9.535, P=.000]$ for emotional challenges of anxiety of IDPs psychosocial challenges due to family size; and $[F(2,227)=7.407, p=.001]$ for emotional depression; $[F(2,227)=6.908, [F(2,227)=p=.001]$ for emotional challenges of stress; $[F(2,227)=8.456, p=.000]$ for emotional challenges anxiety of host community due to family size]. Generally, the finding revealed that there was a variable variation due to family size among the host community and IDPs due to family size.

Generally, when we generalized in the emotional case of family size, the number of children increased, and the level of depression, stress, and anxiety was higher, IDP camp and host community (see Table 17 for means and standard deviations).

Table 18 Comparison of the difference in psychosocial challenges; social challenges of variables as a function of the family size of households of IDP and host community

Social challenges of IDP and host community	IDP				Host community		
	Family size interval	N	mean	SD	N	mean	SD
	1-4	73	2.69	.175	213	2.65	.150
	1-8	10	2.66	.204	10	2.58	.173
	Above 8	7	2.80	.200	7	2.77	.078

The study compared households' psychosocial variables, i.e., social challenges, as a function of IDP's and the host community's level of family size. A one-way analysis of variance was

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conducted to test the comparison. The results of the present study provided significant support for the hypothesis. The analysis showed the existence of significant mean differences between family sizes.

As it is reviewed from different literatures, the result also showed that social challenges vary based on the family size of the IDP and host community (see Table 18 for means and standard deviations).

Comparison of the differences in coping mechanisms by the family size of households with IDP and host communities

Table 19: Coping mechanisms; problem-focused, emotional-focused, and removal-focused variables as a function of the family size status of households in the host community and IDPs

Dependent variables	Family Size	IDP					Host community				
		N	mean	SD	F	p-value	N	mean	SD	F	P-value
Problem focused coping mechanisms	1-4	59	2.58	.498	5.672	.001	177	2.81	.149	11.245	.000
	1-8	51	2.89	.318			42	2.90	.401		
	Above 8	4	3.00	.000			12	3.00	.000		
Emotional focused coping mechanisms	1-4	59	2.62	.490	6.468	.000	177	2.75	.437	13.126	.000
	1-8	51	2.87	.344			42	2.85	.366		
	Above 8	4	3.00	.000			12	3.00	.000		
Removal focused coping mechanisms	1-4	59	2.71	.458	5.651	.001	177	2.69	.462	5.399	.001
	1-8	51	2.91	.288			42	2.92	.270		
	Above 8	4	3.00	.000			12	3.00	.000		

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	8										
--	---	--	--	--	--	--	--	--	--	--	--

The study compared households' coping strategies with IDP and the host community as a function of family size that had been practiced before the displacement. A one-way analysis of variance was conducted to test the comparison. Contrary to the reviewed literature, the results showed that, as a function of family size, coping strategies were significant. As a function of family size [F (2,111) =5.672, P =.001 for problem orientation, F (2,111) = 6.468, P =.000 for emotional cases, and F (2,111) =5.651, P =.001 for removal], IDP and the result of the host community revealed that as a function of family size, coping strategies were significant, and the variation was due to family size [F (2,227) = 11.245, P =.000 for problem orientation, 13.126, P =.000 for emotional orientation, and [F (2,227) = 5.399, P =.001 for removal orientation], coping strategies were significant, and the variation was due to family size difference (see Table 19 for means and standard deviations).

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Chapter five

5. DISCUSSION

In this study, we explored the level of psychological distress and social challenges among IDP camps and the host community in Bullen woreda town due to ethnic conflict. We also examined the social challenges and psychological distress among IDPs and the host community due to their variation as a function of sex, level of age interval, marital status, and family size. So, the discussion part of this study is presented as follows:

5.1 Psychosocial challenges

Psychological distress (personal depression, personal stress and personal anxiety)

The report of the interview showed that the majority of households experienced discrimination, worried about the lack of income and unfair distribution of aid, and felt about their family, i.e., their family is vulnerable to sexual abuse and labor work, and low payment to their labor work or an. In such times, a significant number of households do nothing regularly, and only a few go to the labor work. This finding also supports the fact that job stability is frequently inadequate, and getting a job may require accepting labor that is dangerous, or unrelated to their abilities (Carballo & Mboup, 2005). Most households worry about the future and are hopeless due to their family members being out of their control. Some family members were sexually attacked by soldiers, and some went to hotels to exercise their sexual work. Due to this, the households became hopeless and lost self-esteem for future survival. This finding, supported by the subsequent emotions of relative deprivation and loss of self-esteem, can have very damaging psychological effects (Carballo & Mboup, 2005).

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Additionally, it was shown that the majority of household IDPs are worried about their ability to support their families because they depend on aid from the government and from humanitarian (NGO) organizations. This finding was supported by Shevlin et al (2000), The departure of migrants to seek a living elsewhere is also fraught with psychosocial challenges for close family and kin left behind, particularly when the displaced people are heads of households, leaving behind spouses, partners, children, and elderly relatives for whom they represented protection and psychosocial security in addition to economic security. IDPs and the host community were worried about their sleeping due to different cultural and behavioral people being collected in the camp, and the camp was established in the host community center, disturbing the community and the camp throughout the night. The finding was supported by the fact that IDPs are frequently classified as a traumatized group, necessitating a focus on psychological issues (Miller, 2012).

At the time of the report of the interview, it was found that the majority of households in IDP and the host community felt that they were worried about the marriage and about their young girl because IDP women's and girls' were made to have unwanted sexual relations with host community young men and soldiers. Due to this, women and IDP men lost their marriage. As we had understood from our interview, displaced women and girls were more highly liable for sexual abuse. This finding was supported by the fact that, as Reimann (2002) states, it is evident that the bulk of recorded instances of sexual assault almost always involve women or young girls, who face different physical risks than males. Women are seen as being the most vulnerable and frequently face a high level of risk, which can include sexual exploitation, domestic abuse, and getting impregnated by enemy soldiers, among other things. The Brookings Institution (Cohen & Deng, 2012) has also noted the severity of the abuses that IDP women frequently face and the need for special care for this population.

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5.2 Emotional challenges

Emotional psychological distress (emotional depression, emotional stress and emotional anxiety)

According to the study, the majority of interviewees experienced a sense of worthlessness. It was noted that the hosting community was confused about common concepts like shopping (buying goods) and social skills. Based on the quantitative information, there were also different results in terms of their sex, age, marital status, and level of family size while reacting to the situation. Men had been identified as being relatively socially active. However, the community views them as problem-makers and is reluctant to associate with them. People in the community place the highest value possible on social capital and emotional ties. They easily communicate and discuss around the field and in the market, but they had difficulty engaging with the whole community platform, and no one facilitated venting out their emotions; they were simply damaging the infrastructure. When they are told to control their children, they become aggressive. This result was supported by the continuing bonds model of mourning, according to which the person keeps an ongoing inner relationship with one's losses. The grieving process may help the person come to a fresh awareness of their new life and how it integrates with their loss-related features (Golestaneh, 2015)

As the study showed from interviewee participants in the host community, when IDPs were told by the host community to correct their activity, most of the time they became conservatives and isolated themselves rather than solving the problem and integrating with the host community. This finding was supported by some concealing or hiding their inner wounds to avoid pain, while

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others clung to loss through protracted mourning and idealization of their cultural loss, which caused them to isolate themselves (Golestaneh, 2015).

5.3 Social challenges of IDPs and host community

The study found that the internally displaced families were dealing with a variety of social challenges. Most of the participants in the interviews have been complaining about the situation, which affected their lives well. When compared with their past feelings about themselves, trusting others and social interaction, satisfaction with working places and market linkage, and preference for sheds were under question, among others. According to the results of both qualitative and quantitative assessments, IDPs have problems with a sense of connection and involvement with the surrounding environment and a lack of a sense of being fit and valued through shared characters within the social system of the host community. This finding was supported by a sense of belonging and worth derived from common social characteristics (Hagerty et al., 1996; Hill, 2006). Loss is the feeling of being cut off from one's belongings (Hagerty et al., 1996; Keyes & Kane, 2004). It might hurt for someone to be separated from their belongings. A person may suffer enormous losses throughout the forced migration process, which might undermine their feeling of security and confidence in the outside world and influence their decision-making (Gorman-Murray et al., 2014). (German & Banerjee, 2011), Individuals react to losses in different ways. Some people conceal their inner wounds to avoid suffering, while others idealize their cultural loss by rejecting the host society and becoming isolated.

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5.4 Coping Mechanisms

The researcher was interested in the consequences of conflict-induced displacement and coping techniques used for survival, keeping psychosocial aspects in mind. In this regard, the study's attention was drawn to three coping strategies for difficult circumstances.

Problem oriented: the report through an in-depth interview as well as the idea generated through self-reporting show that the majority of the IDPs that were relocated to the Bullen-Woreda IDP camp had been taking action to try to make the situation better. There was positive thinking and seeing some good opportunities happen.

During the study, men with IDPs were exposed to a range of vulnerabilities, such as joblessness and a lack of basic capacity to meet family expectations as they were household members. When we compare and contrast the experiences of both genders, it is evident that men can manage to sustain and manage the impact of their psychological and social situation better. The most problematic situation for men was when they lost their place in the family and sense of identity since they were supposed to be the breadwinner. The reason for this significant experience is the lack of opportunities to alter the situation. According to the findings, although women are not more responsible for the household than men, they are more willing than men to take on tasks that are below their level of status or social standing. Men are discouraged from accepting employment that could lower their social status because of how men and the community view "proper manhood." This finding was supported by the fact that some refugees benefit from their ability to persevere in the face of difficulty by strengthening themselves and finding effective coping mechanisms (Ai et al., 2007), due to poverty, discrimination, and potential exposure to trauma during their journey. Generally, the life situation of IDPs depends on the government and

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aid provided by NGOs. When the aid was cut off at some point, they were engaging in different types of jobs, even those that were below their status, and they faced psychological problems and social challenges like sending girls to work in hotels and having their children exercise sexual work; they also sent their children to keep the caws of others; men were the waiters at the hotel to survive family. This finding was related to the fact that, when left untreated or unresolved, anxiety and homesickness are common issues that may quickly turn chronic and have major effects on one's psychosocial welfare, including depression and psychosomatic functional illnesses, including stress-related ulcers, migraines, and incapacitating back pain (Shevlin et al., 2000). Women were commoditized and trafficked as sex workers in the Asia-Pacific region (True, 2010).

Removal focused: The finding also showed that some activities and cognitive changes aimed at avoiding stressful situations. Data obtained through an in-depth interview for the result showed that the IDPs were involved in behavioral disengagement activities and unwanted behavior at different service areas to make the situation better. Because of this, the host community and service provider leave the area. The host community and certain IDPs frequently choose to distance themselves from social integration and any social work. This finding was supported by the fact that coping allows a person to control their actions and ideas, and as a result, how they interact with their surroundings and his or her psychological health was related to this contact (Lazarus, 2020). It is necessary to carry out behavioral modification initiatives and raise awareness about saving and investing in order to get IDPs focused on wanting to alter the situation rather than attributing the conditions to other people.

Emotional focused: the majority of individuals use alcohol to reduce psychosocial problems, but this does not suggest that drinking alcohol is always a necessary aspect of feeling happy.

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This finding is supported by the fact that, in contrast to successful issue resolution, planning, and enlisting social support, negative coping techniques include drug abuse, negative assessment, and avoidance coping strategies (such as humor, denial, or methods linked to behavioral disengagement) (Kapsou et al., 2010). According to this result, more IDPs who were relocated to the Bullen woreda shelters encountered emotional connection issues as they went through the integration process. Non-focused positive coping techniques include making plans, utilizing active coping techniques to solve problems, and asking for social assistance from family, friends, or other people. This recommends that host communities try to mobilize community resources to support social and emotional interactions for displaced communities. These are encouraged to reframe both positive and emotional-centered coping mechanisms acquired with the assistance of friends and community support.

Secondly, the report was drawn from the quantitative method and analyzed in tables 4, 5, 6 and 7 through the statistical software SPSS version 26 of the independent t-test. There were differences by the function of their gender within and between IDP and the host community. Personal psychological distress, emotional psychological distress, social challenges, and coping mechanisms were highly repressing women when compared with men. It implies that in the Ethiopian context, women were responsible for carrying the majority of the household load and that when we compare the psychological challenges faced by the host community and the IDPs from both groups; women were more repressed than men. This finding was supported by according to (Mels et al., 2010), women are more prone to psychological distress during displacement. Women reported more emotional coping than men. The results showed that participants have experienced a high level of psychological distress, including depression, anxiety, and stress. We also explored the link between psychological distress and resilience

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outside the context of psychological distress and the use of mental health services. These findings support the widely accepted theory that populations afflicted by conflict experience more severe psychological issues than those not affected by such hostilities. Residents who are already there and are impacted by a sudden inflow of displaced people (Verme & Schuettler, 2019) and also, as we analyzed in Tables, 8, 9, 10, and 11 through the statistical software SPSS one-way ANOVA, there were differences by the function of their age within and between IDP and the host community. In both cases, as the age increased, they had more problems with personal psychological distress, emotional psychological distress, social challenges to integrate into social status, and high coping problems to adapt to the new life environment than their host community of the same age, probably because they experienced more discomfort and life-threatening conditions in their own environment. As we have analyzed in this table, IDPs face high psychosocial challenges as their age increases compared to the host community. This finding was supported by the fact that displaced older people (women and men) are more vulnerable to every problem (Hasanović et al., 2005). In the report drawn from the quantitative method and analyzed in tables 12, 13, 14, and 15 through the statistical software SPSS of one-way ANOVA, there were differences by the function of their marital status within and between IDP and the host community. Personal psychological distress, emotional psychological distress, social challenges, and coping mechanisms were various among dysfunctional families (widowed, divorced, and single) especially higher in single status, since family support is not present in a dysfunctional or broken family dynamic when we compared it with a married one and also in some it were higher in married status. This finding was supported by Persons who are married are in better mental and physical health than unmarried persons (Cotten, 1999), it is not mean that every marriage situation can enhance psychological health, married one have higher

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psychological distress as we has seen form that table drown above. this finding sported (Shapiro & Keyes, 2008).Lastly, the report was drawn from the quantitative method and **analyzed** in tables 16, 17, 18 and 19 through the statistical software SPSS one-way ANOVA. There were differences by the function of their family size within and between IDP and the host community. The number of participants from the IDP camp who reported having a high number of children had considerably higher psychosocial challenges than those with low children in the camp, and they were more affected by the host community, which has high children. This finding was supported by a comparison of the effects of parenting pressures on mothers and fathers of adults without young kids under the age of 18 living at home (Bird, 1997)

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Chapter six

6. Implication and conclusion

6.1 conclusions

Focusing on the psychosocial challenges and coping mechanisms of IDPs and the host community, the study was conducted in Bullen Woreda town. It has three objectives. The objectives were achieved. The data were collected, organized, divided, and analyzed. Each component's significance was then clarified, and meaning was created. The effects of armed conflict on the host community and the afflicted people are complex. It specifically makes social problems and psychological distress worse. Particularly, displacement is thought to be a risk factor for social and mental health issues. Living in a home that is far from home has many issues and difficulties. In Bullen Woreda, it is strange to see the IDPs and host community experiencing psychosocial problems due to conflict. According to the study's findings, the IDP camps in Bullen woreda town and the host community suffer from psychological issues such as stress, depression, anxiety, and neglect, while their social issues include feelings of isolation, a lack of food, and stigmatization. The results of this study demonstrated that sex has a major impact on the psychological distress and social difficulties experienced by IDPs and the host society. As a result, it is crucial to pay attention to the unique demands of each person and comprehend how gender should affect mental health and successful social integration. The psychological distress and social challenges faced by IDPs and the host community were also significantly influenced by age, which makes it important to take into account each person's level and age, Marital status is another factor that significantly influences the psychological distress and social challenges faced by IDPs and the host community, with dysfunctional families and

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married being more severely impacted psychologically, and also that family size significantly influences psychological health and social status in IDPs and host communities. As we discussed in the finding, as the family size increases, psychological distress and social challenges become high, so it is important to take action on how the family size affects the psychological health and social challenges of IDPs and host communities.

6.2 Implication

Implication to concern body

It is critical that governmental, non-governmental, and humanitarian organizations first take into account the cultural perspective of each community, emphasis relevant sources of strength for individuals and for the community support system, and support IDPs and their host communities in integrating cultural, personal, emotional, social, and economic factors to foster and maintain community structures. It is appropriate to establish counseling programme to encourage successful resolution and rehabilitation of the psychosocial challenges and coping mechanisms of IDPs and the host community, or to establish counseling centers in all IDP camps to respond to the psychological and emotional problems of IDPs and the host community. The government should ensure that NGOs operate optimally according to their mandates in those areas of need. Men, women, and children in these sheds must be quickly recovered and rehabilitated in order to promote proper integration of IDPs into various social structures and eliminate tendencies towards social vices. The government should establish IDP-specific infrastructure since community infrastructure was built based on the number of households. Working with psychological and social difficulties was one of the areas of focus for macro-social work practitioners; therefore, the study's findings guide social work practitioners and improve the field

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of social work. This study informs social workers to provide a voice for people from Bullen worda kebele who had relocated to Bullen worda town Centre shelters and their hosting community, responding to their interests and needs, and it may promote them to advocate that the internally displaced people and host community were suffering from psychosocial challenges, so that they should be provided mental health services and social integration services in the area.

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APPENDIXES

Appendix: I

Interview Guide for Key Informant Interviewees

1. Name (Household head i.e. male household or female house hold) -----.

2. Age -----

3. Sex ----- 4.family size-----

5. Marital Status-----

6. Duration of settled in the camp-----

1 Can you tell me when you had difficulties while living in a camp?

2 would you tell me you facing challenges in feeling close to another person in your daily life?

3. Can you tell me reaction of you and the affected communities on the conditions of the living shelter of the households and social values?

4. Would you tell me your activity for daily works to cover household consumption?

5. Can you tell me the present coping mechanism of you and the affected IDP at household level?

6 can you tell me the cause of psychosocial problems that you have feeling?

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APPENDEX-II

Questionnaire

PART-I: Demographic Information

Direction: Give your correct responses to each of the following items mark or by filling appropriate phrases or figures in the space provided as required.

1.1 Your age: _____

1.2 Gender:

1. Male----- 2. Female-----

1.3. Marital status:

1. Married-----2.Divorce-----3.Widowed -----4. Single

1.4. Family size: -----

Please mark (√) for each item just once in the provided choices. Below are lists of psychological challenges that one may encounter during life events and coping mechanisms that may be used to get through it.

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Table 1: Psychological challenges of Internally Displaced people

No	Item's	Strongly agree	Agree	Disagree	undecided	Strongly Agree
Dimension I: Individual/personal						
Depression						
1	I feel unsafe staying in this camp					
2	I feel Inadequate drinking water in this comp					
3	I feel unfair access to aid					
4	Feeling you have too much free time in the day					
5	Feeling you are not moving place to place freely due to lack of security					
Stress						
4	I feel Lack of safe access to a toilet in this camp					
5	I occasionally experience mood swings staying in this camp					
6	I feel Shortage or lack of soap, water, suitable place to wash					

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7	Most nights I find it difficult to sleep					
8	Feeling you do not feel respected because of the situation you are living in or the people treat you					
Anxiety						
9	I feel Inability of my children to attend school					
10	I always feel neglected staying in this camp					
11	I feel Inability to care for family members who live with me					
11	I feel words, thoughts, or ideas that refuse to leave my mind					
12	Feeling that people dislike you					
Dimension II: Emotional						
Depression						
12	I feel depressed staying in this camp					
13	I am always afraid staying in this camp					
14	Feeling of pushing things to done					
15	Feeling that familiar things are unreal					

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16	Never feeling close to one another person					
Stress						
17	I feel worthless staying in this camp					
18	I am stressed up staying in this camp					
19	Feeling hopes about the future					
20	Feeling no interest in things					
21	Feeling thoughts of ending your life					
Anxiety						
22	I feel traumatized seeing myself in internally displaced camp					
23	I feel anxious staying in this camp					
24	Feeling you are not getting enough support from people in your community					
25	Feeling you do not have adequate aid because aid agencies working on their own without involvement from people in your community					
26	I am always afraid going to government office and reporting the problem					

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Table 2: social Problems of Internally Displaced people

No	Items	Strongly Agree	agree	disagree	undecided	Strongly Agree
Dimension III Social						
1	I do not have much people to rally round with in this camp					
2	I often feel lonely in this camp					
3	I feel distressed whenever I remember the death of my loved ones					
4	I often lack food to eat in this camp					
5	I do feel like taking drugs always to forget my worries					
6	I feel stigmatized staying in this camp					
7	I find it difficult to associate with people in this camp					
8	I feel ashamed when familiar faces meet me in this camp					
9	I have lost feeling of love since I came to this camp					
10	I hardly engage myself in festive activities in this camp					

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Table 3: Psychological challenges of host community people

No	Item's	Strongly agree	Agree	Disagree	undecided	Strongly disagree
Dimension I: Individual/personal						
Depression						
1	I feel Inadequate drinking water in this community due to population number increase					
2	I feel Lack of safe access to a toilet due to increasing population size					
3	I feel Shortage or lack of soap, water, suitable place to wash since market is affected					
4	Feeling you are not moving village to town freely due to lack of security					
5	I feel unfair access to aid for IDPs					
stress						
6	I feel Inability of my children to attend school					

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7	I feel Inability to care for family members who live with me due to market inflation					
8	Feeling hopes about the future					
9	I feel worthless staying in this community due to IDP problem					
10	I never feeling close to IDPs					
Anxiety						
7	I occasionally experience mood swings staying in this community because of IDPs function					
8	I am always afraid staying in this community because of the IDPs activity done in this community					
9	Most nights I find it difficult to sleep in this community due to the environment is disturbed due to the presence of IDP					
10	I feel insecure staying in this community due to legal action is widely happened due to IDPs increase population size					

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11	I always feel neglected staying in this community due to IDP activities					
Dimension II: Emotional						
Depression						
12	I feel depressed staying in this community due to IDPs problems					
13	I am stressed up staying in this community because of IDPs					
14	Feeling of pushing things to done as community person					
15	I never feeling close to as IDP					
16	I am always afraid staying in this community due to IDPs problem					
Stress						
17	I feel worthless staying in this community because of internally displaced people action					
18	I feel anxious staying in this community due to IDPs activity					
19	I am stressed up staying in this community due to IDP problem					

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20	Feeling hopeless about the future because we are indirectly affected by this conflict					
21	Feeling no interest in things due to hopeless					
Anxiety						
22	I feel traumatized seeing myself in community due to internally displaced people					
23	I feel anxious staying in this camp					
24	Feeling you are not providing enough support for IDPs in the camp					
25	Feeling IDPs do not have adequate aid because aid agencies working on their own without involvement from people in your community					
26	I am always afraid government response to IDPs about aid fairness					

Table 4: Social Problems of host community

No	Items	Strongly	agree	disagree	undecided	Strongly
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		Agree				agree
Dimension III Social						
1	I do not have much people to rally round with in this community because the IDP activities is illegal					
2	I often feel lonely in this community due to IDPs illegal actions					
3	I feel distressed whenever I remember the death of my loved ones as a citizen					
4	I often faired to eat food in this community because of IDPs lack food					
5	I do feel like taking drugs always to forget my worries about IDPs					
6	I feel stigmatized staying in this community due to IDPs					
7	I find it difficult to associate with IDP people in this community					
8	I feel ashamed when familiar IDP faces meet me in this community					
9	I have lost feeling of love since					

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	IDPs came to this camp					
10	I hardly engage myself in festive activities in this community to forget challenges					

Table 5: coping mechanisms of internally displaced people and host community

Please for the following question circle only one.

No	Items	Does not Apply At all	A little Bit	Moderately	Quite A Bit	Extremely applied
Problem-focused coping mechanisms						
1	I have been taking active measures try to make the situation better	0	1	2	3	4
2	I have been using alcohol to help me to remove stress situation					
3	I have been changing a problematic person environment relationship in order to change or remove the sources of stress					
Emotion-focused coping mechanisms						
1	I have been getting emotional aid from others					
2	I have been regulating feelings and emotional response to the problem instead of addressing the problem					
3	I have been practicing relaxation techniques for controlling emotions					
Removal-focused coping mechanisms						
1	I have been putting a positive perspective on things to cop and deal with it					
2	I have been removing myself from the issue or obstacle to change the aims of the issue					

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መጠይቅ

ይህ መጠይቅ የተዘጋጀው እረስዎ እንደ ተፈናቃይ ማበረሰብ እና ተፈናቃይ ተቀባይ ማህበረሰብ ስለሚያጋጥማቸው የስነ-ልቦና ጫና ችግርና የመቋቋሚያ ዘዴዎች መረጃ ለመሰብሰብ ነው። ስሆንም ስምዎትን መጻፍ አያስፈልግም። ለነዚህ ጥያቄዎች ትክክለኛ መልሶችዎን መስጠትዎ ለዚህ ጥናት ወጤታማነት ብዙ አስተዳዳሪ ያደርጋል። ስሆንም ትክክለኛውን መልስ እንዲስጡ በአክብሮት እንጠይቃለን። የሚሰጡት መረጃ ለጥናት አገልግሎት ብቻ የሚውል ሲሆን ሚስጥራዊነቱም የተጠበቀ ነው። ጊዜዎትን ሰውተው ይህን መጠይቅ ስለሚሞሉልኝ በጣም አመሰግናለሁ።

ክፍል- አንድ: የስነ ሕዝብ አወቃቀር መረጃ

አቅጣጫ: ለሚከተለው ለእያንዳንዱ የራይት ምልክት (√) ወይም እንደአስፈላጊነቱ በተዘጋጀው ቦታ ላይ ተስማሚ ሀረጎችን ወይም አሃዞችን በመሙላት ትክክለኛ ምላሾችዎን ይስጡ።

1.1 ዕድሜዎ:- _____

1.2 ጾታ: 1. ወንድ----- 2. ሴት-----

1.3. የጋብቻ ሁኔታ: 1. ያገባ -----2. የፋታ/ች ----- 3. ባል የሞተባት -----4. ነጠላ/ቢችኛ/

1.4. የቤተሰብ ብዛት:-----

ክፍል ሁለት

1 ከዚህ በታች ለተመለከቱት የስነ-ልቦና ፈተና ሀሳቦች የመስማማትና ያለመስማማት ደረጃዎችን የራይት ምልክት (√) በትክክለኛው ሳጥን በማስቀመጥ ያመልክቱ፤ የምላሾቹም አማራጮች እንደሚከተለው ተዘርዝሯል፡-

- 1. በጣም እስማማለሁ
- 2. እስማማለሁ
- 3. አልስማማም
- 4. በጣም አልስማማም

11 ለመቋቋሚያ ዜጌ ለተመለከቱት ሀሳቦች በምትስማሙት ሀሳቦች ስር ያሉ ቁጥሮችን በመክበብ መስማማታቸውን ያመልክቱ፤ የምላሾቹም አማራጮች እንደሚከተለው ተዘርዝሯል፡፡

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- 0 በጭራሽ አይተገበርም 1 በትንሽትንሽ ይተገበራል 2 በመጠነኛ ይተገበራል 3 በትክክል ይተገበራል
 4 እጅግ በጣም ይተገበራል።

ሠንጠረዥ 1: የተፈናቀሉ ሰዎች የሰነ-ልዩና ፈተናዎች

ተ. ቁ	አይነት	በጣም እስማማለሁ	እስማማለሁ	በጣም እስማማለሁ	አል
ልኬት 1: የግለሰብ/የግል ተግዳሮቶች					
ድብረት					
1	በዚህ ካምፕ ውስጥ በመቆየቱ ስጋት ይሰማኛል።				
2	በዚህ ኮምፕ ውስጥ የመጠጥ ውሃ ችግር አለ/እንዳለ ይሰማኛል።				
3	ፍትሃዊ ያልሆነ የእርዳታ አሰጣጥ ሂደት አለ /እንደ አለ ይሰማኛል።				
4	በቀን ውስጥ በጣም ብዙ ነፃ ጊዜ እንዳለኝ ይሰማኛል።				
5	በደህንነት እጦት ምክንያት ከቦታ ወደ ቦታ በነጻነት መንቀሳቀስ እንደማልችል ይሰማኛል።				
ውጥረት					
4	በዚህ ካምፕ ውስጥ መጻዳጃ ቤት ደህንነቱ አጠባበቀ ችግርና መጻዳጃ ቤት ችግር አለ/እንዳለ ይሰማኛል።				
5	በዚህ ካምፕ ውስጥ በመቆየቱ አልፎአልፎ የስሜት መለዋወጥ ያጋጥመኛል / እንዳለ ይሰማኛል።				
6	በዚህ ካምፕ ውስጥ በመቆየቱ አልፎአልፎ የስሜት መለዋወጥ ያጋጥመኛል / እንዳለ ይሰማኛል።				
7	በዚህ ካምፕ ውስጥ ብዙ ጊዜ ምሽት ምሽት ለመተኛት ይከብደኛል/ለመተኛት ችግር እንዳለ ይሰማኛል።				
8	እርስዎ በሚኖሩበት ሁኔታ ህዝቡ እርስዎን እርስዎን እንደማይከበሩ				

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	ይሰማዎታል።				
ጭንቀት					
9	ልጆቼ ትምህርት ለመከታተል ያለመቻል ችግር አጋጥሞኛል/እንዳለ ይሰማኛል።				
10	በዚህ ካምፕ ውስጥ ብቸኛ ሁኔታ በመኖሪያ ይሰማኛል።				
11	ከእኔ ጋር የሚኖሩ የቤተሰብ አባላትን መንከባከብ ባለመቻሌ ይሰማኛል።				
11	ከአእምሮዬ ውስጥ ለዘላለም መጥፎ ትዝታ ሆኖ የሚኖሩ ሀሳቦች አጋጥሞኛል/ ስለአሉ ይሰማኛል።				
12	ሰዎች እንደማይወዱኝ ይሰማኛል ።				
ልኬት ለጥራት ጥያቄዎች					
ድብረት					
12	በዚህ ካምፕ ውስጥ በመቆየቱ የመንፈስ ጭንቀት ይዘኛል/ይሰማኛል።				
13	በዚህ ካምፕ ውስጥ በመቆየቱ ሁል ጊዜ አፈራለሁ።				
14	ስሜት በመገፋፋት ነገሮችን እንዲሰሩ ይደረጋል።				
15	የተለመዱ ነገሮች እውን እንዳልሆኑ ይሰማኛል።				
16	ከሌላ ሰው ጋር መቀራረብ በጭራሽ አይሰማኝም።				
ውጥረት					
17	በዚህ ካምፕ ውስጥ በመኖሪያ ዋጋ ቢስ እንደ ሆኖኩ አምናለሁ/ይሰማኛል።				
18	በዚህ ካምፕ ውስጥ በመኖሪያ ቢቻ ተጨንቄያለሁ።				
19	ስለ ወደፊት ጊዜ የተስፋ እንደለሰኝ ይሰማኛል።				
20	ለነገሮች ምንም አይነት ፍላጎት እንደለሰኝ ይሰማኛል።				
21	ህይወታችሁን የመገቱ ንግግሮች እንዳለሁ ይሰማኛል።				
ጭንቀት					
22	በዚህ ካምፕ ውስጥ ራሴን በማይበት ጊዜ ጭንቀት ይዘኛል /ይሰማኛል።				
23	በዚህ ካምፕ ውስጥ በመቆየቱ ጭንቀት ይሰማኛል።				
24	በማህበረሰብ ውስጥ በቂ ድጋፍ እያገኘ ባለመሆኑ ይሰማኛል።				

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25	የእርዳታ ኤጀንሲዎች በአካባቢዎ ካሉ ሰዎች ተሳትፎ ሳያደርጉ በራሳቸው ስለሚሰሩ በቂ/አስፈላጊ/ እርዳታ እንደሌለ ይሰማኛል።				
26	እኔ ሁል ጊዜ ወደ መንግስት ቢሮ ሄጄ ችግሩን ሪፖርት ማድረግ እፈራለሁ።				

ሠንጠረዥ 2: የተፈናቀሉ ሰዎች ማህበራዊ ችግሮች

ተ.ቁ	አይነቶች	በጣም እሰማማለሁ	እሰማመለሁ	አልስማማም	አልወሰንም
ልኬት III የተፈናቀሉ ሰዎች ማህበራዊ ተግዳሮቶች					
1	በዚህ ካምፕ አብራሪዎቻቸው የምግባባዉ ብዙ ሰው የለኝም።				
2	በዚህ ካምፕ ውስጥ ብዙ ጊዜ ብቸኝነት ይሰማኛል።				
3	የምወዳቸውን ሰዎች ሞት ባስታወስኩ ቁጥር ሀዘን ይሰማኛል።				
4	በዚህ ካምፕ ውስጥ ብዙ ጊዜ የምበላው ምግብ እጥረት ያጋጠመኛል።				
5	ጭንቀቶቼን ለመርሳት ሁል ጊዜ አልኮል እጠጣለሁ።				
6	በዚህ ካምፕ ውስጥ በመቆየቴ መገለል ይደረስብኛል።				
7	በዚህ ካምፕ ውስጥ ካሉ ሰዎች ጋር መግባባት ይከብደኛል።				
8	በዚህ ካምፕ ውስጥ ተመሳሳይ ይፈቶችን በማየቴ አፈራለሁ።				
9	ወደዚህ ካምፕ ከመጣሁ ጊዜ ጀምሮ የፍቅር ስሜት አጥቻለሁ /ጠፍቶብኛል።				
10	በዚህ ካምፕ ውስጥ በበዓል እንቅስቃሴዎች ውስጥ እራሴን እምብዛም አልሳተፍም።				

ሠንጠረዥ 3 : የተቀባይ ማህበረሰብዎች የስነ-ልቦና ፈተናዎች

ተ. ቁ	አይነት	በ ለ	እሰማማለሁ	አልስማማም	አልወሰነውም	በጣም አልስማማም
		ጣ				

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		ግ እ ስ ማ ማ ለ ሀ				
ልኬት 1: የግለሰብ/ የግል ተግዳሮቶች						
ድብረት						
1	በሕዝብ ቁጥር መጨመር ምክንያት በዚህ ማህበረሰብ ውስጥ በቂ የመጠጥ ውሃ የለም /እንደሌለ ይሰማኛል።					
2	የህዝብ ቁጥር እየጨመረ በመምጣቱ የመጻዳጃ ቤት ደህንነቱ የተጠበቀ እንደልሆነ እና በቂ መጻዳጃ ቤት የለም /እንደልሆነ /እንደሌለ ይሰማኛል።					
3	በገበያው ንረት ምክኒያት የሳሙና ፣የውሃ እጥረትና በህዝ ብቁር በመጨመሩ ምክኒያት ለመታጠብ ተስማሚ የሆነ ቦታ የለም /ያለመኖር ችግር ይሰማኛል።					
4	በፀጥታ እጦት ከቀበሌ ወደ ቀበሌ በነጻነት መንቀሳቀስ እንደማልችል ይሰማኛል።					
5	ለተፈናቃዮች የእርዳታ አቅርቦት/ሰጣጥት ፍትሃዊ ባለመሆኑ ይሰማኛል።					
ውጥረት						
6	የህዝብ ቁጠር በመጨመሩ ምክኒያት በመማሪያ ክፍል ጥበት የተነሳ ልጆቼ ትምህርት ለመማር አለመቻላቸው /መቸገራቸው ይሰማኛል።					
7	በገበያ ንረትና የተለያ ቀጠስ በመፍጠሩ ምክኒያት ከእኔ ጋር የሚኖሩ የቤተሰብ አባላትን መንከባከብ አለመቻሌ ይሰማኛል።					

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8	ስለ ወደፊቱ ጊዜ የተስፋ አይስማኝም፡፡					
9	በተፈናቃይ ችግር ምክንያት በዚህ ማህበረሰብ ውስጥ መቆየቱ ዋጋ ቢሰ ሆኖ ይሰማኛል።					
10	ከተፈናቃዮች ጋር ፈጽሞ መቀራረብ አይሰማኝም።					
ጭንቀት						
7	በተፈናቃዮች ተግባር ምክንያት አልፎ አልፎ በዚህ ማህበረሰብ ውስጥ የሰሜት መለዋወጥ ያጋጥመኛል።					
8	በዚህ ማህበረሰብ ውስጥ በሚደረጉ ተፈናቃዮች እንቅስቃሴ ምክንያት በዚህ ማህበረሰብ ውስጥ መቆየት ሁል ጊዜ አፈራለሁ።					
9	በተፈናቃዮች ምክንያት አካባቢው ስለሚታወክ አብዛኛው ምሽት በዚህ ማህበረሰብ ውስጥ ለመተኛት ይከብደኛል።					
10	ተፈናቃዮች የህዝብ ቁጥርን በመጨመሩ ምክንያት ህገ-ወጥ ድርጊት በስፋት እየተከሰተ ስለሆነ በዚህ ማህበረሰብ ውስጥ የመቆየት ስጋት ይሰማኛል					
11	በተፈናቃይ ተግባራት ምክንያት በዚህ ማህበረሰብ ውስጥ ተገልጻል እንድኖር አደረገኛል።					
ልኬት ዘ፣ ስሜታዊ ፈተናዎች						
ድብርት						
12	በተፈናቃዮች ችግር ምክንያት በዚህ ማህበረሰብ ውስጥ በመቆየቱ የመንፈስ ጭንቀት ይዞኛል/ ይሰማኛል።					
13	በተፈናቃዮች ምክንያት በዚህ ማህበረሰብ ውስጥ ለመቆየት ተጨንቄያለሁ					
14	እንደ ማህበረሰብ ነገሮች በመግፋት እንደምፈጸም ይሰማኛል።					
15	ከ IDP ጋር መቀራረብ ፈጽሞ ተሰምቶኝ አያውቅም።					
16	በተፈናቃዮች ችግር ምክንያት በዚህ ማህበረሰብ ውስጥ					

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	መቆየት ሁል ጊዜ እፈራለሁ።					
ውጥረት						
17	በተፈናቀሉ ሰዎች እርምጃ ምክንያት በዚህ ማህበረሰብ ውስጥ መቆየት/ መኖር ዋጋ እንደሌለው ይሰማኛል።					
18	በተፈናቃዮች እንቅስቃሴ ምክንያት በዚህ ማህበረሰብ ውስጥ በመኖሪያ ጭንቀት ይሰማኛል።					
19	በተፈናቃይ ችግር ምክንያት በዚህ ማህበረሰብ ውስጥ ስለመቆየት ተጨንቆ ይሰማሁ።					
20	በተዘዋዋሪ በዚህ ግጭት ስለጎዳ ስለወደፊት ተስፋ መቁረጥ ይሰማኛል።					
21	በተስፋ ማጣት ምክንያት ለነገሮች ምንም ፍላጎት አይኖረኝም።					
ጭንቀት						
22	በተፈናቃሉ ሰዎች ምክንያት እራሴን በዚህ ማህበረሰብ ውስጥ አደረጌ በማየት በጣም ተጎድቻለሁ።					
23	ተፈናቃዮች በዚህ ካምፕ ውስጥ በመቆየታቸው ጭንቀት ይሰማኛል።					
24	በካምፕ ውስጥ ላሉ ተፈናቃዮች በቂ ድጋፍ ባለመስጠት ይሰማኛል።					
25	የተፈናቀሉ ወገኖች በቂ ዕርዳታ እንደሌላቸው ይሰማቸዋል ምክንያቱም የእርዳታ ኤጀንሲዎች በአካባቢያችሁ ካሉ ሰዎች ተሳትፎ ሳያደርጉ በራሳቸው የሚሰሩ ናቸው።					
26	ስለ ርዳታ ፍትሃዊነት መንግስት ለተፈናቃዮች በሚሰጠው ምላሽ ሁሉም እፈራለሁ።					

ሠንጠረዥ 4: የአስተናጋጅ / ተቀባይ ማህበረሰብ ማህበራዊ ችግሮች

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ተ.ቁ	አይነት	በጠም እስማማለሁ	እስማማለሁ	አልስማማም	አልወሰነውም	በጣም አልስማማም
ልኬት III ማህበራዊ ተግዳሮቶች						
1	የተፈናቃዮቹ ተግባራት ህገ-ወጥ በመሆኑ እኔ በዚህ ማህበረሰብ ውስጥ ብዙም የምስማማው ሰው የለኝም።					
2	በተፈናቃዮች ህገ-ወጥ ድርጊቶች ምክንያት ብዙ ጊዜ በዚህ ማህበረሰብ ውስጥ ብቸኝነት መረጣለሁ /ይሰማኛል።					
3	እንደ ዜጋ የምወዳቸውን ሰዎች ሞት ባስታወስኩ ቁጥር እጨነቃለሁ።					
4	በተፈናቃዮች ምግብ እጦት ምክንያት ብዙ ጊዜ በዚህ ማህበረሰብ ውስጥ ምግብ ለመብላት አፍራለሁ።					
5	ስለተፈናቃዮች ያለኝን ጭንቀት ለመርሳት ሁል ጊዜ አልኮል እጠጣለሁ።					
6	በተፈናቃዮች ምክንያት በዚህ ማህበረሰብ ውስጥ እገለጻለሁ /መገለል እንዳለ ይሰማኛል።					
7	በዚህ ማህበረሰብ ውስጥ ከተፈናቀሉ ሰዎች ጋር መገናኘቱ አስቸጋሪ ሆኖ አግኝቼዋለሁ					
8	በዚህ ማህበረሰብ ውስጥ የማውቃቸው ተመሳሳይ ተፈናቃዮች ሲያጋጥሙኝ አፈራለሁ።					
9	ተፈናቃዮች ወደዚህ ካምፕ ከመጣሁ ጊዜ ጀምሮ የፍቅር ስሜት አጥቻለሁ።					
10	ፈታኝ ሁኔታዎችን ለመርሳት በዚህ ማህበረሰብ ውስጥ በበዓል ተግባራት ውስጥ እራሴን አልሳተፍም።					

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ሠንጠረዥ 5: የተፈናቀሉ ሰዎችን እና አስተናጋጅ /ተቀባይ /ማህበረሰብን የመቋቋም ዘዴዎች እባክዎ ለሚከተለው ጥያቄ አንድን ብቻ ክበቡ።

ተ.ቁ	አይነት	በጭራሽ አይተገበር ም	በትንሽ ትንሽ ይተገበራል	በመጠኑ ኛ ይተገበራል	በትክክል ይተገበራል	እጅግ በጣም ይተገብራል
በችግር ላይ ያተኮሩ የመቋቋሚያ ዘዴዎች						
1	ሁኔታውን የተሻለለ ማድረግ ንቁ እርምጃዎችን እየወሰድኩ ነው።	0	1	2	3	4
2	ጭንቀትን ለማስወገድ እንዲረዳኝ አልኮል እጠቀማለሁ።	0	1	2	3	4
3	የጭንቀት ምንጮችን ለመለወጥ ወይም ለማስወገድ ችግር ያለበትን ሰው አካባቢ ግንኙነት አቆረጣለሁ።	0	1	2	3	4
በስሜት ላይ ያተኮሩ የመቋቋሚያ ዘዴዎች						
1	ከስሜታዊነት ለመወጣት ከሌሎች ጋር እርዳታ አገኛለሁ።	0	1	2	3	4
2	ችግሩን ከመፍታት ይልቅ ለችግሩ ስሜቶችን እና ስሜታዊ ምላሽን እየተቆጣጠርኩ ነው።	0	1	2	3	4
3	ስሜቶችን ለመቆጣጠር የማስታገሻ/ የማብረጃ ዘዴዎችን እየተለማመድኩ ነው።	0	1	2	3	4
በማስወገድ ላይ ያተኮሩ የመቋቋሚያ ዘዴዎች						
1	ችግሮችን ለመቋቋም በነገሮች ላይ አዎንታዊ	0	1	2	3	4

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	አመለካከትን እያኖርኩ ነው።					
2	የጉዳዩን አላማ ለመቀየር ከጉዳዩ እራሴን ወይም እንቅፋት የሆነውን ነገር እያስወገድኩ ነው።	0	1	2	3	4

ANNEX I

Table 1: Statistics of the pilot study participant

variable		(IDP)		Host community		
		figure	Percent	figure	Percent	
1	Gender of the participant	male	5	45.45	5	45.45
		Female	6	54.54	6	54.54
		Total	11	100	11	100
2	Age of the participant	18-35	4	36.6	6	54.54
		36-60	6	54.54	3	27.27
		Above 60	1	9.9	2	18.18
		Total	11	100	11	100
3	Marital status of participant	Married	9	81.81	9	81.81
		Divorced	1	9.09	1	9.09
		Widowed	1	9.09	1	9.09
		Total	11	100	11	100
4	Family size of the participant	1-5	3	27.27	11	100
		1-8	6	54.54	-	-
		Above 8	2	18.18	-	-
		Total	11	100	100	100

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Table 2: Cronbach Alpha's output drawn from the pilot test

Measures		No of items	mean	SD	Cronbach's Alpha	Cronbach's Alpha based on standardized item
Individual challenges or Personal challenges of IDPs	Depression	5	1.51	.362	.829	.846
	Anxiety	5	1.44	.378	.869	.874
	stress	5	1.64	.381	.927	.931
Emotional challenges of IDPs	Depression	5	1.51	.362	.829	.846
	Anxiety	5	1.52	.378	.874	.899
	stress	5	1.85	.311	.935	.945
Social challenges IDP		10	1.88	.327	.960	.960
Emotion-focused coping IDPs		3	2.64	.433	.823	.823
Problem-focused coping IDPs		3	2.33	.394	.875	.895
Removal-focused coping		2	2.86	.323	.956	.968

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IDPS						
Individual challenges or Personal challenges of host community	Depression	5	1.85	.311	.953	.954
	Anxiety	5	1.69	.351	.927	.941
	stress	5	1.69	.339	.803	.807
Emotional challenges of host community	Depression	5	1.55	.254	.795	.799
	Anxiety	5	1.73	.327	.745	.757
	stress	5	1.78	.303	.764	.794
Social challenges host community		10	2.45	.457	.777	.762
Emotion-focused coping mechanisms host community		3	2.18	.434	.785	.792
Problem-focused coping mechanisms host community		3	1.98	.382	.767	.766
Removal-focused coping mechanism host community		2	2.98	.499	.727	.727

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