

Impact of Problem-Focused Coping Strategy Using Active Coping Strategy among Victims of Fire Disaster in Maiduguri Monday Market, Borno State

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Abstract

The purpose of this study was to determine impact of problem-focused coping strategy using active coping strategy among victims of fire disaster in Maiduguri Monday Market Borno State. Active coping is a coping strategy which involves activities like planning, confronting, constructing solution, consultation and working approach to prevent stress arising from psychological state. The objective of the study was to determine the impact of problem-focused strategy using active coping strategy among victims of fire disaster in Maiduguri Monday Market. The study was delimited to six (6) categories of traders. A cross sectional research design was used for the study. The population for this study were comprises 20,000 victims of Maiduguri Monday Market fire disaster. Purposive sampling technique was used to select six (6) trading units from (14) existing different trading units of Maiduguri Monday Market for the study. Stratified sampling technique with proportionate method was used to select (5%) from each of the six (6) categories of traders making a stratum. A sample of 516 traders was selected using convenience sampling method. Data were collected using self-developed five 5-item questionnaire. Split haft method reliability test was used to determine internal consistency of the instrument while data collected from pilot test were subjected to Spearman-Brown Formula which yielded reliability coefficient 0.846. Descriptive statistics of frequency counts and percentages were used to answer the research questions, while inferential statistics of chi-square (χ^2) was used to test the hypotheses at 0.05 level of significance. The null hypothesis was rejected ($p < 0.05$). This shows that, there was significant difference in responses on problem-focused coping strategy using active coping strategy among Maiduguri Monday Market fire disaster traders in textiles, cosmetics, food stuff, domestic cooking oil, plastic materials and domestic cooking utensils. The result of the study also indicated that, victims of Maiduguri Monday Market fire disaster employed active coping strategies and they actively engage in some efforts to re-establish their businesses after the fire disaster. The study recommended among others that, traders of Maiduguri Monday Market fire disaster should be encourage to continue employing active coping strategies and are to actively engage in some efforts in order to re-establish their businesses after the fire disaster.

Keyword: Active Coping, Monday Market, Victims, Fire Disaster

Introduction

Maiduguri Monday Market is the largest market in Borno State and been the largest market in the North-Eastern part of Nigeria, and it continues to be the center of Borno State economy (www.tribuneonlineng.com, 2023). Maiduguri Monday Market fire disaster has led the market to a considerable amount of loss of billions of Naira, with approximately 20,000 traders of different categories affected by the disaster and about 12,000 shops, stores and kiosks razed down (Maiduguri Monday Market Company Limited, 2023). Knopp, (2016) states that, market fire disaster disrupted economic activities, which resulted in the development of psychological and psychosocial impacts in the form of anxiety, fear, depression, grief for losing means of livelihood. Market fire disasters can result in prolonged periods of stress, which led to sadness, anxiety, depression, fear and grief for victims who have exposed to the trauma (Benight & Bandura, 2014). The victims of Maiduguri Monday Market fire disaster are physically, psychologically and emotionally distressed due to the loss of valuable properties like financial records books, inventories and fixed asset. These losses led to psychological stresses such as anxiety, depression, fear, trauma, grief which seriously triggered the adoption of different types of coping strategies to cope with the stressors. Victims of disasters usually employed various coping strategies to directly address the stressful situation or change negative emotional response to a problem. They resorted to using problem-focused or



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emotion-focused coping strategies to cope with the stressors. Coping is specifically used to describe the conscious and voluntary mobilisation of actions employed by victims of natural disaster to modify adverse aspects of their environment as well as minimise internal threats brought on by the disaster (Carver & Connor-Smith, 2010). Coping can be expressed in diverse ways, but usually problem-focused and emotion-focused coping strategies are more commonly used by stress victims of natural disaster to cope with the stressors. Active coping is a coping strategy which involves activities like planning, confronting, constructing solution, consultation and working approach to prevent stress arising from psychological state (Satow, 2019). Active coping strategy also known as problem-focused coping strategy which involve cognitive and behavioural strategies that are intended to make a direct response to the stressor, either by changing the stressful situation (primary control) or the negative emotions related to it (secondary control) (Freire, Ferradás & Regueiro, 2020).

This coping strategy it includes approaches such as planning, acting, looking for help (instrumental and emotional), seeing the positive side of the situation, or accepting it (Freire, Ferradás & Regueiro, 2020). Action coping strategy involve taking action to address the problem or situation causing stress. Aldwin, and Yancura (2014) states that, this coping strategy requires individuals to be actively engaged in fulfilling their own goals. Active coping strategy encourages problem-solving and can also provide a sense of accomplishment, as individuals can see the progress they have made in their own skills and abilities. Successively, cognitive flexibility is enhanced, improving quality of life to overcome the stressful situation for the benefits of overall health outcome (Theodoratou, Gkintoni & Farmakopoulou, 2023). As the negative psychological challenges brought on by fire disaster it has been evident that, there is a need for the victims of Maiduguri Monday Market to address ways of increasing active coping mechanisms that can improve mental health, and possibly be used as a prevention measure for other severe mental health state. Active coping strategy engaged stress victims of natural disaster to act proactively in problem-solving and can also bring about a feeling of accomplishment, as the victims observed the progress they have made on their own talents and capacities to overcome the stressor (Carroll, 2013). Stressful individuals may develop resilience through the development and improvisation of their skills and abilities toward their stressors (Carroll, 2013). Active coping is generally associated with intrinsic motivation, as it requires individuals to be actively involved on their own objectives. Furthermore, individuals may develop a mind-sets based on the certainty that one's talents and abilities can be strengthened (Theodoratou, et, al., 2023).

Action coping strategy include taking action to reduce stress, such as involving in physical activity and taking part in activities, problem solving or seeking help from others it also involves information strategies include gathering information, ideas, thoughts to better understand the stressful situation, such as talking to others or exploring the issue (Theodoratou, et, al., 2023). Cheung and Yip (2015) found that, physical activities, lifestyle and leisure time activities can be used as active coping strategy which have positive effect on reducing depression, anxiety, fear with physical activity being a key factor in mental health. The finding of Cheung and Yip (2015) further suggests that, using active coping strategies and relaxation techniques such as lifestyle and leisure time activities can influence positive impact on various mental health problems like anxiety or depression. Active coping strategy in a stressful situation can also be protective coping strategy which include, looking for positive oriented, debriefing, positive thinking, optimism, acceptance, purpose in life, humour, planning, positive reframing, and social support (Rodríguez-Rey 2019). Therefore, it is against this background that, this study sought to determine the impact of problem-focused coping strategy using active coping strategy among victims of fire disaster in maiduguri monday market, Borno State.

Maiduguri Monday Market was affected by a fire disaster on 26 February, 2023; that has led to a considerable amount of loss of billions of Naira, during which different categories of traders loss their livelihood. These losses led the victims of Maiduguri Monday Market fire disaster to experience severe mental and emotional health problems such as feelings of anxiety, depression, anger, fear, sadness, grief, confusion, sleeping difficulties, flashbacks, among others, which trigger the victims to employ problem-focused coping strategies to cope with the stresses of their losses. A significant percentage of victims of Maiduguri Monday Market fire disaster have difficulties in decision-making, self-concentration, locating financial support to re-establish their business and finding a new location to settle down. These challenges worsened the victims emotional burdens and mental health conditions, resulting into stresses with consequences of making choice of right patterns of coping strategies to cope with the stressors. It is against this background that, this study is designed to determine impact of problem-focused coping strategy using active coping strategy among victims of fire disaster in maiduguri monday market, Borno State.

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Objectives of the study:

The objective of this study was to determine

1. the impact of Problem-focused strategy using active coping strategies among victims of fire Disaster in Maiduguri Monday market.

Research Questions:

1. What is the percentage responses on impact of problem-focused coping strategy using active coping strategies among victims of fire disaster in Maiduguri Monday market?

Hypotheses:

1. There is no significant difference in mean responses on impact of problem-focused coping strategy using active coping strategies among victims of fire disaster in Maiduguri Monday market

Methodology:

A cross sectional research design of survey method was used for the study. The population for this study were comprises 20,000 victims of Maiduguri Monday Market fire disaster. Purposive sampling technique was used to select six (6) trading units from (14) existing different trading units of Maiduguri Monday Market for the study. Stratified sampling technique with proportionate method was used to select (5%) from each of the six (6) categories of traders making a stratum. A sample of 516 traders were selected using convenience sampling method. Data were collected using self-developed five 5-item questionnaire on impact of problem-focused coping strategy using active coping strategy among victims of fire disaster in Maiduguri monday market, Borno State. The questionnaire was validated tested using split haft method while data collected from pilot test were subjected to Spearman-Brown Formula which yielded 0.84 reliability coefficient. Using a four-point modified Likert type scale with response modes of “Strongly Agree (SA) 4 points, Agree (A) 3 points, Disagree (D) 2 points, and Strongly Disagree (SD) 1 points”. To ensure the reliability of the instrument, the researcher used test retest method to obtained 0.84 reliability index of the instrument for pilot testing. Descriptive statistics of frequency counts and percentages were used to describe the demographic characteristics of the respondents and to answer the research questions, while inferential statistics of chi-square (χ^2) was used to test the hypotheses at 0.05 level of significance.

Presentation of Results

Descriptive statistics of frequency counts and percentages were used to describe the demographic characteristics of the respondents and to answer the research questions, while inferential statistics of chi-square (χ^2) was used to test the hypotheses at 0.05 level of significance.

Research Question 1

What is the percentage responses on impact of problem-focused coping strategy using active coping strategies among victims of fire disaster in Maiduguri Monday market?

Table 1: Shows Responses of Victims of Maiduguri Monday Market Fire Disaster on The Impact of Problem-Focused Coping Strategy Using Active Coping Strategies $n = 516$

S/N	Variables	Response Options	Respondents	Percentage (%)
1.	I double my efforts to make my worried situation to be better.	SA	192	37.2
		A	148	28.7
		D	104	20.2
		SD	72	14.0
2.	I stand up to come with some strategies on how to re-establish my business.	SA	199	38.6
		A	106	20.5
		D	109	21.1
		SD	102	19.8



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3.	I always try to make some plans about the continuity of my business.	SA	205	39.7
		A	137	26.6
		D	96	18.6
		SD	78	15.1
4.	I try to act promptly on how to overcome the stressful situation.	SA	196	38.0
		A	128	24.8
		D	115	22.3
		SD	77	14.9
5.	I stand up to confront the stressful situation to make it better.	SA	173	33.5
		A	170	32.9
		D	95	18.4
		SD	78	15.1

Keys: SA= Strongly Agree, A= Agree, D= Disagree, SD= Strongly Disagree.

Sources: Field Work 2024

The result in table 1 above shows the responses of victims of Maiduguri Monday Market fire disaster the impact of problem-focused coping strategy using active coping strategies. The result in item 1 showed that, 192(37.2%) strongly agreed that, they tried to double their efforts to made their worried situation to be better, 148(28.7%) agreed, 104(20.5%) disagreed while only 72(14.0%) strongly disagreed with the statement. This means that, majority of the respondents 192(37.2%) strongly agreed that, they tried to double their efforts to made their worried situation to be better. Item 2 showed that, 199(38.6%) strongly agreed that, they stood up to come with some strategies on how to re-establish their businesses, 106(20.5%) agreed, 109(21.1%) disagreed while 102(19.8%) strongly disagreed with the statement. This means that, majority of the respondents 199(38.6%) strongly agreed that, they stood up to come with some strategies on how to re-establish their businesses. Similarly, item 3 in the table also showed that, 205(39.7%) strongly agreed that, they always tried to make some plans about the continuity of their businesses, 137(26.6%) agreed, 96(18.6%) disagreed while 78(15.1%) strongly disagreed with the statement. This means that, majority of the respondents 205(39.7%) strongly agreed that, they always tried to make some plans about the continuity of their businesses. Item 4 showed that, 196(38.0%) strongly agreed that, they tried to act promptly on how to overcome the stressful situation induced by the fire disaster, 128(24.8%) agreed, 115(22.3%) disagreed while 77(14.9%) strongly disagreed with the statement. This means that, majority of the respondents 196(38.0%) strongly agreed that, they tried to act promptly on how to overcome the stressful situation induced by the fire disaster. Item 5 also showed that, 173(33.5%) strongly agreed that, they stood up to confront their stressful situation to make it better, 170(32.9%) agreed, 95(18.4%) disagreed while 78(15.1%) strongly disagreed with the statement. This means that, majority of the respondents 173(33.5%) strongly agreed that, they stood up to confront their stressful situation to make it better.

Hypothesis 1

There is no significant difference in mean responses on impact of problem-focused coping strategy using active coping among victims of fire disaster in Maiduguri Monday market

Table 2: Summary of Chi-square Analysis on Responses of Traders in Textiles, Cosmetics, Food Stuff, Domestic Cooking Oil, Plastic Materials and Domestic Cooking Utensils of Maiduguri Monday Market Fire Disaster on the Impact of Problem-focused Coping Strategy using Active Coping Strategies

S/N	Items	Rep.	SA	A	D	SD	Total	χ^2	df	P-value	Decision
1.	I double my efforts to make my worried situation to be better.	TT	28 (34.6)	27 (26.7)	24 (18.7)	14 (13.0)	93	13.913	15	.024	Ho rejected
		CT	33 (28.7)	16 (22.1)	15 (15.5)	13 (10.7)	77				
		FST	43	27	18	11	99				



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		(36.8)	(28.4)	(20.0)	(13.8)						
	DCOT	29	25	15	11	80					
		(29.8)	(22.9)	(16.1)	(11.2)						
	PMT	28	30	10	12	80					
		(29.8)	(22.9)	(16.1)	(11.2)						
	DCUT	31	23	22	11	87					
		(32.4)	(25.0)	(17.5)	(12.1)						
	Total	192	148	104	72	516					
2.	I stand up to come with some strategies on how to re-establish my business.	TT	34	25	19	15	93				
			(35.9)	(19.1)	(19.6)	(18.4)					
		CT	32	14	16	15	77				
			(29.7)	(15.8)	(16.3)	(15.2)					
		FST	43	13	23	20	99	29.137	15	.015	Ho rejected
			(38.2)	(20.3)	(20.9)	(19.6)					
		DCOT	20	14	26	20	80				
			(30.9)	(16.4)	(16.9)	(15.8)					
		PMT	34	25	6	15	80				
			(30.9)	(16.4)	(16.9)	(15.8)					
		DCUT	36	15	19	17	87				
			(33.6)	(17.9)	(18.4)	(17.2)					
		Total	199	106	109	102	516				
3.	I always try to make some plans about the continuity of my business.	TT	34	28	18	13	93				
			(36.9)	(24.7)	(17.3)	(14.1)					
		CT	19	22	21	15	77	29.734	15	.013	Ho rejected
			(30.6)	(20.4)	(14.3)	(11.6)					
		FST	49	23	20	7	99				
			(39.3)	(26.3)	(18.4)	(15.0)					
		DCOT	29	20	10	21	80				
			(31.8)	(21.2)	(14.9)	(12.1)					
		PMT	39	22	9	10	80				
			(31.8)	(21.2)	(14.9)	(12.1)					
		DCUT	35	22	18	12	87				
			(34.6)	(23.1)	(16.2)	(13.2)					
		Total	205	137	96	78	516				
4.	I try to act promptly on how to overcome the stressful situation.	TT	45	26	15	7	93				
			(35.3)	(23.1)	(20.7)	(13.9)					
		CT	21	19	17	20	77				
			(29.2)	(19.1)	(17.2)	(11.5)					
		FST	35	17	31	16	99	35.555	15	.002	Ho rejected
			(37.6)	(24.6)	(22.1)	(14.8)					
		DCOT	33	18	21	8	80				
			(30.4)	(19.8)	(17.8)	(11.9)					
		PMT	33	26	15	6	80				
			(30.4)	(19.8)	(17.8)	(11.9)					
		DCUT	29	22	16	20	87				
			(33.0)	(21.6)	(19.4)	(13.0)					
		Total	196	128	115	77	516				



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5.	I stand up to confront the stressful situation to make it better.	TT	26 (31.2)	26 (30.6)	20 (17.1)	21 (14.1)	93					
		CT	33 (25.8)	24 (25.4)	12 (14.2)	8 (11.6)	77					
		FST	33 (33.2)	35 (32.6)	14 (18.2)	17 (15.0)	99	27.245	15	.027	Ho rejected	
		DCOT	25 (26.8)	27 (26.4)	20 (14.7)	8 (12.1)	80					
		PMT	26 (26.8)	29 (26.4)	7 (14.7)	18 (12.1)	80					
		DCUT	30 (29.2)	29 (28.7)	22 (16.0)	6 (13.2)	87					
		Total	173	170	95	78	516					

Keys: Figures in brackets are the expected frequencies. Rep= Respondents, TT= Textile Traders, CT= Cosmetics Traders, FST= Food Stuff Traders, DCOT= Domestic Cooking Oil Traders, PMT= Plastic Materials Traders and DCUT= Domestic Cooking Utensils Traders.

Sources: Field Work 2024

The result in table 2 showed summary of chi-square analysis on responses of traders in textile, cosmetics, food stuff, domestic cooking oil, plastic materials and domestic cooking utensils of Maiduguri Monday Market fire disaster on the impact of problem-focused coping strategy using active coping strategies. The result showed that, for items 1, 2, 3, 4 and 5 the null hypothesis was rejected in each case ($p < 0.05$). This therefore shows that, there was significant difference in responses on the impact of problem-focused coping strategy using active coping strategies among traders in textiles, cosmetics, food stuff, domestic cooking oil, plastic materials and domestic cooking utensils of Maiduguri Monday Market fire disaster in each of the item.

Discussion of Findings

The result of this present study also shows that, majority of the traders of Maiduguri Monday Market fire disaster employed active coping strategies and they actively engage in some efforts to re-establish they businesses after the fire disaster. This finding is in agreement with Cheung and Yip (2015) found that, used of active coping strategy has positive effect on reducing depression, anxiety and fear among victims of natural disaster and improved mental health outcome. Similarly, Carroll (2013) found that, used of active coping strategy engaged stress victims of natural disaster to act proactively in problem-solving and can also bring about a feeling of accomplishment, as the victims observed the progress they had made on their own talents and capacities to overcome the stressor. Furthermore, Theodoratou, et, al., (2023) found that, victims of natural disaster who sought active coping strategy encourages problem-solving skills and can also provide a sense of accomplishment, as individuals can see the progress they have made in their own skills, talents and abilities. Used of active coping strategy improved cognitive flexibility, enhanced mental toughness, improved quality of life to overcome the stressful situation for the benefits of overall health outcome (Theodoratou, Gkintoni & Farmakopoulou, 2023). Appiah-Boateng, and Bukari (2022) also found that, victims of disaster who sought action coping strategy are more likely to reduce stress brought by the disaster.

Conclusion

This study sought to determine impact of problem-focused coping strategy using active coping strategy among victims of fire disaster in Maiduguri monday market, Borno State. Maiduguri Monday Market fire disaster traders resorted to problem-focused coping strategy using active coping strategies in order to make some efforts to re-establish their businesses after the fire disaster and alleviate the stresses of their losses.

Recommendations

Based on the findings of this study, the following recommendations were made:

1. Traders of Maiduguri Monday Market fire disaster should be encouraged to continue employing active coping strategies and are to actively engage in some efforts to re-establish their businesses after the fire disaster and alleviate the stresses of their losses.



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2. Borno State Government in collaboration with non-governmental organization and philanthropists that are into humanitarian programs should support victims of Maiduguri Monday Market fire disaster with materials support in order to re-establish their businesses.
3. Commercial Banks should provide an interest free loan to the victims of Maiduguri Monday Market fire disaster to support the re-establishment of their businesses.

Acknowledgements

Special appreciation goes to General Manager of Maiduguri Monday Market Company Limited, Barrister Mustapha Luskorima, leaders of trading units and traders of Maiduguri Monday Market for their time to response to the research questionnaire.

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