

Balud sa Kinabuhì: The Livelihood Resiliency of The Fisher Folks in Barangay Kimaya Jasaan, Misamis Oriental

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ABSTRACT

This study investigates the livelihood resilience of fisherfolk in Barangay Kimaya, Jasaan, Misamis Oriental, with a focus on their capacity to recover and adapt to economic and environmental shocks. Employing a qualitative case study approach, the research delves into the lived experiences of seven local fisherfolk, providing an in-depth analysis of their income-generating activities, coping mechanisms, and adaptive strategies amidst ongoing challenges. The findings reveal that fluctuating weather patterns, seasonal changes in fish availability, and the rising cost of living significantly constrain their economic stability. Despite these adversities, the fisherfolk exhibit notable resilience through income diversification, reliance on strong community support systems, and the use of innovative or adaptive fishing practices. Key factors contributing to their resilience include robust social capital, flexible livelihood strategies, and a deep-rooted connection to their environment and community. The study underscores the critical role of informal networks and locally-driven adaptations in sustaining livelihoods under pressure. Furthermore, it highlights the importance of external support in the form of targeted interventions—such as skills training, access to financial and material resources, and institutional backing—to enhance the adaptive capacity of vulnerable coastal populations. By offering valuable insights into how small-scale fisherfolk manage risk and uncertainty, this research contributes to the broader discourse on sustainable livelihoods and climate resilience in coastal communities. Ultimately, the study advocates for the empowerment of local communities through participatory, context-sensitive approaches that build on existing strengths and promote long-term sustainability.

INTRODUCTION

Coastal fisheries play a vital role in the livelihoods of millions, especially in developing nations, contributing to food security and economic stability (Food and Agriculture Organization 2020). In an interconnected world, socioeconomic resiliency has emerged as a crucial concept for understanding how communities withstand and recover from economic shocks, social upheaval, and environmental challenges (Béné et al., 2018). Further, Socioeconomic resiliency refers to the capacity of individuals, communities, and systems to adapt to change, absorb disruptions, and emerge stronger (Parker et al., 2020).

Socioeconomic resiliency reveals broader systemic vulnerabilities and interdependence, experiencing a global challenge, including climate change and pandemics, underscore the need for countries to develop resilient strategies that enhance their ability to cope with external shocks (Rodriguez et al., 2018). At the local level, socioeconomic resiliency can be observed

in how communities mobilize resources, create support networks, and develop innovative solutions to address challenges such as unemployment and natural disasters (Aldrich & Meyer, 2015).

However, Coastal areas are critical ecosystems that support diverse marine life and provide valuable resources to local communities. Climate change significantly impacts socioeconomic structures, necessitating adaptive strategies for resilience (Liu et al., 2019). A majority of studies on the livelihood of small-scale fishers in Ghana in the Face of the current shocks focus on the vulnerability, (Appiah et al., 2020) adaptive

capacity adaptations strategies against various stressors including fish catch decline, coastal erosion and frequent storm and wave surges. (Freduah et al., 2018). However, concepts such as sustainable livelihood and the increasingly advocated “livelihood resilience” which provide useful lenses for understanding how to navigate complex livelihood challenges, are yet to be empirically investigated albeit there exist some conceptualizations (Apine et al., 2019).

The socioeconomic resilience of fisherfolk in Barangay Kimaya, Jasaan, Misamis Oriental, is a critical area of study, given the region's dependence on marine resources for livelihoods. Fisherfolk face numerous challenges, including climate change, fluctuating fish populations, and market volatility, which can threaten their economic stability. Understanding the factors that contribute to their resilience—such as community support systems, alternative income sources, and access to resources—is essential for developing strategies that enhance their adaptive capacity.

Barangay Kimaya is a coastal community in the municipality of Jasaan, located in the province of Misamis Oriental, Philippines. As of the 2020 Census, Kimaya had a population of 5,810, representing 10.18% of Jasaan's total population. The barangay comprises approximately 1,250 households, with an average household size of 4.29 members.

The fisherfolk participants in this study are primarily small-scale, artisanal fishermen who rely on traditional fishing methods and local marine resources for their livelihoods. They are members of various fisherfolk associations and actively engage in community-based initiatives aimed at enhancing their resilience. For instance, during the Fish CoRe Talakayan held in Jasaan in November 2024, around 100 fisherfolk from nine municipal fisherfolk associations, two commercial fishing groups, and nine coastal. The fisherfolk participants in this study are primarily small-scale, artisanal fishermen who rely on traditional fishing methods and local marine resources for their livelihoods. They are members of various fisherfolk associations and actively engage in community-based initiatives aimed at enhancing their resilience. For instance, during the Fish CoRe Talakayan held in Jasaan in November 2024, around 100 fisherfolk from nine municipal fisherfolk associations, two commercial fishing groups, and nine coastal.

MATERIALS AND METHODS

This chapter covers the research design, research locale, research respondents, sampling procedure, data gathering procedure, research instrument, reliability and validity of the instrument, scoring procedure, statistical treatment and procedures, and ethical considerations of the study.

Research Design

The research design focused on understanding how fisherfolk communities exhibited resilience in their livelihoods amidst environmental, economic, and social challenges. A qualitative approach, specifically Interpretative Phenomenological Analysis (IPA), was appropriate as it sought to explore the lived experiences, perceptions, and adaptive strategies of fisherfolk. According to Jonathan Smith in the 1990s, applying IPA aimed to gain a detailed understanding

of individuals' lived experiences and their meanings. Furthermore, Esterberg (2000) noted that this method design could provide detailed and comprehensive data to achieve the research objectives and answer the research question. It was feasible that differing qualitative approaches, all conducted using the same epistemological perspective, would have resulted in better research quality.

Research Locale

This study was conducted in Barangay Kimaya, located in the municipality of Jasaan, Misamis Oriental, within Region X (Northern Mindanao), Philippines. Barangay Kimaya is a coastal community situated along the northern shoreline of Mindanao, facing Macajalar Bay. The barangay is primarily inhabited by fisherfolk families whose livelihoods depend on fishing and marine resources from the adjacent coastal waters. Kimaya features a mix of residential zones, fishing ports, and small-scale commercial establishments that support the local fishing industry. The area is also influenced by nearby agricultural activities and is gradually experiencing growth related to local tourism, owing to its natural coastal scenery and proximity to eco-tourism destinations in Jasaan. See appendices for the Geographical Map.

Research Respondents

The study involved seven (7) fisherfolk from Barangay Kimaya, a community within the municipality of Jasaan in Misamis Oriental, Philippines. The focus was on exploring the livelihood resilience of these individuals, particularly their capacity to endure and adapt to various challenges faced in their fishing activities. These challenges included fluctuations in fish populations, environmental degradation, market volatility, and limited access to resources and markets, all of which significantly affected their economic stability and overall livelihoods. To gain a deeper understanding of their experiences, the research specifically included 7 respondents, consisting of 2 women and 5 men. Their perspectives provided valuable insights into the factors that contributed to their resilience and the strategies they used to navigate these challenges.

Table 1. Table of distribution of the respondents

Sex	Number of respondents
Women	2
Men	5
Total	7

Data Gathering Procedure

To initiate the research, we obtained ethical approval from the Subject Instructor, Research Adviser, School Analyst and the Dean of the College of Hospitality Management at Tagoloan Community College. This ensured our project aligned with the institution's ethical guidelines. Next, we traveled to Barangay Kimaya, Jasaan, Misamis Oriental to conduct semi-structured interviews with members of the fisherfolk community. These interviews were the primary method for gathering data on their livelihood resilience. We obtained informed consent from each participant before the interview began, ensuring they understood the research purpose and their rights. The interviews focused on exploring the fisher folk's access to livelihood capitals, their capacity for self- organization, and their adaptive strategies in response to changing conditions.

These interviews, guided by a standardized protocol, explored participants' access to livelihood capitals, self-organization capacity, adaptive strategies, and experiences with challenges such as fluctuating fish populations and market volatility. Audio recordings or note-taking method were transcribed verbatim, followed by thematic analysis to identify recurring themes. After

conducting the interviews, the data were transcribed and subjected to initial coding. These preliminary codes helped us identify emerging themes. Next, Atlas data analysis was used for a more in-depth and further coding. To ensure the accuracy and credibility of the findings, researchers checking was conducted. Finally, the analyzed results were presented to the research adviser for feedback and validation.

Ethical Considerations

This research adheres to the highest ethical standards and complies with the Data

Privacy Act of 2020. Informed consent will be obtained from all participants before any data collection begins. Participants will be fully informed about the study's purpose, procedures, potential risks and benefits, and their right to withdraw at any time. Consent will be documented in writing or through a recorded verbal agreement. All participant data will be kept confidential. Pseudonyms will be used to identify participants in research materials, and data will be stored securely and only accessible to authorized researchers. Any identifiable information will be destroyed once the research is complete.

All research activities are designed to respect and protect the rights, privacy, and dignity of every participant. The research team upholds the principles of transparency, voluntary participation, and responsible data handling as guided by both local and international ethical standards. Participants will be informed that they may pause, skip questions, or end the interview at any time. This reflects our compliance with Article 3 of the Universal Declaration of Human Rights, which emphasizes individuals' rights to safety and well-being, and with ethical research principles such as beneficence and non-maleficence.

We acknowledge that participants may experience some discomfort when discussing sensitive topics related to their livelihoods. We will ensure that the interview process is conducted in a respectful and supportive manner, and participants will be given the opportunity to pause or stop the interview at any time.

RESULTS AND DISCUSSION

This chapter presents the data analysis and discussion of results. The themes identified within the data include: (a) Challenges in Fishing (b) Interplay of skills and education (c) Perceptions of Resilience in the Fishing Community (d) Coping Strategies in the Fishing Community (e) Determination to Provide for the Family.

1. What are the lived experiences as the fisher folks?

This covers the lived experiences of fisher folk in Barangay Kimaya, Jasaan, Misamis

Oriental, revealing their resilience in the face of economic and environmental challenges. This chapter delves into their income sources, community support networks, and adaptive fishing techniques, highlighting the factors that contribute to their ability to cope with fluctuating weather patterns, rising costs of living, and evolving fishing practices.

Theme 1: Challenges in Fishing

It covers a wide range of challenges, from environmental factors like weather and water conditions to technical aspects like equipment and fishing techniques. Physical challenges like stamina and strength are also important, as well as mental aspects like patience and strategy. In addition to these, there are regulatory challenges, including boundaries or area limits where fishing is restricted and, certain species of fish that are protected and not permitted to catch. These rules are essential for conservation and sustainability, but they also require anglers to be well-informed and responsible.

Sub-Theme: 1. Scarcity of Fishing

Scarcity in fishing refers to a situation where the availability of fish stocks is declining or insufficient to meet the demand, often due to factors like overfishing, habitat destruction, or pollution, leading to economic and social challenges for fishing communities.

Person 1: “Oo, Seasonal japon”

[Yes, its still seasonal]

This means that the fishing season is limited to certain times of the year, and there are periods when fish are not as abundant. According to Pauly et al. (2018), Overfishing is one of the most significant challenges in the fishing industry, which leads to the depletion of fish stocks. Thus, this overfishing phenomenon significantly impacts the fishing industry, resulting in depleted fish stocks, unsustainable marine ecosystems, and threatened livelihoods for fishing-dependent communities. This has been rampant as climate change has impacted the livelihoods of fisherfolk. The fish populations in the sea are not as abundant as they used to be.

Sub- Theme 2: Environmental Condition

In the context of fisheries, environmental conditions encompass the natural factors that affect fish populations and their habitats, including issues like overfishing, ocean acidification, habitat destruction, and pollution.

Person 1: “Usahay pud naa puy adlaw ug wala gyud makuha sa gabie, ngari na pud ko sa adlaw, ana ra gyud ang panagat”

[Sometimes there are days when there is no catch at night so, I come back here during the day, that's all that matters]

This means that despite fishing at night, they don't catch anything. However, when they fish during the day, they are more likely to have success. This suggests that the Fisherfolks believes the time of day plays a significant role in their fishing luck.

According to Cheung et al. (2019), climate change is altering the distribution of fish stocks, especially in tropical and subtropical areas where many small-scale fisheries rely on specific species. This change also affects fish spawning times, creating a mismatch between when fish are available and when fishing typically occurs. The environmental condition of fishing grounds directly impacts fish populations and the success of fishing operations.

Sub-Theme 3: Government Regulations

Government regulations in the fisheries sector are crucial for conserving marine resources and safeguarding the livelihoods of fisherfolks. These regulations are designed to control overfishing, ensure proper fish stock management, and preserve the balance of aquatic ecosystems. By enforcing measures like licensing, seasonal closures, gear limitations, and catch quotas.

Person 2: “dagko nga barko mo byahe tog cebu og buhol, gi tawao syag sensoro, ang tapay tapay dri rana sya sa amoa doul dli na gapanglangyaw og layo.”

[The big boats travel to Cebu and Bohol—they call it 'sensoro'. The smaller boats, like the tapay-tapay, are just used around here nearby; they don't go far or venture into deep waters.]

This statement reflects the different types of fishing vessels used by local fisherfolks and the areas they operate in. The "big boats" that travel to Cebu and Bohol are likely regulated vessels, possibly subject to government oversight and regulations that control their fishing zones. The term "sensoro" could refer to a specific type of fishing boat or a fishing method that's

recognized under local regulations. On the other hand, the "tapay-tapay" are smaller boats that stay closer to shore, indicating that these vessels likely operate within limited, controlled areas to prevent overfishing and ensure sustainable fishing practices. This division of fishing zones and boat types aligns with government regulations aimed at managing fish stocks and protecting marine ecosystems.

Theme 2: Interplay of skills and education

It covers the unique relationship between skills and education in fisherfolk communities, emphasizing the importance of traditional knowledge and practical experience alongside formal schooling. The examination includes how formal education can enhance existing skills to improve safety, efficiency, and sustainability in fishing practices. Additionally, it explores how the practical knowledge of fisherfolk can enrich educational curricula with insights into sustainable resource management and marine conservation. The discussion also addresses the challenges and opportunities fisherfolk face in accessing educational resources, aiming to understand how an integrated approach can promote individual prosperity and the long-term health of marine ecosystems.

Sub Theme 1: Limited Job

Limited jobs refers to a scarcity of employment opportunities relative to the number of job seekers, often stemming from economic downturns, technological advancements, industry shifts, geographical limitations, or over-qualification, resulting in increased unemployment, intense competition, hindered career progression, and potential economic stagnation, necessitating comprehensive solutions involving education, entrepreneurship, and strategic government policies to foster job creation and economic growth.

Person 1: "Sauna jud ma'am dili jud ko mangingisda"

[I am not a fisherman before ma'am]

This means that the fisherfolk used to not be a fisherman before because he used to be a carpenter or had limited job offers. According to Kharin et al. (2022) argue that economic diversification is a critical factor in adaptability, and education can be a driving force in this process. Thus, these providing skills that enable individuals to engage in diverse economic activities, education helps to reduce vulnerability to external shocks. The fisherfolk in this context transitioned to fishing as a livelihood after previously working in carpentry or facing scarce employment options.

Sub theme 2: Inborn and Practical Skills

Inborn skills refer to the natural talents or abilities that individuals are born with, such as physical coordination, which often manifest without formal training, while practical skills are acquired through hands-on experience, education, or training, and are essential for performing specific tasks or solving real-world problems, such as cooking, writing, or using technology effectively.

Person 2: "Panagat ra gihapon akong panginabuhian";

[Fishing is still my only livelihood.]

Person 5: "Ang pagpanagat rajud akong nahimong panginabuhian";

[Fishing has truly been my only source of livelihood.]

Person 6: "Nag sugod kog pangisda nag edad kog trese."

[I started fishing when I was thirteen years old.]

It emphasizes that, despite any changes or challenges they may encounter, fishing remains their primary source of income and sustenance. This sentiment underscores the importance of traditional practices in the speaker's community and highlights the resilience and commitment of fisher folk to their craft. It encapsulates the idea that fishing is not just a profession for them, but an integral part of their identity and cultural heritage. According to O'Brien and Sygna (2019) highlight the significance of institutional support in fostering adaptive strategies. Furthermore, educational systems play a crucial role in this, as they equip individuals with the skills needed to engage in effective governance and decision-making, empowering communities to proactively implement adaptive strategies. Inborn and practical skills are not mutually exclusive but complementary. Harnessing this duality—through tailored education and inclusive policies—enables individuals to pivot across industries, mitigating the risks of job scarcity and fostering community-wide adaptability in uncertain economies.

Sub theme 3: Desire for Education to Improve life Opportunities

Desire for education to improve opportunities refers to the strong aspiration or drive individuals have to gain knowledge and skills through formal or informal learning in order to enhance their personal growth, career prospects, and social mobility, ultimately striving for a better quality of life and increased access to various opportunities that would otherwise be unavailable without the empowerment that education provides.

Person 5: “Ug naka skwela pako dili unta managat kay manarbaho nalang unta ko.”

[If I had been able to go to school, I wouldn't be fishing- I would have gotten a regular job instead.]

It suggests that the Fisherfolk, despite their dedication to fishing, recognizes the potential benefits of a formal education and the opportunities it could have opened. There is a sense of regret or a wistful acknowledgment of the choices they made, hinting at a desire for a different career that might have been possible with a completed education.

The statement speaks to the complexities of individual aspirations within the context of traditional livelihoods. According to Adger et al. (2020) emphasize the role of social networks and community engagement in adaptability, which are further enhanced through educational initiatives. In addition, by facilitating learning environments that promote collaboration and resource sharing, education can help create more resilient communities. This tension underscores the intricate balance between personal ambitions and the cultural or economic realities of maintaining traditional ways of life.

2. How do they perceive resilience?

This study covers the ability of fisherfolk in Barangay Kimaya, Jasaan, Misamis Oriental to perceive resiliency in the face of uncertainty and adversity. This includes their ability to adapt to a changing weather and sea conditions, cope with fluctuations in fish catch and income, find alternative livelihood during lean seasons, and demonstrate solidarity and support during times of crisis.

Theme 3: Perceptions of Resilience in the Fishing Community

Perception of the resilience in the fishing community refers to the fisherfolk's belief, attitudes and to understand how they perceive and recover from challenges and uncertainties in their fishing livelihood.

Sub-Theme 1: Commitment and Determination

It refers to the unwavering dedication, resolve, and perseverance of fisherfolks to continue their fishing livelihood despite challenges, uncertainties and risks, driven by their passion, values, and responsibility to their family, to the sea and community.

Person 1: “ Kay naa biya nabilin nga ga pangayo nako di, bisag-asa lang ko, ,nga maka kuha lang ko para naay mahatag sa pamilya.”

[Because I still have someone depending on me, I go anywhere just to find something so I can give something to my family.]

The Fisherfolks acknowledges the weight of their family's reliance on them, even facing the uncertainties of fishing. Their words highlight the strong familial bonds and the commitment to providing for loved ones that drives their actions, even when the odds are stacked against them. This sense of responsibility is woven into the fabric of their life as a fisherfolk, where their success is intertwined with the well-being of their family. According to Béné et al. (2021) further emphasize the importance of adaptive management strategies that incorporate local knowledge to address these challenges.

Béné et al. (2021) argue that successfully addressing environmental challenges requires flexible management strategies informed by both scientific data and the knowledge of local communities. Unwavering commitment fuels unwavering determination, leading to the accomplishment of even the most challenging goals.

Sub-Theme 2: Hardwork and Endurance

This refers to the physical and mental effort fisherfolks put into their fishing activities, while, endurance refers to the ability of fisherfolks to withstand and tolerate the physical and mental demands and challenges of fishing.

Person 1: “ Aw wala, survive lang ko nga makatabang, ako nga focus pag panagat na nako nga maka kuha gyud ko”

[nothing much—I just survive so I can help. My focus now is on fishing, to make sure I really catch something.]

This shows that Person 1's primary motivation is to contribute to the well-being of others. They acknowledge that they are simply trying to make ends meet, but their ultimate goal is to be able to help those around them. According to LAgnew et al. (2023) stress the necessity of integrating fisheries into broader coastal management frameworks to ensure the sustainability of both marine resources and the livelihoods of fisherfolks. By adopting a holistic approach, stakeholders can create policies that not only protect fish stocks but also support the socio-economic well-being of Fisherfolks, ensuring that their voices are heard and their needs are met in the face of ongoing environmental challenges. Through relentless hard work and unwavering endurance, even the most formidable challenges eventually yield to perseverance.

Sub-Theme 3: Maintaining Optimism

Maintaining optimism for fisherfolk is about holding onto hope despite the challenges they face. It's a mindset that recognizes the inherent uncertainty of their livelihood, the constant battle with the elements, and the ever-changing nature of the seas. Yet, it's the ability to persevere, to believe in a good catch, to trust in their skills and knowledge, and to keep going even when the odds seem stacked against them. It refers to their ability to keep a positive outlook despite of inherent uncertainties and hardships of their profession. **Person 1:** “ Aw, lahutay lang kay, naa man gyud usahay naa, usahay wala. Lahutay lang kay sa karon wala, pagka-ugma naa daghan, ana. Mao nga maka lahutay lang gihapon..”

[Well, I just endure because sometimes there's something, sometimes there's nothing. I endure because today there might be none, but tomorrow there could be plenty. That's how I manage to keep going.]

Reflects a resilient attitude and a hopeful outlook on life. This shows that Person 1 understands the unpredictability of life and the possibility of hardship. They acknowledge that there are

times when things are difficult, but they are not discouraged. Instead, they choose to endure and remain hopeful. According to Speranza, Wiesmann, and Rist (2014), the Livelihood Resilience Framework is built on three key pillars of resilience. Firstly, buffer capacity, or adaptability, allows social actors or systems to absorb shocks while maintaining their core identity and functionality. Secondly, the capacity for self-organization is demonstrated by fisherfolk forming cooperatives to sustainably manage fishing grounds and negotiate with authorities. Lastly, the capacity for learning encourages fishing communities to explore alternative income-generating activities, providing sustainable revenue sources to counter challenges like overfishing and climate change.

Sub-Theme 4: Adaptability and Resourcefulness

Adaptability and resourcefulness in fisherfolk describe their ability to adjust to changing circumstances and make the most of available resources. This includes adapting to fluctuating fish stocks, changing weather patterns, new fishing regulations and economic shifts in the markets.

Person 1: “Paningkamot lang gyud - bisag asa lang ko; bahalag mag buntag nalang ko ug pangisda sa dagat basta maka income lang ko.” ;

[I just really work hard — I go anywhere; even if I have to fish until morning in the sea, as long as I earn something.]

Person 5: “Pero karun mag hangad hangad nalang mi sa saging.. Malibre na among pamahaw paniudto.. Unya magtanom gulay.”

[But now, we just look up at the bananas... that’s already our free breakfast and lunch.

Then we plant vegetables too.]

The statements from Person 1 and Person 5 reflect a profound sense of adaptability and resourcefulness in the face of challenging circumstances. Person 1 expresses willingness to work hard and adapt their approach to earning an income, demonstrating commitment by stating they are ready to go out at any time, even early in the morning, to ensure they can provide for their family.

This determination highlights their resilience in navigating the uncertainties of their fishing livelihood. Meanwhile, Person 5 showcases resourcefulness by recognizing the need to turn to alternative food sources, such as bananas and vegetables, when fishing may not yield results. This ability to think creatively and utilize available resources emphasizes their practical approach to ensuring their family has meals.

Together, these statements illustrate a spirit of resilience and pragmatism, highlighting how these individuals adjust their plans and find solutions to maintain their well-being despite the unpredictable nature of their work and environment. According to Ferse et al. (2020) focus on the significance of social networks, suggesting that strong community connections can enhance the adaptive capacity of fishing communities and lead to more effective resource management. Their resourcefulness shone through as they sought innovative ways to utilize bycatch and explore new markets, ensuring their livelihoods remained sustainable despite environmental challenges.

Sub-Theme 5: Faith in God

Fisherfolks often find strength and resilience through their faith in God. This faith can provide them comfort, guidance and a sense of purpose, especially during challenging times.

Person 2: “Tabang sa Ginoo, uban pud sa akong mga anak mag ampo lang ta dili dapat ta makalimot sa iyaha.”;

[With God's help, and together with my children, we just keep praying—we should never forget Him."]

Person 3: "Pag ampo sa ginoo uban sakong mga anak..";

[Praying to God together with my children.]

Person 5: "E ampo nalang sa Ginoo ma'am, nga dili maputong sa kaugalingon.";

[Just pray to God, ma'am, so we don't lose ourselves.]

Person 6: "Nangoros ko";

[I prayed the rosary.]

Person 7: "Mag-ampo ra sa Ginoo gyud, ky Ang Ginoo ra ang madaganan."

[We just really pray to God, because only God is where we can turn to.]

The statements collectively convey a strong reliance on faith and the importance of prayer among the individuals involved. They express a belief that turning to God is essential for seeking guidance, protection, and comfort during difficult times. The participants emphasize the need to pray together, particularly with their children, as a means of fostering hope and resilience. This shared sentiment highlights the community's deep-rooted faith, suggesting that in facing challenges, they find strength and support through their collective prayers and trust in divine intervention. Cinner et al. (2019) stress that social and economic factors heavily influence community resilience, advocating for policies that support sustainable practices and community participation.

Theme 4: Determination to Provide for the Family

It means, how each one of them has a strong sense of commitment, perseverance, and hard work that drives their individuals to ensure their family's financial, emotional, and overall well-being. It embodies the willingness to make sacrifices, face challenges, and continuously strive for stability and a better future for their loved ones.

Sub Theme 1: Sacrifices for the family well-being

It means exploring the hardships, choices, and selfless acts in individuals endure to ensure a better life for their loved ones. It often follows a character—a parent, sibling, or guardian—who faces challenges but willingly gives up personal comforts, ambitions, or desires for the sake of their family's happiness and stability. Also sacrifice is not just about financial struggles; it also includes emotional endurance—missing out on personal time, enduring loneliness, or carrying burdens silently to shield loved ones from hardship. **Person 1:** "Kay naa biya nabilin nga ga pangayo naku, di bisag asa lang ko nga maka kuha lang ko.";

[Because there are still people depending on me, I go anywhere just to find something.]

Person 1: "paningkamot lang gyud nga bisag asa lang ko; bahalag mag buntag nalang ko ug kuan sa dagat basta maka income lang ko.";

[I just keep striving, going anywhere; even if I have to stay out fishing until morning, as long as I can earn something.]

Person 2: "Isulong gyud namo among kinabuhi sa mga dagkong balod, ako gyud na gi agian para lang mabuhi atong minahal sa kinabuhi"

[We really push forward with our lives through the big waves; I've gone through that just to survive for our loved ones.]

These testaments only explains that despite the difficulties, these sacrifices often bring a sense of fulfillment, that each one of them knows that their efforts have paved the way for a better

life for their family, It is also a testament to unconditional love, resilience, and the deep bond within a family, showing that true strength lies in putting others before one self. According to Marysia Szymkowiak (2020), the determination of

Gulf of Alaska fishing families is defined by their adaptive capacity, resilience in the face of environmental and economic change, intergenerational knowledge transfer, strong family cohesion, and commitment to their cultural heritage and community ties, all contributing to their continued success and livelihood. They prioritize their families' happiness and well-being, even if it means enduring difficult situations, making tough choices, and giving up personal comforts. This commitment goes beyond just providing financial support, as they also show emotional strength by sacrificing personal time and silently bearing burdens to protect their families from hardship. These actions highlight the deep bonds and sense of responsibility that are at the heart of their community.

Sub Theme 2: Hardships in meeting basic needs

It means exploring the struggles of individuals or families face in securing essentials such as food, shelter, clothing, and healthcare. It often highlights the emotional And physical toll of poverty, unemployment, or unforeseen circumstances that make daily survival a challenge.

Person 1: “Labi nag wala na juy bugas”

[Especially when there's no rice left.]

These hardships are not just physical but also deeply emotional, as individuals experience stress, helplessness, and sometimes even shame in their struggle to provide.

However, these stories also highlight resilience, sacrifice, and determination showing how People can endure, adapt, and keep striving despite their difficulties. According to Daniel Koomson, Katherine Sian Davies-Vollum, and De Bad Ayita Raha (2020), The

determination of families in Ghana is characterized by their vulnerability to climate and environmental changes, which significantly impacts their livelihoods. The study emphasizes that the adaptive capacity of these families is influenced by a complex interplay of socioeconomic factors, including gender roles, economic class, and the dynamics of the fishing seasons, revealing that vulnerability is not merely a function of poverty or gender but is dynamically distributed across various household types within the community.

Fisherfolk families face numerous challenges in meeting their basic needs due to the unpredictable nature of the sea, overfishing, climate change, and rising fuel costs. These factors make it hard to secure a stable income, affecting their access to food, shelter, healthcare, and education. Many live in difficult conditions without clean water and adequate housing, leading to food insecurity and a persistent cycle of poverty.

3. How did the fisherfolks cope up with the challenges of times.

The lives of fisherfolk have always been intertwined with the unpredictable rhythms of the sea and the fluctuating tides of economic and social change. This exploration delves into the myriad ways fishing communities have navigated these challenges throughout history, revealing their remarkable adaptability and resilience. From time-honored traditions passed down through generations to the embrace of modern technologies, their story is a testament to human ingenuity and the enduring bond between people and the ocean.

Theme 5: Coping Strategies and Resilience

Coping strategies are the thoughts and actions people use to deal with stressful Situations. These can be either problem-focused or emotion-focused. Problem-focused coping involves taking direct steps to solve the problem causing stress. while, Resilience is the ability to bounce back from adversity, trauma, or significant stress. It's not that resilient people don't experience

difficulties; rather, they have the capacity to adapt and recover effectively. Resilient individuals often have a positive outlook, good social support networks, and the ability to regulate their emotions.

Sub theme 1: Diversifying sources and incomes.

Diversifying sources means not putting all your eggs in one basket. Instead of relying on just one origin for something, like a single news site for information or one supplier for a business, you use multiple ones. This gives you more options and reduces risk. Diversifying incomes is similar but for money. Instead of having only one way to earn, like a single job, you create multiple income streams. This could include a side business, investment earnings, or rental income. It makes your finances more stable and resilient to changes. Overall, diversifying both sources and incomes is a smart strategy for more security and flexibility.

Person 1: “mang lab-as raku diha sa fishpond, unya akong e baligya mao ng angkat ra siya.”;
[I’ll just catch fresh fish from the fishpond, then sell it, that’s why it’s just a simple task for me.]

Person 3: “Kanang mag lab as ko manuroy ko usahay dili mahalín, e uli pag dili mahalín ako nalang e bulad, e bulad siya e baligya dayun ana ra.”;

[When I catch fresh fish, sometimes it doesn’t sell. If it doesn’t sell, I’ll just dry it and sell it dried like that.]

Person 4: “Manginhas ug maglabada”;

[I go fishing and do laundry.]

Person 5: “ Usahay ma'am panadero”

[Sometimes, ma’am, I work as a baker.]

This only means that each one of them find ways to support their family in times of scarcity of fishing, finding alternative jobs and raising own small business to survive. Also highlighting the daily hardships and tenacity of those working in a variety of occupations, mostly physical and informal labor. As they work various jobs to support themselves and their families, it demonstrates their adaptability. According to Smit and Wandel (2019) argue that diversification of income sources is a critical factor in enhancing resilience, allowing households to buffer against shocks such as climate change and economic instability. Also highlighting the daily hardships and tenacity of those working in a variety of occupations, mostly physical and informal labor. As they work various jobs to support themselves and their families, it demonstrates their adaptability.

Furthermore, diversifying sources and income has benefits for fishermen amidst adversity by reducing dependence on fishing, increasing financial stability, and improving their livelihoods.

Sub theme 2 : Reliance and family support

This includes emotional support, such as comfort during difficult times like the loss of a loved one or dealing with a personal crisis. Family members can offer a listening ear, words of encouragement, and a sense of belonging. Financially, families may help with things like covering unexpected expenses or providing loans. For example, parents might assist their children in buying a first home. In terms of practical support, family can help with tasks like childcare or caring for an elderly relative.

Person 3: “Mag tinabangay rami sakong mga anak mag share “;

[My children and I help each other, we share.]

Person 4: “ Igsoun gyud akong madaganan”;

[My siblings are the ones I can rely on.]

Person 5: “Natural mga igsoon ra nako maam.”;

[Naturally, my siblings are the ones I can count on, ma’am.]

Person 6: “Sa panahon sa kalisud og wala nakoy mahimo sa dagat hinoon ngayo nalang kog tabang sa akong igsoon didto sa bukid”

[In times of hardship, and when I can no longer do anything in the sea, I just ask for help from my siblings in the mountains.]

This means that in a world that can often be unpredictable and challenging, family support remains a constant source of strength and stability. It enriches our lives in countless ways and is essential for our overall well-being and happiness. Recognizing and nurturing this support is crucial for building a fulfilling and resilient life. According to Mastroiello et al. (2020) highlights the role of social capital, noting that strong community networks facilitate access to resources and information, which are essential for adapting to changing conditions. It enriches our lives in countless ways and is essential for our overall well-being and happiness. Recognizing and nurturing this support is crucial for building a fulfilling and resilient life. Family support fosters resilience in the face of adversity.

Sub theme 3: Limited dependence on government aid.

It means striving for communities to become self-sufficient and less reliant on external assistance, fostering economic independence and sustainable development. It also means that people rely **less** on financial or material support from the government and instead depend on their own efforts, family, or community for survival. They do not fully rely on government programs like subsidies, cash assistance, or welfare to meet their daily needs. Instead, they find ways to earn a living, seek help from relatives, or engage in multiple jobs to sustain themselves.

Person 1: “Ug pananglitan naay ayuda nga gamay financial sa barangay mao ray akoo, dili gyud kanang mangayo ko sa barangay.”;

[And if there's a small financial aid from the barangay, that's all I take. I don't really ask from the barangay.]

Person 2: “diri sa barangay nahibalo man gyud mi, makakuha gyud mi, mangayo man o dili mangayo hulat lang mi sa pagkakaran ni apply ko, basin makatabang na ang politiko, wla man gyapon mag duha na ka bulan, sge ra follow up sge ra silag ingon paabot lang, naa naman unta koy requirements pero wla gyapon”;

[Here in the barangay, we know we can get something. Whether we ask or not, we just wait. I applied, hoping the politician can help. It's been almost two months, I keep following up, and they keep saying to just wait. I already have the requirements, but still nothing.]

Person 3: “Mo dool sa barangay mangayo tambal sa mga bata.”;

[I go to the barangay to ask for medicine for the children.]

Person 4: “Sa barangay naa pud mga ayuda-ayuda, tambal ug cash assistance “; [In the barangay, there are also occasional aid distributions, medicine, and cash assistance.]

Person 6: “Ngayo kog ayuda”

[I ask for aid.]

Mostly of them only rely on their own efforts, families, and communities for support, the people in the chat show a limited reliance on government assistance such as relief goods or small cash assistance. Although some people are aware that the barangay can provide ayuda (help), they rarely ask for it unless absolutely need. Others talk of submitting applications for assistance

but dealing with uncertainties, delays, and persistent follow-ups without assistance. Instead of anticipating ongoing assistance, some people just turn to the government for certain. According to Mijer et al (2022) focus on the importance of policy framework that support sustainable practices suggesting that effective governance can significantly enhance the resilience of Livelihood. Even though the idea is: Good policies and good leadership can help people live and work in ways that are sustainable and better protected from future challenges. Strong fishing communities strive for economic independence, minimizing reliance on external support.

Sub theme 4: Strategic Financial Management

Strategic financial management involves long-term planning and resource allocation to achieve financial goals like income stability and sustainable livelihoods, encompassing areas like budgeting, saving, and debt management.

Person 4: “Ang ako lang pud ma share aning pag panagat naay usahay nay kuha sakto lang nga ma rolling-rolling lang.”;

[What I can share about fishing is that sometimes there’s a catch—just enough to keep things going.]

This directly relates to the need for a financial strategy on investment because inconsistent income necessitates careful planning to manage resources and ensure financial stability. They need to be aware of the factors that influence their income, such as the season, weather conditions, and market prices. They should aim to diversify income sources beyond fishing to reduce their reliance on one area and ensure financial stability. According to Rat et al. (2019), the increasing pressures on fishing resources have led fishermen to adapt by modifying their gear to improve efficiency.

CONCLUSION

This study, investigates the ability of fisherfolk in Barangay Kimaya, Jasaan, Misamis Oriental to withstand and rebound from economic and environmental difficulties. The study examines their personal experiences, their understanding of resilience, and the methods they use to adapt to challenges.

Fisherfolk in Barangay Kimaya face a range of challenges in their livelihoods, including seasonal fishing, low fish catches, and fluctuating market prices. However, they demonstrate a remarkable ability to adapt and persevere. Their dedication to family and strong community ties provides them with a foundation for resilience. They rely on traditional knowledge and skills, but also value education as a means to diversify their income and adapt to changing circumstances. Their creativity in finding alternative income sources, leaning on family and community for support, and striving for independence contribute to their resilience and foster a strong sense of shared strength within their community. family and community ties, and striving for self-sufficiency. These strategies not only help them weather the storms of hardship but also foster a shared sense of resilience within their community.

This research offers a deeper understanding of how people in vulnerable coastal communities build resilience in their livelihoods. The fisherfolk of Barangay Kimaya stand out as a testament to adaptability and perseverance in the face of hardship. The study highlights the following key insights Strong Social Connections strong family and community networks are vital for supporting the resilience of fisherfolk. These networks provide both practical and emotional support, ensuring that individuals have access to resources, knowledge, and a sense of belonging during challenging times.

Adaptability and Resourcefulness, the fisherfolk showcase a remarkable ability to adjust to changing conditions and find creative solutions to overcome difficulties. They demonstrate resourcefulness by adapting their fishing techniques, seeking alternative income sources, and making the most of available resources to secure their livelihoods. The Power of Education and Diversification, the research emphasizes the crucial need for increased access to education and vocational training for fisherfolk. Providing them with new skills and knowledge empowers them to diversify their income streams, reducing their reliance on a single source and enhancing their overall livelihood security, ultimately leading to a more resilient future

Recommendations

1. Fisherfolks. Includes seminars on sustainable fishing, modern techniques, and marketing, coupled with fish net-making training and exploration of alternative income sources like aquaculture or ecotourism. Relying solely on fishing can be risky, especially during lean seasons or environmental disruptions. Fisher folks can explore alternative sources of income, such as seaweed farming, fish processing, drying, salting, or smoking fish. Additionally, Adaptation strategies are crucial for fisher folks given the increasing risks from climate change (e.g., sea-level rise, typhoons, and unpredictable fishing seasons). Fisherfolk should be involved in local programs aimed at coastal protection like mangrove planting to reduce the impact of storms and preserve fishing grounds. This will ensure that fish populations remain viable and sustainable for future generations.
2. Local Government of Jasaan. It is highly recommended that they should provide more financial assistance to fishermen in order to help them cover the costs of their equipment and supplies. This would enable them to continue their livelihoods and provide for their families. Should also provide more training to fisher folks in order to help them to become equip. This includes things like providing financial assistance, offering classes on fishing techniques, and helping to connect fisher folks with buyers for their. By doing this, the government can help to ensure that the fishing industry remains strong and that those who rely on it for their livelihood are secured. Additionally, the researcher recommends the government to provide financial assistance to the fisher folks in Barangay Kimaya in order to help them cover their basic needs also invest in programs to improve and sustain the fishing industry in the area.
3. Future researchers. should focus on comprehensive data collection to assess the impact of interventions and inform evidence-based policy recommendations. This integrated approach should include detailed socio-economic profiles, qualitative data, and, crucially, the years of experience and diverse backgrounds of the fisherfolk involved. Additionally, future studies must examine the specific types of fish or fisheries being targeted, as different species or fishing practices may have unique environmental, economic, and social impacts. Understanding the nuances of experience levels, individual circumstances, and the particular characteristics of different fisheries is vital for creating truly sustainable and resilient fisherfolk communities. This nuanced approach will allow for a more accurate assessment of the long-term impact of interventions and lead to more effective policy recommendations."

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