

ANTHROPOLOGICAL APPRAISAL OF THE RESILIENCE AND COPING STRATEGIES AMONG POPULATIONS IN IDP CAMPS IN GOMA, DRC

OVERVIEW

This study looked at how people living in IDP camps manage their precarious situation, how they cope with their living conditions, how they adapt to the context, and what strategies they have developed, and their capacity for resilience. Further how and where sexual violence occurs, what would people suggest to protect themselves from sexual violence, and what would be needed to achieve that. And finally, men's attitudes and perceptions of sexual violence were explored.

Results:

- *People had a good life before displacement*
- *Difficult and overcrowded living conditions in the camp*
- *Lack of food – women's situation and risks of sexual violence*
- *Lack of occupation – men's situation and risks of dehumanising*
- *Widespread corruption in the camp further increases women's vulnerabilities*
- *Camp residents developed resilience and strategies of adaptation as a coping mechanism*
- *Sexual Violence – within the camps and in the forest*

Conclusions

When political crisis, violence, and displacement unsettle social values and community bonds, deep collective suffering emerges. True healing must address both individuals and their social fabric, enabling meaningful reintegration and dignity, even within the constrained reality of a displacement camp.

Recommendations:

- *Improve living conditions in the camp (food, lightening, toilets and waterpoints, shelter and security)*
- *Provide food and occupation for women*
- *Work on positive masculinity and provide occupation for men*
- *Men as protectors' initiative*
- *Promote physical and mental wellbeing of men and women through initiatives that restore self-esteem and dignity*

Methodology:

- *Desk and literature review*
- *Exploratory qualitative research design using qualitative and participatory methodologies*
- *14 individual in-depth Interviews*
- *6 paired interviews*
- *8 Group interviews*
- *Observations*
- *Informal Discussions*
- *Transect walks through the camps*

QUOTE

"We are going through a difficult life, we have nothing to eat, no other resources, and when the women and girls go to the forest to collect firewood, they will be raped." FGD women, 32-33y