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ASSESSING THE EFFECTIVENESS OF COPING MECHANISM AMONG IDP IN HOST COMMUNITIES OF MAIDUGURI METROPOLITAN COUNCIL AREA OF BORNO STATE, NIGERIA

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Abstract

In the wake of persistent armed conflicts and humanitarian crises, the number of internally displaced persons (IDPs) has surged globally, with Nigeria's Borno State emerging as a focal point due to the Boko Haram insurgency. This study assesses the factors influencing the effectiveness of coping mechanisms among IDPs residing in host communities in Maiduguri Metropolitan Council. Adopting a survey design, the research draws on data from 381 IDP households to evaluate both structural and individual determinants of coping. The analysis was carried out by the use regression analysis. The study identifies access to humanitarian aid, healthcare services, strong social support networks, access to capital, and vocational training as significant positive predictors of coping effectiveness. Conversely, discrimination was found to negatively affect coping, while factors like host community support and exposure to insecurity showed no statistically significant influence. These findings underscore the importance of material and psychosocial support in fostering resilience among displaced populations. The study advocates for a multidimensional policy approach that integrates mental health services, livelihood empowerment, inclusive community engagement, and anti-discrimination frameworks. It further highlights the need for sustainable recovery strategies that transcend emergency relief, enabling IDPs to rebuild their lives with dignity, agency, and long-term resilience.

Keywords: Internally Displaced Persons (IDPs), Coping Mechanisms, Humanitarian Aid, Displacement Recovery, Borno State.

1. Introduction

In recent decades, global insecurity has emerged as one of the most pressing challenges of the 21st century, drawing widespread concern from governments, humanitarian organizations, and multilateral institutions alike. The growing complexities of conflicts, rooted in socio-economic, political, and ideological differences, have led to an unprecedented rise in humanitarian crises across the world. From power struggles and governance failures to technological abuse and environmental degradation, these conflicts continue to force millions from their homes, disrupting lives and undermining development. A particularly alarming outcome of this insecurity is the steady increase in the number of internally displaced persons (IDPs), who are forced to seek safety within their country's borders without the

legal protections accorded to refugees. The global report by the Internal Displacement Monitoring Centre (IDMC, 2023) indicated that by the end of 2022, a record 71.1 million people were internally displaced worldwide, due to the magnitude of the crisis.

In Africa, sub-Saharan countries bear a disproportionate share of this burden. Nigeria, in particular, has been severely affected due to the prolonged Boko Haram insurgency in the North-East, especially in Borno State. Since 2009, violent attacks, forced abductions, and community destruction by insurgents have compelled over two million people to flee their homes. Many have sought refuge in the state capital, Maiduguri, resulting in the establishment of several IDP camps and host community shelters. In response, both local and international stakeholders

have launched numerous interventions, ranging from immediate humanitarian relief to long-term development programs. Initiatives such as the Presidential Initiative on the North-East (PINE), the Safe Schools Initiative (SSI), and the North-East Development Commission (NEDC) reflect the efforts to address the root causes and consequences of displacement.

Despite these interventions, the enduring nature of displacement in Borno State highlights the need to understand how IDPs adapt to their new realities. As government and humanitarian agencies continue to invest in post-conflict recovery and rehabilitation, questions remain about the actual effectiveness of these efforts in enabling displaced persons to cope with the long-term effects of conflict. The ability of IDPs to recover and build resilience depends not only on external support but also on internal community mechanisms, cultural practices, and individual agency. Yet, while much has been documented about the causes and impacts of displacement, research on the effectiveness of coping strategies adopted by IDPs especially in the context of sustained humanitarian aid in Maiduguri Metropolitan Council remains limited.

Furthermore, most existing studies (i.e., Roberts, 1999; Bellamy, 2006; Kuperman, 2013) have focused primarily on immediate aid distribution or the macro-level political economy of displacement, often neglecting the lived experiences and adaptive behaviours of displaced individuals and communities. There is also a tendency to treat humanitarian intervention and coping strategies as separate spheres, thereby missing the opportunity to assess how one influences the other. Recent evidence (i.e., Albert & Abah, 2024, Gire & Ibaishwa, 2019) suggests that while some coping mechanisms have fostered resilience, others, such as child labour and informal economic activities, may expose IDPs to new forms of vulnerability. These oversights present a gap in understanding the full range of adaptive responses within displaced populations in host communities.

Therefore, this study seeks to assess the factors influencing the effectiveness of different coping mechanisms among IDPs in Borno State. By focusing on host communities in Maiduguri Metropolitan Council, the research aims to provide a detail analysis of how displaced individuals navigate

the aftermath of conflict and displacement, and how humanitarian interventions have shaped these coping trajectories. In doing so, the study will contribute to the growing body of knowledge on internal displacement.

2. Literature Review

The body of literature on the coping mechanisms of internally displaced persons (IDPs) in conflict-affected contexts such as Borno State, Nigeria, has expanded significantly in recent years. Several empirical studies have identified psychological, demographic, socio-economic, and contextual variables that influence the effectiveness of coping strategies among displaced populations. This review synthesizes findings from recent studies to highlight the multifactorial nature of coping and to underscore key gaps in existing interventions.

A recurring theme in the literature is the significant impact of mental health and psychosocial well-being on coping effectiveness. Ventevogel, Ndogoni, and Adjukevic (2019) conducted a mixed-methods study in Borno State that found widespread psychological distress among IDPs, with nearly 75% of respondents reporting functional impairments linked to mental health conditions. The authors identified disrupted social structures and limited access to services as central barriers to effective coping, concluding that restoring community cohesion and access to livelihoods is essential for improving coping capacity.

Supporting these findings, Salihu et al. (2022) used a cross-sectional design to compare mental health outcomes between IDPs and host communities in Maiduguri. Their study found that IDPs exhibited significantly higher levels of anxiety and depression, with unmarried and younger individuals being particularly vulnerable. These results underscore the compounded psychological stressors associated with displacement and suggest a need for mental health programs tailored to specific demographic groups within IDP populations.

Age and economic stability also emerged as critical predictors in Bello and Yusuf's (2022) study, which surveyed 400 individuals from both IDP camps and host communities. The authors found that host communities were more likely to employ problem-focused strategies, such as seeking assistance and

engaging in income-generating activities, whereas IDPs often adopted emotion-focused or maladaptive strategies, including substance use. Younger individuals demonstrated a greater tendency to adopt innovative coping techniques, indicating the potential of youth-targeted interventions to enhance resilience. Further emphasizing age and gender influences, Ibrahim and Abubakar (2021) examined stress and coping among secondary school students in Maiduguri. Their findings showed a clear gender divide in coping strategies: female students favored social support while males engaged in problem-solving behaviors. These patterns suggest the necessity for gender-sensitive psychosocial programs that align with the coping preferences and psychological needs of different subgroups.

Similarly, Umar and Hassan (2020) explored gendered coping patterns among individuals facing fertility challenges in Maiduguri. Their study found that males predominantly utilized avoidance and self-control, while females relied more on social support and cognitive reappraisal. Socioeconomic status and access to healthcare services were found to significantly influence coping outcomes, highlighting the intersection between structural determinants and personal coping behaviours.

Okonkwo and Balogun (2023) introduced the dimension of emotional intelligence into the analysis of coping among IDPs. Using regression analysis on data collected from 200 displaced individuals, their study showed that emotional intelligence significantly enhances adaptive coping strategies such as problem-solving and social support. Gender differences were also evident, with men more likely to use religious coping and women leaning toward emotional support. This suggests that enhancing emotional intelligence could be an effective intervention strategy in resource-constrained environments where formal mental health services are limited.

The role of community and structural supports is further illustrated in Adekola and Olorunfemi's (2023) qualitative study of flood victims in Benue State. Although not focused on conflict-related displacement, the study draws valuable parallels by demonstrating how rural households coped through income diversification, social networks, and assistance from institutions.

Barriers to effective coping included delayed responses and inadequate infrastructure, echoing the challenges faced by IDPs in Borno State. The authors emphasized the need to integrate community-based strategies into broader intervention frameworks.

Technology has also been identified as a potentially transformative tool in strengthening IDP coping mechanisms. Eboreime et al. (2024) developed a protocol for a hybrid implementation trial comparing traditional and mobile app-based life skills education. While the trial is ongoing, the researchers anticipate that app-based programs could enhance access to mental health support in hard-to-reach IDP camps. This highlights the importance of designing flexible, scalable, and culturally relevant interventions that can overcome logistical barriers in conflict zones.

Evidence from global contexts reinforces these local findings. Saxon et al. (2017), in their study on conflict-affected populations in the Republic of Georgia, found that individuals who employed emotion-focused coping especially seeking social support reported lower levels of psychological distress, while those relying on avoidance strategies experienced worsened outcomes. These findings resonate with those from Borno and support interventions that promote adaptive coping strategies over maladaptive ones.

Similarly, Peevey et al. (2022) conducted a systematic review of mental health and coping among internally displaced Colombians. The review showed high rates of depression, anxiety, and PTSD among IDPs, but also pointed to the crucial role of family, religious, and community support systems in promoting effective coping. It further emphasized that coping mechanisms vary based on age, gender, and socioeconomic status, underscoring the need for context-specific interventions that reflect the diverse realities of displaced populations.

Taken together, the reviewed studies highlight that the effectiveness of coping mechanisms among IDPs in Borno State is shaped by a complex interplay of psychological resilience, demographic characteristics, social support networks, economic opportunities, and access to essential services. The literature also points to the importance of strengthening adaptive coping through targeted, context-sensitive, and inclusive interventions—

particularly those that integrate mental health support, economic empowerment, emotional intelligence training, and technological innovations.

However, notable gaps remain. Few studies have explored long-term coping outcomes or the sustainability of interventions. Additionally, there is limited research on the role of institutional barriers such as bureaucratic inefficiencies in constraining IDPs' access to services that could support their coping processes. Addressing these gaps will be crucial for designing more holistic and responsive frameworks that not only mitigate the short-term impact of displacement but also enhance long-term recovery and resilience.

3. Methodology

3.1 Research Design

This study adopted a concurrent mixed-methods research design to assess the factors influencing the effectiveness of different coping mechanisms among internally displaced persons (IDPs) in Borno State, Nigeria. This design involved the simultaneous collection and analysis of both quantitative and qualitative data with equal weighting. The rationale for using this approach lies in its potential to enhance the depth and breadth of understanding by combining generalizable statistical insights with rich, contextual narratives (Greene, 2008; Bazeley, 2004; Onwuegbuzie & Collins, 2007). This design enabled triangulation of data sources and analytical methods across all stages of the research process, allowing flexibility in analysis and greater validity of the results (Bryman, 2006; Rocco et al., 2003).

3.2 Study Population

The population for this study comprised households of internally displaced persons residing in host communities across the wards of Maiduguri Metropolitan Council (MMC), Borno State. According to the International Organization for Migration's (IOM) Displacement Tracking Matrix (DTM, 2023), the total number of IDP households in the selected host communities was 41,777, distributed across 14 wards.

3.3 Sample Size and Technique

The sample size was determined using the Krejcie and Morgan (1970) formula, which is appropriate for

finite population sampling. At a 95% confidence level and a 5% margin of error, a sample of 381 households was derived. A multistage sampling strategy was employed as follows: Purposive sampling was used to select Maiduguri Metropolitan Council as the study area due to its relative security and concentration of IDPs. Stratified sampling was applied to divide the area into 14 wards, each treated as a distinct stratum. Proportionate random sampling was then used to select households within each ward, ensuring adequate representation across strata.

3.3 Method of Data Analysis and Model Specification

Descriptive and inferential statistics was employed in analysing the data. Descriptive statistics captures simple table, frequency and percentages while the inferential statistics specifically the multiple regression was employed to examine predictors of coping mechanism effectiveness. Consequently, the regression model is stated as thus;

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 + \beta_4 X_4 + \beta_5 X_5 + \beta_6 X_6 + \beta_7 X_7 + \beta_8 X_8 + \beta_9 X_9 + \beta_{10} X_{10} + \epsilon \dots \dots \dots (1)$$

Where:

Y= Effectiveness of coping mechanisms.

X₁ to X₁₀ = Independent variables (factors influencing coping mechanisms).

X₁ = Access to humanitarian aid [AcHA] (1 = Yes, 0 = No) ;

X₂ = Health Support [HeSu] (1 = Yes, 0 = No);

X₃ = Strong Social Support [SoSu] (1 = Yes, 0 = No) ;

X₄ = Insecurity or Violence [InSe] (1 = Yes, 0 = No) ;

X₅ = Host Community Support [HoSc] (1 = Yes, 0 = No)

X₆ = Availability of job opportunities [AvJo] (1 = Yes, 0 = No);

X₇ = Access to capital/loans for small businesses [AcCa] (1 = Yes, 0 = No) ;

X₈ = Skills and training opportunities [SkTr] (1 = Yes, 0 = No);

X₉ = Access to markets [AcMa] (1 = Yes, 0 = No)

X₁₀ = Discrimination against IDPs [DiCr] (1 = Yes, 0 = No) ;

β₀ = Intercept.

β₁ to β₁₀ = Coefficients for each independent variable., ε = Error term.

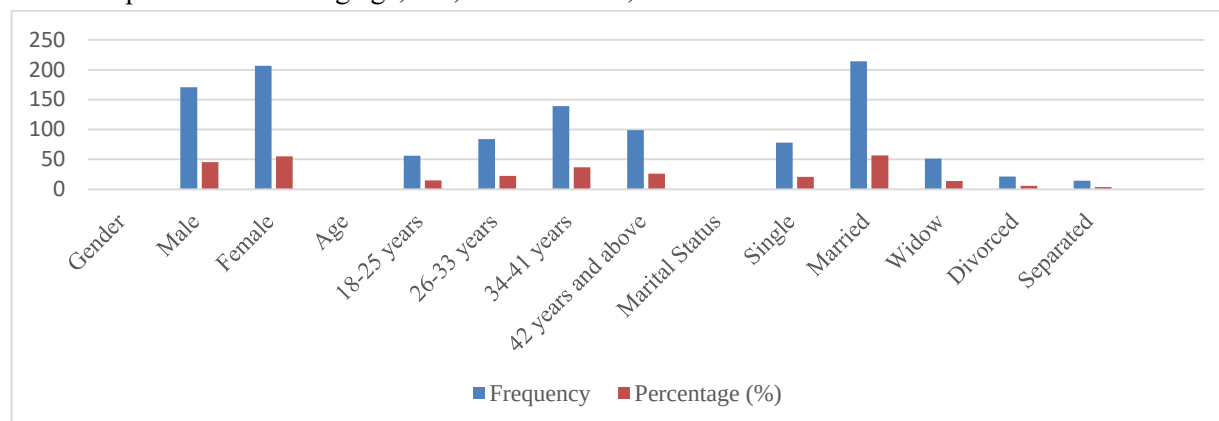
4. Results and Discussion

4.1 Response Rate: Out of the 381 copies of the questionnaire administered, 378 were returned usable, thereby implying a response rate of 99.21% which was considered adequate.

4.2 Demographic Profile of Respondents

This sub-section captures the background information on the respondents including age, sex, marital status,

educational qualification, income, duration of displacement and source of livelihood.



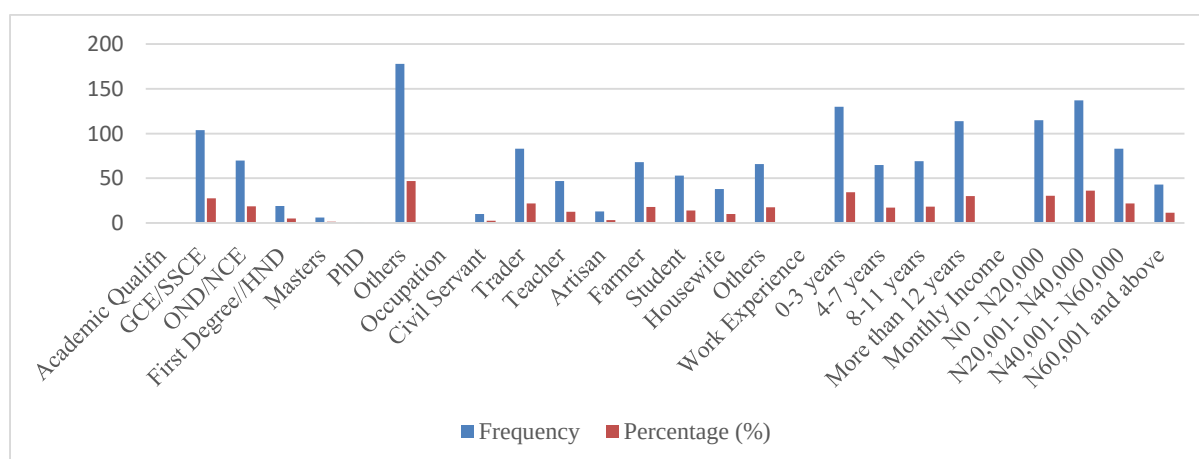
Source: Field Survey, 2025

Figure 1: Demographic Characteristics of Respondents

Figure 1 shows the demographic characteristics of respondents. 171 respondents representing 45.25% are male while 207 of the respondents which represents 54.76 are female. It can be deduced that majority of the respondents in the host communities are female. The outcome is common in displacement context due to migration of men for work or their involvement in conflict outcome such as death. On the age of the respondents, 56 (14.81%) are between the ages of 18-25 years, 84 (22.22%) are 26-33 years while 36.77% and 26.19 % are between the ages of 34-41 years and above 42 years respectively. This

infers that majority of the households are between 34-41 years who are in the working age bracket, but many of them lack stable employment as many of them relied on humanitarian aid as their primary source of livelihood.

Also, looking at their marital status, 20.63% are single, 56.61% are married, 13.49% are widows, 5.56 are divorcees, while 3.70% are separated. Based on this finding, it can be seen that majority of the respondents are married which implies that family units constitute a significant part of the IDPs in the host communities.



Source: Field Survey 2025

Figure 2: Academic & Work Profile

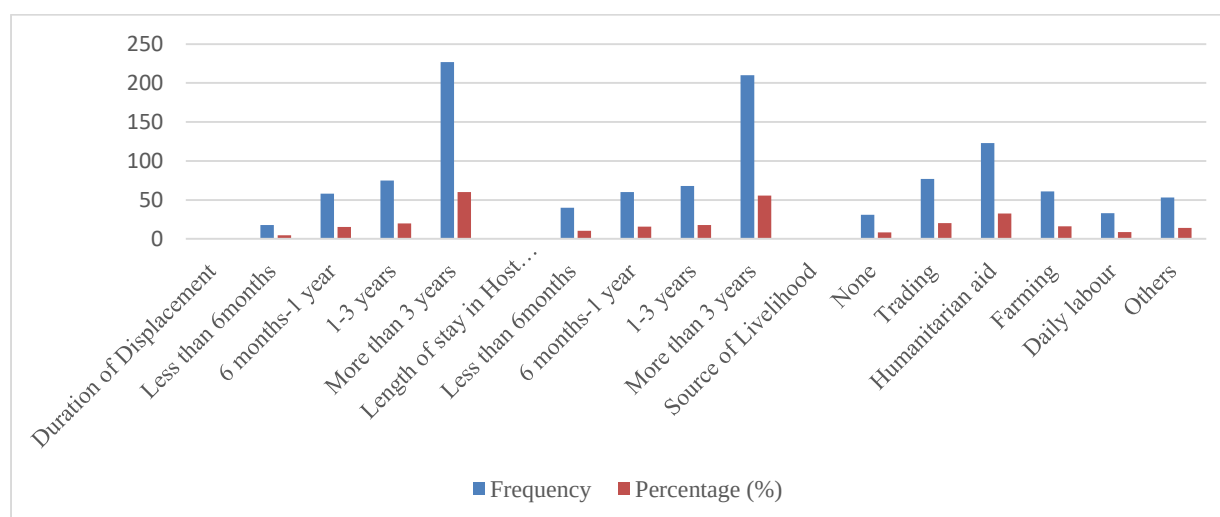
Also, on the respondents' academic qualifications, 104, representing 27.51% are GCE/SSCE holders,

70(18.51%) are OND/NCE holders, 5.03% which represents 19 respondents are first degree/HND

holders, 1.59% are masters' holders, while 49.09% represents other academic qualifications. This indicates that majority of the respondents have either attended the *Tsangaya* system of education or do not have any qualification, suggesting that their level of educational attainment is low.

On the respondent's occupation, 2.65% are civil servants, 21.96% are traders, 12.43% are teachers, 3.44 are artisans, 17.99% are farmers, 14.02% are students, 10.05% and 17.46% are housewives and others Keke riders, hair-stylists and henna (*lalle*) designers, among others. By this outcome, it can be inferred that majority of the respondents are traders in the host communities, suggesting that they engage in informal or low-skill occupation with limited formal employment opportunities.

In addition, majority of the respondents have working experience between 0-3 years, which represents 34.39% while 17.20% have 4-7years working experience, 18.25% and 30.16% have 8-11years and above 12years. This implies that majority of the respondents have limited experiences, which may affect their employability. In the same vein, on their income levels, 30.42% earn between N20,000 monthly, 36.24% earn about N 0,001- N40,000 monthly, while 21.96% and 11.38% earn N40,001- N60,000 and above N60,000, respectively. Therefore, it can be concluded that those that earn between N20,001- N40,000 dominate the community, indicating that their income level is far below Nigeria's national minimum wage.



Source: Field Survey, 2025

Figure 3: Displacement Profile

Subsequently, on their duration on displacement, 18 of the respondents have been displaced for less than 6 months, 15.34% for between 6 months to 1 year, while 19.84% and 60.05% have been displaced for 1-3years, and more than 3years, respectively. This outcome indicates that majority of the respondents have been displaced for more than 3years. This period of displacement could undermine self-sufficiency and perpetuate cycles of poverty and vulnerability. Similarly, on the length of stay in host community, majority of the respondents have stayed in the host community for more than 3years, which accounted for 55.56%, while 68 (17.99%) stayed for 13 years, while

60 (15.87%) and 40 (10.58%) have stayed in the host community for 6 months to 1year, and less than 6 months, respectively. This outcome indicates that respondents have been in the host community for a long period, suggesting a need for sustainable integration programs.

On their sources of livelihood, 8.20%, representing 31 respondents indicated no source of livelihood, 20.37% are traders, 32.54 representing 123 respondents rely on humanitarian aid as source of livelihood, 16.14% rely on farming, while 8.73% and 14.02% rely on daily-pay job and other forms of livelihood for sustenance. This finding revealed that

majority of the households significantly rely on humanitarian aid as their main source of livelihood, indicating the fragility of such a host community.

This subsection addresses the question related to the factors that influence the effectiveness of the different coping mechanisms employed by the IDPs in the host communities.

4.3 Factors Influencing the Effectiveness of Different Coping Mechanisms Employed by IDPs

Table 1: Factors have helped Respondents Cope Better with Displacement

Key Drivers to Coping Mechanism	Frequency	Percentage (%)
Access to humanitarian aid	164	43.39
Personal resilience	108	28.57
Strong social networks	68	17.99
Availability of income-generating opportunities	26	6.88
Others	12	3.17
Total	378	100

Source: Field Survey, 2025

Table 1 shows that access to humanitarian aid (43.39%) is the most significant factor enhancing coping, highlighting the indispensable role of government and non-governmental organizations in providing essential services such as food, healthcare, and shelter. Personal resilience, noted by 28.57% of respondents, emerged as the second most influential factor, demonstrating that many IDPs rely on inner strength and adaptability, often engaging in small

businesses or learning new skills. Additionally, strong social networks (17.99%) are vital in cushioning the impact of displacement, with support from family, friends, and community networks providing emotional and material relief. However, the availability of income-generating opportunities (6.88%) remains limited, while other less-cited factors (3.17%) include spiritual practices and alternative livelihoods.

Table 2: Barriers to Coping

Barriers to Coping	Frequency	Percentage (%)
Lack of humanitarian aid	275	28.32
Poor health	224	23.07
Lack of social support	278	28.63
Insecurity or violence	152	15.65
Others	42	4.33
Total	971	100

Source: Field Survey, 2025

Table 2 shows that the most commonly reported barriers to effective coping include lack of social support (28.63%) and lack of humanitarian aid (28.32%). The breakdown of traditional support structures due to prolonged displacement has weakened the social safety net for many IDPs. Poor health, reported by 23.07%, also limits the capacity for self-reliance, as inadequate healthcare access and

widespread malnutrition are common challenges. Insecurity and violence (15.65%) pose further constraints, as ongoing insurgencies and communal conflicts inhibit movement and access to resources. Other barriers (4.33%) include psychological stress, gender-based discrimination, and economic marginalization.

Table 3: Host Community influence to the Effectiveness of Coping Mechanisms

Host Community Support	Frequency	Percentage (%)
Provides strong support and assistance	250	66.14
Neutral- does not impact positively or negatively	94	24.87
Unwelcoming- creates difficulties in accessing resources	19	5.03
Others	15	3.97
Total	378	100

Source: Field Survey, 2025

Table 3 reveals that majority (66.14%) of respondents indicated that their host communities are supportive, providing shared resources and a sense of inclusion, about 24.87% found them neutral, offering neither support nor obstruction. A smaller group (5.03%) experienced unwelcoming behaviours, pointing to competition over scarce resources and cultural tensions. Meanwhile, the ability to generate income is

primarily influenced by the availability of job opportunities (27.49%), followed by skills and training (25.57%) and access to capital or loans (24.77%). Discrimination (12.10%) and restrictions on movement (10.07%) further restrict economic participation, particularly when IDPs are marginalized or limited by insecurity and lack of access to markets

Table 4. Factors that Influence Income Generation in Host Communities

Factors Influence Income generation	Frequency	Percentage (%)
Availability of job opportunities	243	27.49
Access to capital/loans for small businesses	219	24.77
Skills and training opportunities	226	25.57
Restrictions on movement or lack of access to markets	89	10.07
Discrimination against IDPs in employment	107	12.10
Total	884	100

Source: *Field Survey, 2025*

Table 4 reveal that the most critical factor identified by 27.49% of respondents is the availability of job opportunities, followed by skills and training (25.57%) and access to capital or loans (24.77%). Discrimination (12.10%) and restrictions on

movement (10.07%) further restrict economic participation, particularly when IDPs are marginalized or limited by insecurity and lack of access to markets.

Table 5. Rating of the Effectiveness of Humanitarian Aid

Effectiveness of Humanitarian Aid	Frequency	Percentage (%)
Very effective	194	51.32
Somewhat effective	137	36.24
Not very effective	35	9.26
Not effective at all	12	3.17
Total	378	100

Source: *Field Survey, 2025*

Table 5 shows that majority (51.32%) of respondents rated humanitarian aid as very effective, indicating that a significant portion of IDPs perceive the assistance they receive such as food, shelter, healthcare, and livelihood support as crucial in sustaining their daily lives.

However, 36.24% of respondents considered humanitarian aid to be somewhat effective, suggesting that while aid plays a role in alleviating hardship, gaps and inconsistencies remain. These may include issues such as unequal distribution, delays in aid delivery, insufficient supply of essential goods, or difficulties in accessing services due to security concerns or logistical challenges. A smaller percentage (9.26%) of respondents rated humanitarian aid as not very

effective, highlighting the experiences of IDPs who may feel that relief efforts have been inadequate or unreliable. This could be due to bureaucratic inefficiencies, lack of coordination among aid agencies, or challenges in reaching marginalized groups within IDP settlements. Similarly, 3.17% of respondents reported that humanitarian aid is not effective at all, suggesting that a small but significant group of IDPs either do not receive assistance or find it completely insufficient to meet their needs. This group may be particularly vulnerable, lacking access to essential services due to geographic isolation, exclusion from aid programs, or structural barriers that prevent them from benefiting from humanitarian interventions.

Table 6 Rating of Support from Local and International NGOs in Improving Coping Mechanisms

Rating of Support	Frequency	Percentage (%)
Very supportive	216	57.14
Somewhat supportive	118	31.22
Not very supportive	35	9.26
Not supportive at all	9	2.38
Total	378	100

Source: *Field Survey, 2025*

The study's findings on the rating of support received by Internally Displaced Persons (IDPs) in Borno State provide insight into the perceived adequacy of assistance from humanitarian organizations, host communities, and governmental agencies. A majority (57.14%) of respondents rated the support they receive as very supportive, indicating that many IDPs find the aid provided to be meaningful and impactful. However, 31.22% of respondents considered the support to be somewhat supportive, meaning that while they benefit from assistance, it may not fully meet all their needs. This could be due to inconsistent aid delivery, shortages in essential supplies, or difficulties in accessing certain services. The perception of partial support highlights the need for improvements in aid distribution, targeting

mechanisms, and sustainability of assistance programs to ensure that IDPs receive more comprehensive and reliable support.

A smaller proportion (9.26%) of respondents rated the support as not very supportive, indicating that some displaced persons feel that the aid they receive is insufficient or ineffective. This group may include those who struggle to access relief services due to barriers such as geographic location, bureaucratic inefficiencies, or exclusion from aid programs. Similarly, 2.38% of respondents reported that the support was not supportive at all, suggesting that a small but significant portion of the IDP population feel neglected or overlooked by humanitarian interventions.

Table 7: Additional Support needed to Improve Coping Mechanisms

Additional Support	Frequency	Percentage (%)
More food aid and basic supplies	279	27.49
Employment opportunities and business support	250	24.63
Education and vocational training	240	23.65
Better security and freedom of movement	161	15.86
Psychosocial and mental health support	85	8.37
Total	1,015	100

Source: Field Survey, 2025

Table 7 shows that the most frequently cited need, reported by 27.49% of respondents, is more food aid and basic supplies. employment opportunities and business support (24.63%), and education and vocational training (23.65%). Other cited needs include improved security (15.86%) and psychosocial and mental health services (8.37%). These findings highlight the necessity of both immediate relief and long-term development programs. Many IDPs have had their education interrupted and live-in fear due to

insecurity, further constraining their social and economic reintegration.

4.3 Regression Results and Analysis

This sub-section captures the regression output which addresses the influences of certain factors that affects the effectiveness of the coping mechanism employed by the Internally Displaced Persons in the host community.

Table 8. Regression Result on the Impact of certain Factors on the Effectiveness of Coping Mechanism

Variable	Coefficient	Std. Error	t-value	p-value
(Intercept)	1.205	0.072	16.736	0.001
<i>AcHa</i>	0.183	0.042	4.357	0.001
<i>HeSu</i>	0.112	0.038	2.947	0.003
<i>SoSu</i>	0.097	0.041	2.366	0.018
<i>InSe</i>	-0.045	0.039	-1.154	0.249
<i>HoSc</i>	-0.021	0.018	-1.167	0.244
<i>AvJo</i>	0.068	0.037	1.838	0.066
<i>AcCa</i>	0.104	0.04	2.6	0.010
<i>SkTr</i>	0.091	0.039	2.333	0.020
<i>AcMa</i>	0.056	0.045	1.244	0.214
<i>DiCr</i>	-0.078	0.038	-2.053	0.040

R-squared: 0.284
Adjusted R-squared: 0.261
F-statistic: 12.34
Prob (F-statistic):0.000

Source: *Phyton Output*, 2025

Table 8 reveals the regression output access to humanitarian aid (*AcHa*) is the strongest predictor of improved coping effectiveness, with a highly significant positive coefficient ($\beta=0.183$, $p<0.001$). This suggests that each an increase in aid access which includes receiving food and other items increases the coping capacity of IDPs, underscoring the critical role of material support in crisis situations. This outcome aligns with the previous works of Ventevogel et al. (2019) and Adekola and Olorunfemi (2023).

The coefficient of *HeSu* which implies Health support has $\beta=0.112$ with a value of 0.003. This shows a significant positive effect, implying that as the health support programs or medical services increases, it makes the coping strategy of the IDPs to be effective. Similarly, *SoSu* (Social support) has $\beta=0.097$, $p=0.018$ which indicates that it is statistically significant, thereby highlighting that as the community networks increase, it has increases or foster resilience among the IDPs. The strong statistical significance of health support and social support networks in the current study aligns closely with findings from Salihu et al. (2022), Ibrahim and Abubakar (2021), and Okonkwo and Balogun (2023) Meanwhile, access to capital ($\beta=0.104$, $p=0.010$) and skills and training ($\beta=0.091$, $p=0.020$) further enhance coping, indicating that economic empowerment and capacity-building intervention such microloans or conditional cash transfers or

vocational training can empower the IDPs to navigate adversity more effectively. By this outcome, it corroborates with the works of Bello and Yusuf's (2022) and Peevey et al.'s (2022).

On the other hand, discrimination (*DiCr*) emerges as a significant barrier ($\beta=-0.078$, $p=0.040$), reducing coping effectiveness. This implies that exclusionary practices whether based on ethnicity, gender, or refugee status strongly undermine resilience, necessitating targeted anti-discrimination policies and awareness campaigns. Additionally, host community support (*HoSc*) no statistically significant effects ($p>0.05$). This could be link to resource competition. In other words, the host communities may provide support but simultaneously resent IDPs for pulling local resources (e.g., jobs, water), thereby canceling out positive effects. Another factor that could cause this outcome is language differences or social segregation and also, host community support may foster dependency without improving long-term coping skills, thus resulting to host community non-significance.

Likewise, the coefficient of insecurity shows no statistically significant effects ($p>0.05$), which is attributed to adaptation mechanisms implying that IDPs tend to develop resilience to insecurity, i.e., normalizing violence, diluting its measurable impact on coping mechanism. Also, the availability of jobs [*AvJo*] has $\beta=0.068$ and $p=0.066$ which approaches significance, suggesting a potential trend where

livelihood opportunities could marginally improve coping. the insignificant effect of host community support and exposure to insecurity partially contrasts with previous studies. While earlier works such as those by Adekola and Olorunfemi (2023) and Saxon et al. (2017). Therefore, the model has a R^2 is 0.284 implying that 28.4% of the variation in coping effectiveness is explained by the predictors. While modest, this is common in social science research involving complex human behaviors and the F-statistic's p-value (< 0.001) confirms the model is statistically significant overall.

5. Conclusion and Recommendations

This study concludes that effective coping among IDPs in Borno State is driven by a blend of external assistance and internal resilience. Material support such as food, healthcare, and economic tools (capital and training) significantly enhances adaptive capacity. At the same time, social cohesion and inclusive practices play critical roles in promoting psychological and emotional stability. However,

structural challenges like discrimination and limited employment opportunities continue to undermine long-term recovery efforts. Based on the findings, the following recommendations were suggested for implementation

- i. The findings suggest that humanitarian and development actors must adopt a more holistic approach to displacement recovery one that integrates psychosocial support, livelihood empowerment, anti-discrimination policies, and community engagement.
- ii. Policy frameworks should be designed to sustain coping mechanisms beyond emergency response phases, ensuring that displaced populations are not only surviving but also rebuilding their lives with dignity and agency.
- iii. Future research should further explore the sustainability of these coping strategies over time and examine institutional bottlenecks that impede IDPs' access to support systems.

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