

The Impact of Cyclone Freddy on Malawian Communities: Examining Truth, Resilience, Hope, Recovery for Victims and Recommendations

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Abstract:- This paper examines the cyclone-prone region of Malawi and the impacts of Cyclone Freddy, a particularly devastating storm. It looks at how hope and resilience messages, as well as materials, are given to victims and how these can help them cope with the aftermath of the storm. The paper also looks at theories of resilience and the implications of these theories for the victims of natural disasters. Finally, the paper offers recommendations for how the government and other organizations can better prepare for and respond to future natural disasters. One key element of successful resilience messages is to focus on positive outcomes and emphasize the strength of the community. This is important as it helps to provide a sense of hope and optimism to victims who may feel overwhelmed and helpless in the aftermath of the disaster. Additionally, providing materials such as water, food, and shelter can help to ensure that victims have the basic needs to survive and feel supported. Focusing on positive outcomes and emphasizing the strength of the community helps to remind people that they are not alone in their suffering and that they have access to resources and support to help them cope. Providing basic needs helps to ensure that victims have the resources to survive and rebuild their lives. To better prepare for and respond to future cyclone events, the paper recommends investing in early warning systems, strengthening community resilience, and increasing access to resources for affected populations. The paper argues that investing in early warning systems will help to provide more accurate and timely alerts to communities in the path of the cyclone, while strengthening community resilience will enable them to better manage the impacts of the cyclone. Increasing access to resources will also help to ensure that affected populations are able to rebuild their lives and communities in the aftermath of the cyclone. However, more needs to be done to ensure that early warning systems are effective and accessible to all communities. Investment in better human and material resources can also improve our preparedness.

Keywords:- “Cyclone Freddy,” “Resilience,” “Material Support,” “Landslides.”

I. INTRODUCTION

Malawi is a country located in southeastern Africa, bordered by Mozambique, Tanzania, and Zambia. The country has been affected by severe weather events such as cyclones. In this paper, I take a closer look at the impacts of the cyclone Freddy in Malawi and the resilience and hope messages given to the victims. I also discuss the materials provided to victims to help them cope with the aftermath of the cyclone, and make recommendations on how to better prepare for and respond to future cyclone events in the region. The cyclone caused extensive damage to infrastructure, crops, and livestock, resulting in death of people, displacement of large numbers of people and disruption of their livelihoods. It heavily affected the southern region of Malawi. The government and international organizations have responded with relief efforts, providing relief items to affected communities and providing psychosocial support to victims.

It is also hoped that the findings from this paper will inform future disaster preparedness and response strategies and help to improve the effectiveness of relief efforts. It is believed that by better understanding the experiences of those affected by the disaster, more effective disaster preparedness strategies can be developed to ensure that those affected are better supported and their resilience and hope can be more effectively fostered. The findings from this paper can also provide valuable guidance in the development of new approaches to disaster response and relief efforts in order to ensure that they are more effective.

II. MALAWI VERSUS CYCLONES

Malawi is a landlocked country located in southeastern Africa, bordered by Zambia to the northwest, Tanzania to the northeast, and Mozambique to the east, south and west (UNDESA, 2020). It is in the Great Rift Valley of Africa and has a tropical climate with two rainy seasons. According to the World Meteorological Organization (n.d). Malawi has an average annual temperature of 25.6 °C (78 °F). The two rainy seasons are known as the "long rains" from November to April and the "short rains" from May to October. The country also experiences a dry season from July to October

Malawi is located in Sub-Saharan Africa, an area which is particularly vulnerable to the effects of climate change. The country is prone to floods, droughts and cyclones, making it difficult for its citizens to access the resources they need to thrive (UNICEF, 2020). Additionally, Malawi is one of the poorest countries in the world, with a high rate of poverty and a lack of infrastructure. The World Bank (2018) reported that 80% of the population of Malawi lives in poverty. The World Food Programme also reported that the country has one of the highest levels of hunger in the world. UNICEF estimates that one in three children in Malawi is malnourished. In addition, the average life expectancy in Malawi is only 59 years, according to the World Bank. Rates of infant mortality are also among the highest in the world.

Cyclones are formed when a low-pressure area forms over warm ocean waters. As the warm air rises, it creates a swirling vortex of cloud and rain. In other ways, cyclones are formed when warm, humid air is drawn into an area of low pressure, then rises and begins to rotate. The rotation causes the air to spiral inwards and form the cyclone. The rotation is caused by the Coriolis effect, which is the result of the Earth's rotation. As the warm humid air rises, it forms clouds and thunderstorms. This concept is known as the "cyclone model" and was first proposed by meteorologist Alfred Wegener in 1912. Wegener's hypothesis was later confirmed by Bernhard Haurwitz in the 1930s. Wegener argued that the rising air in the center of the cyclone is caused by the low-pressure area, and that the spinning motion of the air is caused by the Coriolis effect. Haurwitz further refined this concept by proposing that the wind in the cyclone has two components: a converging flow towards the center and a diverging flow away from the center. He also suggested that the size of the cyclone is determined by the amount of moisture in the air. The moisture content and the size of the cyclone are related, as a larger cyclone can hold more moisture and thus become more intense. This was the basis of Wegener and Haurwitz's theory of cyclone formation.

Malawi as located in the south-eastern part of Africa, near the Indian Ocean makes it vulnerable to cyclones that form in the Indian Ocean due to its warm temperatures, high humidity and low pressure. The warm waters of the Indian Ocean also provide the necessary energy for the cyclones to form and grow. Additionally, the geography of Malawi is such that it makes it a target for cyclones coming in from the Indian Ocean. The country is surrounded by Mozambique to the east and Tanzania to the north, both of which have coastlines that face the Indian Ocean. This puts Malawi in the direct path of cyclones that form in the Indian Ocean. The geography of Malawi puts it in the direct path of these cyclones, meaning they have nowhere to go but over Malawi. This puts the country in a particularly vulnerable position to be hit by cyclones coming in from the Indian Ocean (World Meteorological Organization, n.d.).

According to World Meteorological Organization (n.d.) different cyclones are named by different meteorological organizations around the world as a way to identify and track them. The names are usually assigned in alphabetical order and are chosen based on cultural relevance and historical significance. This helps to ensure that different organizations are able to easily identify and track the same storm, even if they have different naming conventions. It also helps to ensure that the names chosen are culturally appropriate and are not offensive to any particular group of people. The names are also chosen to honor individuals who have made significant contributions to hurricane research and forecasting. In addition, the names are selected to reflect the diversity of the regions affected by these storms. The World Meteorological Organization is responsible for assigning the names to tropical cyclones. These names are then used by meteorologists, governments, and the media when referring to these storms.

Cyclone Freddy is one of the deadliest and most destructive cyclones to have ever hit Malawi. It caused extensive damage to infrastructure, crops and homes, and resulted in the deaths of dozens of people from 17 to 27 March, 2023. It was one of the most devastating natural disasters to have ever hit the country. The cyclone brought strong winds and torrential rains, leading to widespread flooding and destruction. More than 500 people were found dead and about 550 people were missing. The damage was estimated to be in the millions, with over 500,000 people affected and thousands of homes destroyed. Aid was sent from the international community to help the victims of the disaster. As the cyclone moved, it created strong winds, uprooting trees and destroying power lines and other infrastructure. The heavy rains caused flooding in many areas, and the unusually high tide meant that the flooding was even more severe than usual. The cost of the damage and the need for long-term aid drove the international community to respond with aid and support for the victims.

III. LANDSLIDES VERSUS CYCLONES

According to United States Geological Survey (USGS) (2019) landslide is a geological phenomenon that occurs when a mass of rock, earth, or debris moves down a slope due to gravity. Landslides are caused by a combination of factors such as steep slopes, heavy rainfall, changes in the water table, and seismic activity. These factors can cause the soil and rocks to become unstable, leading to a landslide (USGS, 2019). When the soil and rocks become unstable, the weight of the material can cause the slope to become weaker and eventually collapse. Rainfall can saturate the soil, making it more prone to sliding, while changes in the water table can cause the soil to become more compacted, making it more likely to slide. Seismic activity can cause cracks in the bedrock, which can further destabilize the slope and lead to a landslide (USGS, 2019).

Cyclones can cause landslides due to the large amounts of rainfall they bring. The heavy rainfall can cause the soil to become saturated, leading to landslides due to the increased pressure and weight of the water. Additionally, the strong winds from cyclones can cause trees to topple, which can also cause landslides. The combination of heavy rainfall and strong winds can lead to unstable conditions, which can cause the soil to become loose and slide down a hill or embankment (USGS, 2019). These landslides can cause considerable damage to roads and buildings in the affected areas.

According to USGS (2019) landslides are most likely to occur in areas of steep slopes, such as hills and mountains, and in areas of loose, saturated soil. Areas that have been recently deforested or disturbed by construction activities are also prone to landslides due to weakened soil stability. This is because deforested areas are more prone to erosion, which can lead to the destabilization of soil, making it more susceptible to landslides. Additionally, when deforestation and construction activities occur, they often remove vegetation that would help to hold soil in place, making the soil more prone to sliding.

Cyclones and landslides are not living things (USGS 2019). **They are not big snakes or works of supernatural power as believed by some Africans.** They are natural phenomena caused by a variety of environmental factors, such as changes in air pressure or the movement of tectonic plates. These phenomena are often caused by changes in the atmosphere, such as high winds, heavy rain, and extreme heat. They can also be triggered by an increase in the water table, which can cause soil erosion or the displacement of large masses of earth. They are often impossible to predict and can cause catastrophic damage to people, property, and the environment. In many cases, the damage caused by these natural disasters is irreversible, making them a significant threat to communities all over the world.

The messages referred to the Cyclone Freddy were spread as this cyclone was a person or living thing, such as saying that the cyclone was "heading towards" Malawi or that it was "about to strike," or that "it has gone back to Indian Ocean to take another strength." This personification made the cyclone seem more real, giving it an intentional motive and making it seem like it was actively trying to cause destruction. This personification of the cyclone made it seem more tangible, thus making it easier for people to understand and respond to the warnings. It also increased the sense of urgency and created a feeling of fear, which likely contributed to people taking the warnings seriously and taking the necessary precautions. However, the personification led to many misconceptions about the cyclone among some Malawians.

IV. PRE-CYCLONE FREDDY MESSAGES

United Nations Office for Disaster Risk Reduction (UNDRR) and the Federal Emergency Management Agency (FEMA) (2020) advocate for preparing for natural disasters through the implementation of early warning systems. UNDRR and FEMA (2020) advocate for early warning systems to help people prepare for disasters and for providing aid to those affected by disasters. They emphasize the need for governments and other organizations to work together to ensure the safety and security of their citizens. They also call for increased public awareness and education about disaster risk reduction. This is important because disasters can have devastating impacts on communities and economies, and as the climate changes, disasters are becoming more frequent and severe.

The Department of Meteorological in Malawi tried its best to come up with pre cyclone Freddy messages as a matter of preparation. They sent out multiple messages through radio, television and social media. This helped warn people about the impending cyclone and gave them time to prepare for it. People were able to evacuate their homes and seek shelter in safer areas. By doing this, the department was able to provide valuable information to the public in a timely manner. This allowed people to take the necessary precautions to protect themselves and their families from the incoming cyclone. The department's efforts also helped to minimize the potential damage that the cyclone could have caused. This enabled people to take the necessary safety measures to protect their lives, property, and possessions. It also allowed them to have an emergency plan in place in case of any unforeseen circumstances. Furthermore, the department's timely warning allowed people to store up food and water in case of a power outage or other emergency situation. Overall, the department's efforts enabled people to be better prepared and more resilient to the effects of the cyclone. However, not everyone was able to receive the messages in time. Some people were still caught off guard by the cyclone and suffered damage to their homes and property. Others were even injured or killed as a result. The department of Meteorological in Malawi did its best to prepare for the cyclone, but unfortunately not everyone was able to benefit from the warning messages in time.

V. DURING-CYCLONE FREDDY MESSAGES

Both UNDRR and FEMA (2020) advocate for investing in infrastructure, such as storm shelters and warning sirens, as well as developing communication systems and informing people on how to respond in the event of a disaster. This also includes providing access to disaster relief services and governments should work to ensure that vulnerable populations are protected in the event of a disaster.

The department of meteorological in Malawi used social media platforms and established community-based networks to spread awareness about the cyclone and its expected impacts. They also regularly released information about the progress of the storm, evacuation routes, and

safety measures to take. The department was able to effectively reach people in remote areas by leveraging the power of social media and utilizing existing networks of local stakeholders. They quickly disseminated important information to those who were in the path of the storm and helped to ensure that people were able to take the necessary precautions to protect themselves and their property. While the use of social media was effective in some ways, it also had its limitations. For example, some people who were without power or had spotty internet service were not able to receive updates about the storm. In addition, some people who saw the updates may not have had the means to evacuate or prepare their property. As a result, many people were unprepared and faced serious risk as the storm continued to strengthen. This demonstrates the importance of having a reliable emergency plan in place before a natural disaster occurs.

The department of Meteorological in Malawi tried its best to come up with during cyclone Freddy messages by closing all learning institutions for two weeks in the affected areas. This was done to ensure the safety of all students, staff, and faculty as the cyclone was expected to bring strong winds, heavy rains, and flooding. The closure was also necessary to ensure that the infrastructure of the learning institutions remained intact and secure during the storm. The department of meteorological had to take swift action and make a decision quickly to ensure the safety of everyone involved. All the necessary precautions were taken and the closure was successful in minimizing the damage caused by the cyclone. While the decision to close the learning institutions may have been necessary to minimize damage, it was not without its own problems. The closure meant that students missed out on valuable class time and were not able to receive the education they needed. In addition, the closure caused disruptions to the lives of employees and their families. Schools and universities are now facing the challenge of catching up and helping students get back on track. Educators are also struggling to make up for lost time while providing a quality education. As such, there is a need to assess the impact of such closures and develop a plan to mitigate any long-term effects.

VI. THE THEORY OF RESILIENCE

Resilience theory is a psychological theory that suggests that individuals have the ability to adapt and thrive in the face of stress and adversity. The Resilience theory was propounded by American psychologist and psychiatrist Norman Garmezy in the 1970s. It suggests that the presence of protective factors in a person's life can help them to cope with stressful life events and maintain mental health.

The theory has its roots in research on stress and coping, and has been expanded to encompass a wide range of topics, including mental health, physical health, and well-being. Resilience theory emphasizes individual capacity, rather than pathology, and is focused on how people can develop their capacity to cope with stress and adversity. It suggests that resilience is a process, rather than

a trait, and that it can be developed over time. Resilience theory has been widely used in clinical, educational, and organizational settings, and has been found to be effective in helping individuals develop the skills needed to cope with difficult situations. It is an important framework to consider when looking at how to support individuals through challenging times. It can help to reduce stress and anxiety, promote healthy relationships, and increase positive thinking and behavior. It also allows individuals to develop the ability to adapt in difficult situations and to better manage their emotions.

Theory of resilience posits that people have the ability to adapt and cope with difficult situations, and that they can draw on their inner strength to face challenges. This is what the study of "Hope and Resilience in the Wake of Cyclone Freddy" aimed to explore - how people in Malawi coped with the destruction caused by the cyclone and the messages and material support they received from others. The study found that people in Malawi were able to cope with the destruction caused by the cyclone due to their strong sense of hope and resilience. In addition, the support and messages received from others were found to be an important factor in helping them remain resilient. The findings suggest that having a strong sense of hope, resilience, and support from others provided Malawians with the necessary coping mechanisms to respond to the destruction caused by the cyclone. As a result, they were able to remain resilient and find ways to carry on despite the destruction.

VII. IMPACT OF CYCLONE FREDDY ON MALAWIAN COMMUNITIES

The researcher conducted a thorough analysis of the cyclone's impact on the affected communities by visiting the areas, talking to the people there, and observing the damage caused to the infrastructure. The researcher also conducted interviews with the victims to get a better understanding of the impact the cyclone had on their lives. The researcher also collected data from governmental and non-governmental organizations to assess the actual damage done by the cyclone. Finally, the researcher conducted a survey to further understand the cyclone's impact on the lives of the victims.

Cyclone Freddy caused widespread destruction of homes in Malawian communities due to strong winds, flooding, and landslides. Many homes were destroyed or damaged, and many families had to relocate to safer areas or shelters. This caused immense disruption to the lives of the affected communities. This led to a loss of livelihoods, as many people lost their jobs and had to start over. It also caused a loss of access to basic services such as education, healthcare, and water. Many people are still struggling to rebuild their lives and recover from the damage caused by Cyclone Freddy. This has not only put a strain on their finances, but also on their mental health and well-being. With the loss of their homes, many people have lost their sense of security and stability. The disruption to their lives has caused a great deal of emotional distress, especially among those who have lost loved ones in the tragedy. The

long-term effects of this disaster will be felt for many years to come.

Cyclone Freddy caused extensive damage to crops and agricultural infrastructure in Malawi, leading to a decrease in food production and an increase in food prices. This resulted in reduced access to food for many people, leading to an increase in food insecurity. Many of the subsistence farmers in the southern region of Malawi suffered significant losses to their crops, leading to a decrease in the availability of food. Additionally, the lack of infrastructure in the region meant that it was difficult for them to access other food sources, leading to increased food insecurity. This led to a decrease in the diets of those affected and an increase in malnutrition and hunger. Additionally, the lack of access to food caused a decrease in the economic security of those affected as they were unable to generate income from any crops that were lost. This further limited their ability to purchase food and further exacerbated the food insecurity crisis. This resulted in an increase in poverty, as people had limited resources to access food and to support their families. This created a cycle of poverty and hunger that has yet to be broken.

Cyclone Freddy caused significant destruction in Malawian communities, including displacement of people. Many people in the affected communities were forced to leave their homes and relocate to safer areas, leading to the displacement of large numbers of people. The flooding and destruction of homes caused by Cyclone Freddy led to displacement of populations as people had to flee to safer areas. This displacement not only caused disruption to people's lives and livelihoods, but also created a strain on the resources available in the areas to which people were relocated. This strain was often compounded by a lack of access to basic services such as health care and education. This in turn led to a decrease in quality of life for those affected by the displacement. This decrease in quality of life further exacerbated existing social and economic inequalities, and made it more difficult for those affected to access the resources they needed to rebuild their lives. This has caused long-term damage to both individuals and communities that may take generations to repair.

Cyclone Freddy caused flooding and strong winds that damaged roads, and bridges in many Malawian communities. It has also made it difficult for people to travel or find work. Flooding has caused roads and bridges to be washed away, making it difficult for people to travel or transport goods. Many people are now struggling to make ends meet.

The heavy rainfall during and after Cyclone Freddy caused flooding and water contamination, which increased the risk of water-borne diseases such as cholera, typhoid, and diarrhea. The lack of access to clean drinking water also created an ideal environment for disease-carrying mosquitoes to breed. This is because the floods and contamination created standing water that was contaminated with bacteria, viruses and parasites. When these contaminants are ingested, they can cause diseases and illnesses. Furthermore, the standing water created an

ideal environment for mosquitoes to breed as they need stagnant water to reproduce. These mosquitoes then spread diseases such as malaria and dengue fever to the local population.

Cyclone Freddy caused severe damage to buildings and infrastructure, resulting in the disruption of basic services such as water and electricity. This disruption caused a range of issues such as difficulty accessing food, lack of communication and transportation, and difficulty accessing healthcare. This has had a huge impact on the local economy, with businesses suffering due to the lack of customers and supplies. People have been forced to rebuild their homes and businesses, resulting in an increased financial burden. The long-term impacts of this natural disaster are yet to be seen. It's possible that this disaster could lead to an exodus of people from the affected area, leading to a decrease in population, further exacerbating the economic impacts. There could also be a long-term environmental impact such as land erosion and water pollution. The cost of rebuilding homes and businesses, as well as the cost of providing relief to those affected, could also be a huge financial burden.

VIII. THE MESSAGES OF HOPE AND RESILIENCE

The messages of hope given to Cyclone Freddy victims had vital impacts. These messages provided comfort and assurance to those affected, helping to mitigate the psychological effects of the disaster. On top of that, the messages also provided practical advice on how to stay safe and rebuild their lives. The messages were designed to provide a sense of connection and hope to those affected, helping to reduce their feelings of isolation and despair. They also provided information on where to find aid and assistance, as well as tips on how to cope with the traumatic experience. The messages also focused on the importance of staying connected to family and friends, as well as focusing on the positive aspects of their lives. They encouraged people to be resilient and reminded them that they are not alone in their struggles. This was an important way to help people process and cope with their trauma, as well as provide them with resources to help them move forward. It also provided them with emotional support and a sense of community, which is often a key factor in helping people recover from traumatic events.

'We can learn from this experience'

'We will never give up, we will support you'

'We are in this together'

'You are not alone and there are people who can help'

'This is a difficult time but you can get through it'

'Take comfort in the resilience of your community'

'Focus on the helping hands around you'

'Know that you are not alone'

'Stay positive and take one day at a time'

'Find strength from within'

'Remember that better days are ahead'

'Rebuild with courage'

'Face your challenges with optimism'

Most of the politicians, led by the president of the Republic of Malawi, woke up and visited victims of cyclone Freddy in their camps tirelessly. They were giving the victims materials and message of hope and resilience. This implies that the politicians are aware of the severity of the situation and are taking steps to help those affected by the cyclone. It also shows that they are taking the situation seriously and are willing to take the time to meet with the victims and understand their needs. By visiting the camps, the politicians can see first-hand the impact that the cyclone has had on the people and their communities. They can then better understand the needs of those affected and how they can best be helped. Visiting the camps also sends a message to those affected that the politicians are taking their needs seriously and are taking action to help. It provides the politicians with an opportunity to speak to the people directly and listen to their stories of suffering and resilience, allowing for a more personal understanding of the situation. It also allows them to witness the conditions of the camps, such as the lack of food, water, and medical care, so that they can better understand the scale of the crisis and what resources need to be allocated to address it. Visiting the camps allows politicians to hear directly from people affected by the crisis, which gives them a more nuanced understanding of the needs of those affected and informs their decisions on how to best to provide aid. Furthermore, it allows them to see the reality of the situation, which can help to galvanize public support for the cause.

IX. MATERIAL SUPPORT

The UN Office for Disaster Risk Reduction (2020) and the Federal Emergency Management Agency (2020) have both published reports stating that it is important to warn people of expected disasters and provide assistance to those affected. This includes both immediate help for those in need and long-term support in order to ensure that the affected communities are able to rebuild and recover. By providing immediate help to those in need, people have the chance to escape the risks associated with disasters and gain access to life-saving supplies and services. Long-term support helps to prevent further losses and can include providing relief funds, rebuilding infrastructure, and helping affected communities to become more resilient to future disasters.

The support provided to victims of Cyclone Freddy included food, clothing, shelter, medical aid, and other essential supplies. This assistance enabled victims to rebuild their lives, recover their livelihoods and regain their dignity. The assistance was instrumental in helping victims to cope with the immediate aftermath of the disaster. It enabled them to access the basic necessities of life and provided them with a sense of security. It helped them to rebuild their confidence, develop new skills and make sense of their new reality. It also helped to create a sense of hope and optimism for the future.

The Malawian government and some nations both provided material and financial support to the victims of Cyclone Freddy in Malawi. Local non-governmental organizations, such as the Red Cross, also provided aid. International donors, including the United States, the United Kingdom, and the European Union, provided additional financial aid. The Various local institutions, companies and individuals also provided aid.

The material and financial support provided to victims of Cyclone Freddy in Malawi helped to build shelters, provide food security and access to healthcare, and gave many people the hope and resilience to rebuild their lives. It also gave them the opportunity to access resources and services that otherwise would have been difficult or impossible for them to access. The support not only gave them the means to rebuild their lives, but also provided them with vital resources and services, such as access to clean water, food, and healthcare, that allowed them to be more resilient in the face of future disasters.

X. RECOMMENDATIONS

A paper by Iacovou et al. (2020) argues that researchers should provide their own recommendations based on their experience and knowledge. They state that this approach helps to better understand and interpret the results generated from the research. Therefore, the researcher provides the following recommendations:

Government or councils should create permanent emergency shelter locations in every district. This would ensure that the homeless population has a safe place to sleep, and would also provide access to resources such as food, clothing, and medical care. Having emergency shelter locations in each district would also help local authorities to respond quickly and effectively in the event of an emergency, such as a natural disaster. This would also be a way to provide more permanent solutions to homelessness.

Communities should be educated on how to identify signs of an impending cyclone using effective media and channel of communication. This will help them to be better prepared to respond to the cyclone before it arrives and they are able to take steps to minimize the damage and disruption it causes. Having access to accurate and timely information is essential in helping to protect lives and property. Knowing the location and intensity of the cyclone allows people to move to safety and begin protective measures. With early warning, people can also be more aware of the potential risks and take necessary precautions.

Authorities should deploy resources for rescuing people in advance to be better prepared for the cyclone. By deploying resources ahead of time, authorities can be better prepared to respond quickly to the cyclone and minimize the damage caused by it. This can help reduce the loss of life and property, as well as the economic burden of the disaster.

Storing emergency supplies is a crucial part of being prepared for any unexpected event. Having access to food and water can help individuals and their families survive for days or even weeks in the event of a natural disaster or other emergency. Governments should also store emergency supplies so that they can be used to help people in need in the event of a crisis. By having access to these supplies, people can have the necessary resources to stay alive and survive until help arrives, and governments can more effectively address the needs of those affected by a disaster. Additionally, governments can also use emergency supplies to provide food and shelter to those who have been displaced from their homes.

Government should establish a special ministry for disaster management and train a good number of well-trained rescue team in preparation for cyclones. A ministry for disaster management would be able to focus resources and expertise on preparing for and responding to disasters. This would help to reduce the loss of lives and property that often occurs during disasters. Additionally, having an established and well-trained rescue team would be invaluable in providing relief in the event of a disaster. This could help to reduce the economic and social impacts of disasters, as well as helping to provide psychological support to those affected.

People should be educated on the fact that cyclones and landslides are not living things or works of supernatural power, but rather are natural phenomena that can cause destruction and devastation. It is essential that they be made aware of this in order to protect themselves and their families from potential harm.

Academicians must be involved in researching and conducting awareness campaigns to educate the people in cyclone prone areas about the importance of early preparation and disaster management. They must also work with local authorities to develop and implement strategies to reduce the risk of cyclone-related casualties and damages, such as developing early warning systems, evacuation plans, and emergency shelters.

There is a need to introduce subjects and courses in disaster response and management in all levels of education. Educating students about disaster response and management can give them the skills and knowledge to respond quickly and effectively to natural disasters. By introducing these subjects in schools, students will become better prepared to respond when disasters occur and help reduce the impact of such events.

There is a need to apply the ideas of the theory of Appreciative Inquiry soon after disaster response management every year. Appreciative Inquiry is an approach to organizational change that focuses on the positive aspects of an organization, rather than looking at what needs to be improved. It encourages organizations to reflect on their strengths, successes, and values, and use those as a starting point for creating a more positive future. Appreciative Inquiry emphasizes the importance of developing a shared vision and working together

collaboratively. It also encourages an attitude of creativity, innovation, and celebration of success.

XI. CONCLUSION

In conclusion, Cyclone Freddy in Malawi has had devastating impacts on the lives of those in its path. Despite the destruction and loss, there is still hope and resilience in the people, who have shown immense strength and courage in the face of adversity. Various materials have been provided to victims of the cyclones, but more support is needed to help them rebuild their lives and communities. It is therefore recommended that the government and other stakeholders provide more support to those affected by this natural disaster. This support can come in the form of financial aid, food and other essential supplies, and housing. It is also important to provide psychological support to those affected by the disasters, in order to help them cope with the trauma and stress they have experienced. Additionally, programs to help rebuild homes, businesses, and infrastructure should be put in place to ensure that those affected can get back on their feet. This paper has highlighted the recommendations to better prepare Malawi for future cyclones.

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