

## **ABSTRACT**

Natural disasters are a very significant phenomenon in the contemporary world. Due to unavoidable nature of occurring natural disasters, the coping mechanisms in natural disasters are very important to cope with the consequences or impacts of those disasters. Disaster resilience or 'bring back better' is an important concept. Coping mechanisms which include preparedness, mitigation, response and recovery elements play a vital role in disaster resilience. The weaknesses or lack of effectiveness of coping mechanisms are quite common when dealing with natural disasters. In fact, weaknesses of coping mechanisms affect badly for the disaster resilience process.

During past few years, especially after the 2004 Indian Ocean Tsunami, the authorities of Sri Lanka have taken significant measures to build up and implement comprehensive Disaster Risk Reduction (DRR) processes and procedures to cope with the impacts of natural disasters. As a result in the year 2005, Disaster Management Act, National Council for Disaster management, Ministry of Disaster Management and Disaster Management Center were established to legally deal with all types of disasters in collaboration with responsible organizations in Sri Lanka.

As we know, Sri Lanka also now frequently vulnerable for natural disasters. Out of all natural disasters occurred during the recent past, flood is one of the major types of natural disaster. During the period of 1974 to 2004 and even the last two years, 2016 and 2017, floods caused considerable loss of human lives and damages or destruction of properties. Therefore, resilience in a natural disaster is very important to the victims as well as whole nation of a country. As such, researcher was interested in conducting a research project on the topic of "Resilience of a Nation to Face a Natural Disaster: The effectiveness of Coping Mechanisms in Sri Lanka with Special Reference to Monsoonal Flood in the Polonnaruwa District."

The research problem highlighted that how the effectiveness of coping mechanisms lead in achieving resilience for flood victims or flood vulnerable people in the Polonnaruwa district. In this research study, the objective is to find weaknesses or lack of coping mechanisms which affect to resilience in a flood disaster in the Polonnaruwa district.