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Research Article

The Integrated Dynamic Self-Sufficiency (IDSS) Framework: A Literature-Informed Conceptual Model for Sustainable Community Development

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ABSTRACT

Often, interventions to build community development fail to achieve durable self-sufficiency because support is fragmented or withdrawn before local capacities have been stabilized. In this paper we present the Integrated Dynamic Self-Sufficiency (IDSS) Framework. This model was developed using reflective conceptual reasoning and then examined and refined through an integrative, interdisciplinary review. The preliminary model organized self-sufficiency around five interrelated elements: Purpose, Mindset, Competence, Resources, and Connection. We drew on literature from community development, resilience studies, psychology, education, sustainable development and systems thinking to illuminate the elements, evaluate their conceptual fit and refine the dynamic relationships of the model. In the framework, the elements move toward or away from a central state of self-sufficiency, and the strength of their connections represent the degree of integration and stability. The model identifies two possible ways it could fail: either it only addresses a subset of the elements, or it removes external support before sufficient convergence has occurred. It thus promotes a phased intervention logic where support is modulated to local capacity and scaled down responsibly as self-sufficiency is built. As a literature-informed conceptual model, the IDSS Framework offers testable propositions and potential applications in education, disaster relief, social services, and work with marginalized communities.

Keywords: *Community Development, Integrated Dynamic Self-sufficiency Framework, Intervention Strategy, Mindset, Purpose, Resilience, Self-Sufficiency*

Introduction

Ultimately, community development is reliant on a community's ability to be self-sufficient and to solve problems (Ford, 2019). Self-sufficiency is defined in this study as the ability

of individuals and communities to meet their own needs, solve their own problems and participate in decisions that affect their lives and resources. (Skhosana & Nel, 2024). Many well-intentioned initiatives have been

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launched, but some communities still rely on outside assistance or return to their old problems, when interventions are developed from the top down, with little regard for local knowledge, participation, trust and shared decision-making. These approaches may limit the development of local capacities, structures and support networks needed to sustain progress when external support is reduced (Skhosana & Nel, 2024; Walters et al., 2023). This failure is symptomatic of a more general conceptual error. Interventions tend to address specific needs in isolation without clarifying how the conditions for self-sufficiency arise, interact and stabilise over time.

This requires an interdisciplinary synthesis at this juncture, since self-sufficiency is dependent upon interrelated psychological, educational, social, institutional and material conditions which cannot be adequately explained by one discipline alone. Psychology and education shed light on purpose, mindset, learning, and competence; community development and sustainability scholarship shed light on participation, resource access, institutional support, and local ownership; and resilience studies and systems thinking shed light on adaptation, interdependence, and change over time. Recent scholarship increasingly emphasizes integrated and multisystem approaches that can link these levels rather than viewing them as separate determinants (Jia, 2025; Masten, 2021; Pi Ferrer et al., 2025). Such a synthesis is thus well positioned to move beyond piecemeal, single-sector explanations and to construct a coherent account of how multiple capacities need to be in place before external assistance can be responsibly reduced.

This gap is filled in this current study by proposing the Integrated Dynamic Self-Sufficiency (IDSS) Framework. These interdisciplinary views are integrated into a unified architecture of five interdependent elements – Purpose, Mindset, Competence, Resources and Connection – and self-sufficiency is conceptualized as a dynamic continuum that is driven by the development and alignment of these elements over time. The framework connects community agency with motivational, capability-based, material, relational and structural conditions. It offers a systems perspective on how communities can build the skills they need

to cut their dependence on outside help. This is consistent with multisystem perspectives that view resilience as functioning in a coordinated manner across interrelated levels of social life (Masten, 2021; Pi Ferrer et al., 2025).

The framework outlines two possible failure points that can impede development efforts. The first is a series of isolated interventions, focusing on one or two elements in isolation without regard to their interdependence, and thus producing partial or short-term gains. The second is the early withdrawal of outside support before the elements have had time to develop sufficient capacity, alignment and cohesion. Where communities have limited adaptive capacity or support networks are fragile, continued support may be required to maintain progress. This is consistent with evidence that sustainable development requires long-term commitment, trust building, capacity development and integration of interventions in community systems (Skhosana & Nel, 2024; Tjale et al., 2024; Walters et al., 2023).

The self-sufficiency framework proposes a staged approach to intervention to minimise these risks. The range and duration of the support are different depending on the proximity and the power of the link of each element with the center. This is in line with implementation and community engagement principles that interventions should be responsive to local readiness, capacity, leadership structures and contextual conditions through staged implementation processes (Hess & Davis, 2023). Early interventions need to be intense and holistic, pulling all five elements inward. Once convergence is achieved support may be scaled back to lighter forms such as mentoring, monitoring and empowerment until the community is stabilised. This is consistent with current intervention strategies in which the level and form of support are adapted to the needs of the participants, the contextual factors and the complexity of the intervention environment (Viswanathan et al., 2024).

The proposed model is designed to offer a flexible, holistic approach to intervention planning that is responsive to changing community capacity. Conceptually it is consistent with systems approaches to sustainable development (Harwood, 2019) with its focus on dynamic relationships, feedback and long-term

transformation. The IDSS Framework therefore offers a systems-informed, lived experience-sensitive, literature-informed proposition about self-sufficiency that is open to further empirical investigation and refinement.

Material and Methods

The conceptual framework development approach was literature-informed and was supported by an integrative, concept-driven review. The process started with a reflective conceptualization of the persistent challenges in community development, in particular, fragmented interventions and premature withdrawal of external support. This initial insight produced a preliminary architecture of five interacting elements around a core state of self-sufficiency. The preliminary framework was not considered a result produced only through the literature review. Instead, relevant literature in community development, resilience studies, psychology, education, sustainable development, and systems thinking was purposively reviewed in order to clarify the constructs, assess their conceptual fit, identify complementary theoretical perspectives, challenge initial assumptions, and refine the posited relationships. The literature was organized around the five preliminary elements - Purpose, Mindset, Competence, Resources, and Connection - and the two proposed intervention failure points through iterative comparison.

Because the review was integrative and concept-driven rather than systematic or exhaustive, literature was selected purposively according to its conceptual relevance to the preliminary framework. A source was retained when it met at least one of the following criteria: (a) clarified the definition or boundaries of Purpose, Mindset, Competence, Resources, or Connection; (b) explained relationships among individual, relational/community, and structural/institutional conditions; (c) addressed resilience, adaptation, systems interdependence, sustainable capacity development, or community agency; (d) informed the readiness, intensity, duration, or responsible withdrawal of external support; or (e) presented a complementary or contrasting perspective capable of challenging the preliminary model. Sources were set aside when the focal concepts were

mentioned only incidentally, when their findings had no discernible bearing on self-sufficiency or intervention dynamics, or when they duplicated an already represented contribution without adding a distinct conceptual insight. No study was excluded solely because it arose from a different disciplinary or applied context, since cross-field comparison was central to the review.

The conceptual mapping process involved four steps. First, each retained source was examined for its principal construct, level of analysis—individual, relational/community, or structural/institutional—and relevance to the preliminary model. Second, relevant claims were mapped to one or more of the five elements or to the two proposed intervention failure points. Third, each contribution was classified according to its role in the framework: construct clarification, explanation of dynamic relationships, intervention implication, or identification of a boundary or limitation. Fourth, convergent, complementary, and conflicting claims across disciplines were compared. The resulting conceptual map was then used to refine the definitions of the elements, clarify their proposed interactions, and strengthen the staged logic governing the continuation or gradual withdrawal of external support. This process constituted conceptual synthesis rather than quality scoring, meta-analysis, or empirical validation.

Model Development

Framework development followed an iterative movement between the preliminary conceptual model and the interdisciplinary literature. First, recurring practical concerns in community development informed an initial representation of self-sufficiency as a dynamic center surrounded by five interacting elements. Second, literature relevant to each element, to systems resilience, and to phased intervention was compared with the initial propositions. Third, the definitions, visual relationships, intervention logic, and limitations of the model were refined in light of that comparison. Thus, the framework was not presented as having emerged inductively from the literature alone; the literature was used to interrogate, situate, and strengthen an original conceptual insight.

The resulting model organizes the interdisciplinary synthesis into a dynamic representation of self-sufficiency and supports the formulation of context-sensitive propositions.

The proposed Integrated Dynamic Self-Sufficiency (IDSS) Framework (see Figure 1) considers self-sufficiency as a dynamic and developing capability and not a one-dimensional end-state. Resilience refers to one's capacity to adapt and flourish, even with greater dependence on external assistance (Saulnier & Klaiman, 2024). In this sense the framework does not restrict itself to a simple dichotomy of dependence-independence, but argues that self-sufficiency is a function of the interaction of internal motivation and ability, relational conditions and structural circumstances that can change over time.

The framework recognizes five interrelated elements of self-sufficient systems: Purpose, Mindset, Competence, Resources and Connection. These elements are represented as orbiting components, which can move closer to or further from the central objective. The distance between them indicates the proposed level of developmental alignment and the thickness or style of the directional arrows indicates the proposed strength and stability of their relationships.

Purpose gives direction and drive. It means here personal and collective identity, values and hopes, in the long term. It is the base for continued involvement and search for meaning. High levels of purpose have been associated with higher levels of resilience, goal pursuit, and psychological well-being (Burrow et al., 2021). Purpose gives people a guide, a beacon, so they don't feel at the mercy of the unknown, but are able to get past the fear and move forward in the face of doubt, and not just be reactive. It is also a driver of action-value alignment that helps inside to create quality life, that means supporting the intrinsic motivation and happiness. Also, purpose is the reason people go beyond instant gratification and pursue goals that expand themselves and others. This focus on the long term is good for the private as well as the common good, a more committed, connected society where we do things together, and for the future. A strong sense of purpose can help individuals and

communities to live more meaningful and resilient lives.

The attitude is the manner of confronting the obstacles, the failures and the chances for development of the persons and groups. A growth mindset leads to adaptability, resilience and learning. The way we think determines how we see the challenges, the obstacles, and the opportunities for growth that we face in our lives and in our society. A growth mindset (Burnette et al., 2023) may encourage flexibility, learning, and emotional resilience in uncertain or negative situations. People with a growth mindset are more likely to see challenges as opportunities to grow, and are more likely to persist in the face of setbacks. People see change as either a threat or an opportunity to grow. Growth-minded people view challenges as opportunities for learning. But the fear of failure alone can be enough to stop some from attempting to do things in the first place. Such an attitude develops a life-long attitude of learning and a willingness to give and receive constructive criticism that benefits both the individual and the group. Finally, a growth mindset reduces the emotional pain of failure by viewing it as a temporary, solvable problem. Working collaboratively, communities can cultivate a growth mindset that promotes new collaboration, innovation, and collective problem solving. There are some types of thinking that have some types of thinking attached to them that have emotional well-being as they teach people how to take control and make their own lives no matter what trials and tribulations, they face.

Competency is a blend of ability, technical skill and flexibility. This covers the knowledge, problem solving skills and self-regulation strategies for independence and competence in different domains of life. Competence is important for effectiveness and success of individuals in goal pursuit (Wolters & Brady, 2020; Vacca et al., 2025). But competence is not only having skills, but the flexible use of skills in new situations which individuals are required to solve successfully. It builds resilience. It gives people the tools to be able to deal with disappointment and to be able to adapt when they need. Competence also increases self-efficacy, which in turn increases the motivation to persevere in

the face of challenges. Competence is also a social currency, in that competent people can take on roles and responsibilities in specific contexts to influence and make significant contributions. Finally capacity building is a base to develop oneself and function well and stay in different tasks of life.

Resources are the material, informational, and institutional supports that enable action. There are impediments to progress. These are: Capital, Infrastructure, Education and Policy environment to support development. Within a context of scarce resources, the strategic use and activation of such resources are more instrumental to survival and thriving (Wahbeh et al., 2022). Smart use of resources is not only about having them, but knowing how to manage the use of these supports to obtain the greatest return and avoid misuse. Secondly, timely and accurate information can help to improve consumption habits and behavior at the individual and community level. Good governance, enabling legal frameworks, as well as other institutional capacities also promote innovation and fair development. Resilience and

sustainability in the long term, at a collective and individual level, often comes down to the balance of different kinds of resources. Hence, the ability to diversify resources will be important to have a positive and sustainable impact on development.

Connection results in culture and culture adjustment, trust, belonging, cooperation and shared identity in networks and communities. Strong connections, interacting with each other, sharing ideas and acting together improve resilience (Wang et al., 2025). Intimacy gives a feeling of security and well-being which is so necessary when people are under stress and in trouble. Connection also allows us to combine different perspectives and resources to find more innovative and effective solutions to problems. Socially cohesive groups are more likely to participate in collective activities that foster recovery and community vitality. Connection is, in the end, the web that provides the infrastructure not only for an individual but for the kind of collective strength that enables us to continue to navigate in complex situations and makes our sustainability possible.

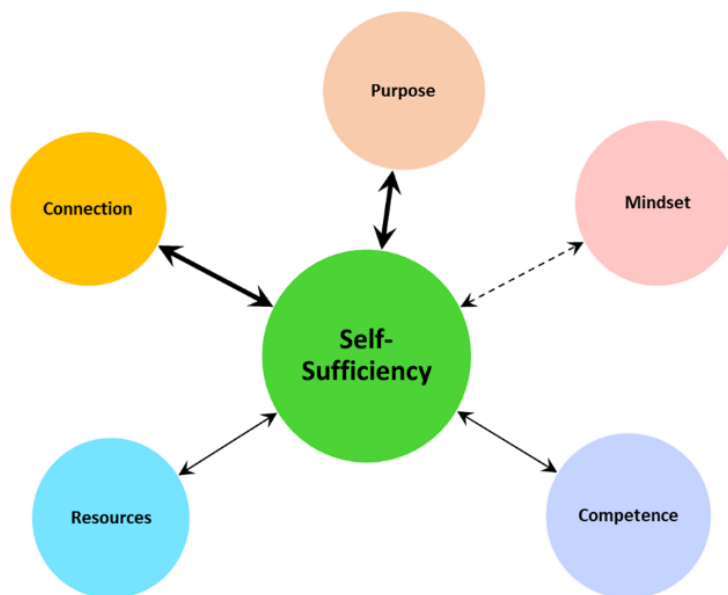


Figure 1. Integrated Dynamic Self-Sufficiency (IDSS) Framework

The five proposed elements together make up a dynamic system rather than a fixed one. Movement toward the center indicates greater integration and self-sufficiency, and movement away from the center indicates imbalance, vulnerability, or decreasing capacity. Purpose,

mindset, competence, resources and connection are interdependent and the IDSS Framework assumes that a weakness in one of the elements may limit the functioning of the others. Thus, the framework provides a nuanced lens for examining developmental trajectories and

the proposed interaction of the five elements over time.

In this framework, an intervention can fail in two possible points. The first is partial engagement where an intervention targets one or two elements and does not reinforce the system more broadly. Second, the premature withdrawal of external support before the elements have adequately matured in capacity and alignment to sustain the momentum. These recommendations are based on a phased response which begins with full support, facilitation, mentoring and monitoring and capacity building as local capacities become increasingly embedded. This is consistent with resilience perspectives that highlight the importance of adaptive capacity, social capital, community competence, and systems' ability to function under altered conditions (Zhai & Lee, 2024).

The framework also uses two visual dynamics to illustrate nonlinear development. The double-headed arrows indicate that each element can move toward or away from self-sufficiency depending on internal and external conditions. The thickness and the style of the arrows represent the suggested strength and stability of the association. Thick arrows

denote strong integration, thin arrows denote weak integration, and dashed arrows denote instability. These visual features provide qualitative representations of possible progress, regression, and imbalance; they are not numerical scales or decision thresholds. The framework, to be validated in the future, could be a conceptual map for adjusting the timing and intensity of support.

Model Presentation

The proposed Integrated Dynamic Self-Sufficiency (IDSS) Framework defines self-sufficiency as a dynamic system of five interlinked elements: Purpose, Mindset, Competence, Resources and Connection. The elements are represented as circles that can move towards or away from a common center. This center is Self-Sufficiency. Closer to the center means more alignment and internally sustained capacity. In the model, when all five elements of the model converge with the central circle, it indicates an ideal state of integrated self-sufficiency (see Figure 2). It functions as an aspirational reference point for interpreting alignment rather than as a fixed or permanently attainable end state.



Figure 2. The system achieves a state of fullness, symbolizing complete self-sufficiency

These design choices are, in principle, consistent with the literature on visual metaphor and spatial representation. The visual metaphor in the representation of complex relationships can be a useful tool (Ventelon et al., 2023). Autonomy and cohesion are abstract

concepts, but they can be represented by spatial representations of movement, of closeness and convergence, of the general human tendency to interpret abstract ideas through concrete spatial experiences (Feist & Duffy, 2023).

In this way, frameworks that describe community resilience frequently incorporate interconnected components to emphasize the dynamic interconnections among systems that contribute to resilience, preparedness and adaptive capacity (Walpole et al., 2021). Domlyn and Wandersman (2019) give another example of readiness, capacity, and motivation as moving toward a developmental goal. These sources are used as theoretical comparators to support and elaborate the conceptual logic of the design of the IDSS.

First, a possible weakness is when an intervention is based on one or two aspects of self-sufficiency and does not take into account the broader, multi-dimensional nature of self-sufficiency. Material assistance such as food or shelter may meet immediate needs for resources, but does not necessarily nurture a person's sense of purpose, mindset, abilities or social connections. Research has also suggested that the simple availability of resources may have limited outcomes unless there are also psychosocial and relational supports. Social support is important in increasing well-being and resilience by reducing perceived stress and increasing people's ability to cope with difficulties (Acoba, 2024). The same can occur in community development, where financial or economic assistance is provided without the development of local leadership and social relationships. The IDSS Framework therefore posits that sustainable progress is more likely when its five elements are addressed and reinforced together.

The second failure mode proposed is the premature withdrawal of intervention before local capacity is sufficiently established. In this situation a community may not be able to maintain previous gains and may revert to a previous state of dependency. For instance, studies about preterm infants' care indicate that discharge without sufficient parental education and support during follow-up may lead to problems in development and relationships (Shaw et al., 2023). Similarly, community efforts can lose momentum when responsibility is handed over before local systems are ready to take it on. This analogy lends conceptual support to the proposed mode of failure but does not, in and of itself, demonstrate that the same causal process is at work in every community context.

The framework thus suggests a phased approach to intervention. Where the elements are distant from the centre the support may be intensive, comprehensive and co-ordinated. The more the elements are aligned, the more external support might shift from delivering directly to facilitating, mentoring, monitoring and ultimately to local autonomy. This process conceptually corresponds to the community empowerment programs that adopt a phased approach, starting with raising awareness and capacity building and moving towards collaborative decision-making, local ownership, and empowerment (Dushkova & Ivlieva, 2024). Likewise, Trickett and Birman (2016) suggest that self-sufficiency is more sustainable when it is based on local empowerment rather than on goals imposed from outside.

The self-sufficiency movement offers a visual and conceptual tool for identifying imbalance, planning interventions, evaluating preparedness for independence, and an illustration of the fluidity of self-sufficiency. The conceptual metaphor may also be used by individuals and communities in non-leisure contexts to link internal and external motives for the promotion of agency, engagement, wellbeing and ongoing development (Neufeld & Rigby, 2024). The original metaphor is used in other theoretical approaches to describe the movement toward healthier, more autonomous life. The metaphor has been used in other theoretical approaches which exemplify the movement to a healthy and autonomous life.

Visual frameworks and readiness assessments are increasingly used in community interventions to organize information about strengths, needs, capacities, and levels of engagement, thereby supporting stakeholder dialogue and intervention planning (Stover et al., 2024). For example, the Community Readiness Model looks at multiple dimensions of a community's capacity and willingness to change and uses this assessment to plan the intervention (Jarpe-Ratner et al., 2013). These types of approaches illustrate the utility of a multidimensional framework for structuring information in a manner that promotes discussion among stakeholders and highlights areas needing additional support. The IDSS Framework extends this general logic with its five elements and dynamic spatial metaphor but the

diagnostic accuracy and decision thresholds are yet to be determined.

Other fields such as education, health and technology also use similar visual frameworks, as conditions change and thus constant monitoring and adaptation is required (Zhang et al., 2024). This body of literature provides a conceptualization of proximity, movement, and connection strength to capture developmental change and to structure stakeholder discussion. These visual cues can therefore be used as qualitative prompts in the IDSS Framework, to identify emerging strengths, imbalances and areas where support may need to be maintained or modified.

Discussion

The Integrated Dynamic Self-Sufficiency (IDSS) Framework proposes a re-framing of the way individuals and communities might move towards sustainable self-sufficiency. The framework doesn't see self-sufficiency as a binary, yes/no thing. It's viewed as a continuum, influenced by the interaction of Purpose, Mindset, Competence, Resources, and Connection. These elements are viewed as fluid rather than fixed and their closeness and strength of relationship is viewed to change as communities face uncertainty, scarcity and transition. The model's emphasis on convergence, cohesion, and feedback aligns with the resilience literature that characterizes complex systems as adaptive and mutually influencing (Masten, 2021).

The aim of this framework is to produce a simple visual model incorporating the structural, social and psychological aspects of self-sufficiency. This is consistent with the emerging notion of sustainability and resilience as emergent properties resulting from the interplay between human behavior, cultural context, macro systems, and institutions (Jia, 2025). The framework addresses a conceptual gap in existing models, which tend to conceptualise self-sufficiency as individual traits (Mahoney et al., 2021) or material resources and economic independence, paying less attention to the interplay of institutional conditions, social relationships and mindset (Glennie et al., 2024). The visual may be helpful to academics, practitioners and policy makers to consider

how interventions at the level of the person, community and institution might be integrated.

Regression is reflected in the back-and-forth movement of the elements and change of the strength of their links. The characteristic is a sense of resilience that is not linear in its development, but also multi-directional and dynamic. Individuals and communities can go forward, backward, and forward again (Clark, 2021). Finally, the model allows for a more flexible explanation of resilience where linear development is not possible or guaranteed. Adaptation often results from non-linear and dynamic processes, including progress, regress and changing trajectories over time (Hill et al., 2025). The IDSS Framework models feedback loops and the interplay between internal capabilities and external conditions, moving from static states to dynamic processes of change and adaptation.

The IDSS framework is a planning heuristic that accounts for all five elements simultaneously, with temporary adjustments in support as integration changes. It suggests that all five elements be viewed as a whole and be supported to the level of integration. This is consistent with multi-dimensional, context sensitive approaches to enhance personal and community outcomes (Shogren et al., 2020; Dinsmore, 2017). In addition, the two points of failure proposed (participant disengagement and early withdrawal) are consistent with the intervention literature that emphasizes risks of participant disengagement and lack of support for sustained engagement and retention (Chen et al., 2024; Lavoie and Geng, 2025). Regular monitoring can help to adapt support to changing circumstances and can help to promote shared responsibility and local ownership.

The IDSS Framework is designed to facilitate consideration of community readiness for change, the balance of capacities, and the importance of strategic adjustment by community development practitioners. This intention is in line with the Community Readiness Model, which supports tailoring interventions to a community's current level of readiness (Jarpe-Ratner et al., 2013). Repeated assessment with IDSS may allow for adaptation to timing and intensity of assistance and provide motivation for stakeholders to integrate culturally relevant

perspectives. However, the framework does not yet provide empirically established indicators, weights or cutoff points. Its diagnostic performance and effects on intervention outcomes cannot be evaluated until operational measures are developed.

The framework can be applied in a multitude of contexts including education, disaster recovery and vulnerable community programs. Guo et al. (2025) noted that disaster preparedness education needs to be adapted to the needs and capacities of the local communities. Likewise, Opabola and Galasso (2023) stress the need to involve community members in the reconstruction of schools after disasters. The IDSS components of competence, resources and connection may be of particular relevance to communities where external support is limited, delayed or uncertain. A strengths-based approach also allows communities to mobilize the resources, relationships, knowledge and skills they already have (Stover et al., 2024). The emphasis of the framework on community autonomy and respect for local cultures, norms and values may result in interventions that are more appropriate and acceptable to the people concerned.

The model can also be used for designing context specific and culturally relevant interventions. Ecological and intersectional perspectives see the multiple layers of identity, lived experience, cultural legacy, and community context as impacting individual and collective outcomes (Hess et al., 2025). Ethical approaches to meaningful and sustainable intervention processes include sensitivity to belief systems, relational processes, building trust and community ownership of intervention processes (Redvers et al. 2024). The IDSS Framework mandates the engagement of the voice of community in the processes of assessment, planning, implementation of support and withdrawal. Consultation can identify culture specific barriers and facilitators, build trust and co ownership. The framework is conceptually relevant to the principles of cultural responsiveness, but the success of the uptake will depend on local involvement and evaluation in each context.

The IDSS Framework is a conceptual framework and has not been tested empirically yet. The literature reviewed in this paper provides

theoretical plausibility and clarifies constructs of the framework, but does not demonstrate that the model predicts development outcomes or improves the effectiveness of interventions. Future research should operationalize the five elements, test the empirical distinctiveness of the five elements, test the proposed relationships among the five elements, and determine whether visual indicators of proximity and connection strength can be measured reliably. Researchers and practitioners will be crucial to refine the framework working collaboratively while being mindful of context (Osher et al., 2020).

Limitations and Directions for Empirical Development

The IDSS Framework is theoretically grounded but has not yet been evaluated as a predictive or diagnostic model. Accordingly, the manuscript makes no claims regarding causality, predictive validity, diagnostic accuracy, generalizability, or intervention effectiveness. The literature clarifies the constructs and supports the coherence of their proposed relationships, but operational indicators, weights, thresholds, and measures of proximity or connection strength have not yet been established.

Empirical development can be successive. First, participatory methods and case studies can explore how communities understand the five elements and whether the two proposed failure points align with lived experience. Then, mixed method research can be used to refine concepts, develop scales, and test relationships among the elements (Zhou, 2019). Longitudinal studies can track movement, regression and the responsible withdrawal of aid over time, and comparative research on communities and sectors can shed light on the circumstances under which the framework is most appropriate.

Operationalization Roadmap

The operationalization of the IDSS Framework in the future should come in stages as a mixed method process that would help to clarify each element through interviews, focus groups, participatory workshops and scenario-based discussions with members of the community, leaders and service providers. Clarity of long term aims, congruence of goals with personal and community values, persistence

and shared direction may represent Purpose. Beliefs about capacity for change, responses to setbacks, openness to feedback, and willingness to learn and adapt may represent Mindset. These qualitative findings can be used to develop culturally appropriate survey items; those items can then be reviewed by experts and the community, and subjected to cognitive testing, pilot administration, factor analysis, reliability testing and validity assessment across different groups and settings.

Once validated, the resulting scales could form part of a mixed-method diagnostic tool that presents separate profiles for Purpose, Mindset, Competence, Resources, and Connection rather than prematurely combining them into a single score. Quantitative findings should be interpreted alongside narratives, observations, participatory assessments, and relevant community indicators to explain why particular elements are strong, weak, or unstable. Repeated assessments could examine movement and coordinated change among the elements over time, while intervention thresholds and decisions about reducing external support should be established through longitudinal evidence linking IDSS profiles with sustained community outcomes.

Conclusion

Based on the literature, the study proposed the Integrated Dynamic Self Sufficiency (IDSS) Framework as a conceptual framework for sustainable community self-sufficiency. The conceptual proposition was developed through reflective thinking and then explored, positioned and refined through an integrative review of interdisciplinary literature. Self-sufficiency for IDSS is not a static state nor a binary condition, but a dynamic system of five interdependent components: Purpose, Mindset, Competence, Resources and Connection. Their suggested movement, convergence and changing strength of connection provide a visual language for asking about integration, vulnerability and developmental change.

The framework proposes two potential intervention failure points - partial inclusion of the five elements and premature withdrawal of external support - and advances a phased intervention logic in response. These propositions

underscore the possible importance of comprehensive assistance, local capacity-building, and responsible transfer of responsibility. The framework may be relevant to education, disaster response, social services, and work with marginalized communities.

The IDSS Framework conceptualizes self-sufficiency as an ongoing process of alignment and place-based capacity that serves as a basis for research and practice. Future research may explore its constructs operationalisation and suggested relationships and intervention phases through participatory, mixed-method, longitudinal and comparative designs. The results of these studies can indicate the direction of further development of the framework.

Acknowledgement

This work honors the countless individuals — alone or as part of non-profit organizations or the government — who work tirelessly to take community development to new and greater heights. This is a small tribute to recognize their steadfastness, compassion, and creativity in serving others. What they have contributed, mostly in quiet dedication, often against great odds, provided the basis for the Integrated Dynamic Self-Sufficiency (IDSS) Framework. This framework aims to mirror and magnify their work. May this study be a gift to their vision and an instrument to those who are still working toward sustainable transformation.

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