

SIGNS OF POST-TRAUMATIC STRESS DISORDER AMONG TERTIARY LEVEL LEARNERS: A SURVEY

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Abstract

Trauma plays a pivotal role in every human life. People respond to traumatic events in different ways. Often there are no visible signs, but people may have serious emotional reactions. A condition known as post-traumatic stress disorder (PTSD) can sometimes occur after you experience a life-threatening event or witness a death. The criticality of time and knowledge is very important in the success trauma management.

Objective: The objective of this study is to analyze the effects and impacts of various traumatic elements by using analytical study on students in various departments to find their knowledge and experience of trauma.

Materials and Methods: A survey through questionnaire was conducted among 50 students from various departments in VIT, Vellore. The study addressed the general view and knowledge-related data concerned to trauma, experience in stressful events and witnessing trauma, diagnosis, and attitude of the students toward the same. The collected data were analyzed using frequency distribution.

Results: In this study were conducted randomly selected students in various departments. Among 50 respondents analyzed, 94% of them had encountered trauma in their practice and while 06% never had such an experience. A total of 50 individuals participated in this study, of which 22 were male, and 28 were female from different departments. As a result, out of 50 participants, 86% of the respondents were affected by trauma and the rest 14% of them were not faced any hazardous event.

Conclusion: Among different participants, the knowledge regarding handling of traumatic events was found to be not at a good level. As this reason, most of them were affected by post-traumatic stress disorder (PTSD). People who have experienced adversity find it difficult to connect with their previous ways of being, to return to their previous way of life. There are endless accounts of individuals and groups who found meaning in their suffering and were able to change their negative experiences in a positive way, finding new strength and experience in their life.

Keywords: Trauma, Hazardous event, Post-Traumatic Stress Disorder (PTSD), Analytical Study, Positive way, etc.

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INTRODUCTION

Trauma is a kind of response to a deeply distressing or disturbing event that devastates an individual's ability to survive, causes feelings of helplessness, and reduces the sense of self-trust and ability to experience the full range of emotions and experiences. Trauma has sometimes been defined in reference to circumstances that are outside the realm of normal human experience. Peter Levine's quote that, "Trauma is hell on earth. Trauma resolved is a gift from the gods." (Menzam-Sills, C, 2018). Most of the people react to traumatic events in different ways. Often there are no noticeable signs, but people may have severe emotional reactions. A situation recognized as post-traumatic stress disorder (PTSD) can once in a while appear after experiencing a life-threatening event or bystander a death. The past disturbing experience of the person plays an important role in shaping the person's personal notion about the dangers and to

The pressure of time and knowledge played an eminent role in the success of trauma management process. The characterization of trauma can mention that something stressful, like fear in an accident, having poor health or wound, suffer the loss of cherished one, endure a divorce and hopelessness. However, it is able to moreover encompass the ways excessive and encompass reports which can be severely critical, inclusive of sexual abuse or some other torture. The most of people assume on the effects of trauma, they have a propensity toward the assumption regarding the elements to battle, fight, usual calamity, bodily or

recognize their personal competence to protect themselves from unpredicted traumatic occasions. Social development depends at the individual, the mental, the intra psychic and interpersonal ability of an individual and of a collection, one's own physical situations, embodied emotions, resilience factors, in addition to socialization factors additionally depend upon the existing guts of the time. Trauma is an intensely traumatic event that infringes upon a person's sense of energy and may lessen their capacity to include the scenario or instances into their current fact. Whilst the majority consider trauma, they generally tend to think about those who have been unprotected to war, fight, natural screw ups, physical or sexual abuse, terrorism, and disastrous accidents. Many elements of bodily and intellectual development depend on this primary supply of protection and stability. Many children with intricate trauma histories suffer a variety

sexual activity, terror campaign, as well as terrible accidents. But, a man or women does no longer endure an openly distressing event for it to have an effect on them. An accumulation of every day or less held events can still be traumatic. Everyone has distinctive ways of responding to the traumatic events. Sometimes one man or woman finds anxious another person may additionally not find any distressing about the event. It impacts a person mainly based on a number of aspects, like previous incidents, faith, discernments, and probabilities, degree of anguish patience, merits, and ethical values. "There are all kinds

of addicts, I guess. We all have pain. And we all seem for approaches to make the ache go away." (Alexie, S., & Forney, E, 2008). Trauma could additionally outcome from a single upsetting event or ordinary activities, that could be impulsive in weeks, years, or yet a long time as man or woman move violently to manage with the instant state of affairs, finally most important to somber, enduring terrible after effects. Traumatic stress has to turn out to be extra, not unusual and complicated in present-day lifestyles. It means a worrying event which includes a single incident or experience with feelings and feelings. It engages serious lengthy-term bad consequences. In actual fact, past-trauma and hard reminiscences affect the mind of the individual person. In all the rage, an individual people will react in another way to their event and experience. The disturbing event continually poses a problem and it is miles insoluble in the instantaneous destiny. On this trouble no longer best affect a character but also those who around with him. After they think about that occasion, tension which amounts to a peak and then it falls. This trauma model figures most prominently in Cathy Caruth's *Unclaimed Experience: Trauma, Narrative, History* (1996) which take a particular interpretation of Freud's trauma theories to ahead a bigger publish-structural problem with the referential limits of language and history. The analysis set the tone for the vital debate concerning trauma's significance in literature and the relation among the person and cultural trauma. The idea that an annoying experience can in no way be recognized apart from as a recurring absence indicates both the dissociative nature of trauma and its linguistic abnormality. On this book, Caruth examines the "rhetorical ability" of routine figures in texts that seize the splintered preferentiality that factors to the "understanding and not knowing" of the traumatic past, which in flip exhibits the "traumatic nature of history" itself (Cathy,1996).

TRAUMATIC EVENTS ARE OVERWHELMING

A traumatic event is an incident that causes some corporeal, poignant, religious, or mental damage or destruction. A disturbing event is a shock, scary, or unsafe experience that impacts anyone mentally and also emotionally. These situations might also be natural, like a tornado or earthquake. Also, they can bring about, the aid of different people, like a car mishap, offense, or horror assault. When something tragic happens, it is often overwhelming and it can be hard to deal with what has happened. It can suggest querying things that have continually thought have been true. For example, one might no longer consider that the world is a secure place, that people are commonly good, or that they are in power of what happens to them. It might involve these massive beliefs have been shattered, when humans speak about their world being grown to become upside down after a stressful event. Relationship breakdown or the demise of a loved one through natural causes is very essential to understand that trauma is very unique to other worrying events. In this kind of activities can affect a person intellectual health and bodily power. Recognizing this difference is important; due to the fact, the recommended remedies help people to get better from trauma. It is distinct to those who normally used for intellectual health problems caused by traumatic events. Traumatic stress happens on a daily basis like an annoying event such as an herbal calamity, car accident, airplane collide, brutal offense, or activist assault. In the similar occurrences are enormously disturbing witnesses and also survivors are showing again to the terrible imagery of the racking event spreader on various public agencies and information resources. These feelings are not limited to the people who experienced the event; sometimes emotional excise from a traumatic event can root strong, puzzling, and horrifying sentiments. Generally, the disturbing speculation of hurtful constant worry as properly as several distasteful bodily indications found to become paler. Based on the following

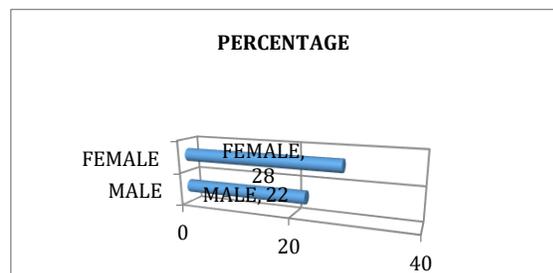
demanding events, it will take over the days or weeks time to existence back to usual condition.

On the other hand, it is very essential to consider that humans react in distinct ways for handling trauma in their everyday life. Whether or no longer the aggravating event without delay impacted with reference to the prospect can hold. In this kind of reactions toward the hectic pressure frequently appear and leave in effect. Through observing agency reporting of the event, some survivors of an aggravating episode can get back logic power by gazing some kind of recuperation effort and others may locate the prompt is additional outrage. While continually watching the pictures or videotape clips on serious information will be giving severe traumatic effect to the particular person, one who encountered same cruel situation in their earlier life. One such incident causes to become a psychotic disturbance or a distress to the result of mental disorder. While experiencing traumatic stress, it might also be the last aspect resembling to do work out can reduce the hormone secreted by the adrenal gland and feeling positive wipes to enhance the frame of mind. The substantial action is a good medicine to carry out mind blocks. It can also stir the sympathetic nervous structure from jammed feeling and assist to pass on the aggravating incident.

POST-TRAUMATIC STRESS DISORDER (PTSD)

PTSD is a variety of disease to some people improves after experiencing a shocking, scary, or hazardous event. It is nature to feel scared duration the traumatic event and after a worrying circumstances. This worry causes many modifications in the physique near respond in threat and assists a person to keep away from risk in the future. Most of the people will get better from those signs and symptoms naturally experience a range of reactions after trauma. Those who proceed to this problem may be recognized with PTSD. People who have PTSD might also sense careworn or worried even if they are no longer in threat. All people can improve PTSD at any age. Not all and sundry with PTSD has been by way of a risky event. Some experiences, like the unexpected or sudden death of a loved one, can also cause PTSD. PTSD can cause an excessive bodily and emotional response to any thinking or memory of the event. Records of trauma, alongside with other physical, genetic, psychological, and social elements may additionally play a function in growing PTSD. It is about eight or nine of each 100 humans will experience PTSD at some unexpected time in their life. The second sex is extra possible toward increase PTSD than comparing to men. Several traumas may perhaps additionally set a personality at an upper chance and genetic elements similar to genes might also create humans spare probably to enhance PTSD problem than others. People with disorder problem may also act like; they are underneath physical attack after there is no actual forthcoming warning. An individual who suffers from some disorders usually again experiences the distress during flashbacks and nightmares, practices that can appear too authentic trauma. An individual often feels intensely that the trauma should appear once more at any time. On occasion, people frequently contain convinced responses that strike solid at the beginning, however gradually relieve among the period after vanished during an aggravating experience. Those who experience some disturbing event may also affect the wide range of problems in their future. As this reason, they may additionally have some horror nightmares, sleeplessness, and flashbacks about the event. They have fear of seeing it once more or keep in mind that makes it hard to live their daily life. These effects are common and predictable from the trauma. Although there are many people who will experience an aggravating event in their lifetime, many will no longer improve PTSD. There are positive signs that anybody desires to be experiencing, referred to as diagnostic criteria, in order for them to be accurately identified with post-traumatic stress disorder. To heading off reminders of the aggravating event, such as activities, places, people, ideas or emotions that carry lower back reminiscences of the trauma

through distressing, unwanted memories, vivid nightmares and/or flashbacks. Negative thoughts and feelings such as fear, anger, guilt, or feeling flat or numb a lot of the time. A man or woman might blame themselves or others for what occurred during or after the nerve-racking event, feel cut-off from friends and family, or lose interest in everyday activities. But after the event, some people will get well quickly from their previous stressful event. Those memories will fade fewer flashbacks and



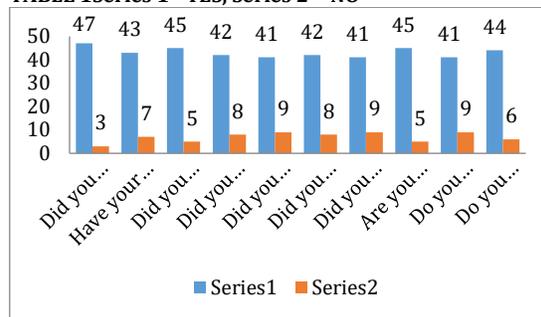
also nightmares will stop. After that, they are daring enough to handle their dread and leave again to an analogous circumstance.

ANALYSIS AND INTERPRETATION

The target population for the present study is the students from different departments of VIT, Vellore. From the target population, 50 students were randomly selected as a sample. This study is to analyze the effects and impacts of various traumatic elements by using analytical study on students in various departments to find their knowledge and experience of trauma. The questionnaire was aimed at evaluating the exact attitudes of the students those who affected by trauma.

A total of 50 individuals participated in this study, of which 22 were male, and 28 were female from different departments. The participation in the study was voluntary and strict confidentiality was assured to the participants. From the below table 1, according to the first question, nearly 94% of the students were answered that they are faced some kind of stressful event in their life and only 06% of the students never had any trauma in their life. It seems that every human being had been facing some kind of trauma in their day to day life. In the second question, 86% of the students answered their problems affecting their family and friends. It means that an individual persons' problem will also affect the surrounding people. Nearly 90% of the students responded that their problem made some difficulty concentrating on other works. It always disturbs their mental health. After this problem, 84% of the students answered that they feel some kind of separation from their close relationship and the rest of the students not felt any difficulty in their life. In this kind of person mostly stay in lonely surroundings; they are not easily mingled with others. According to these various perceptive, each and every person faced some kind of traumatic situation in their past life. They are more likely to misinterpret body language and are generally more vulnerable to stress at this time. They also require more sleep because of the work their brain is doing to facilitate all of this growth and change. Based on their dreadful experience, their behavior and way of activities will change in the future. People who have experienced severe aversive activities while under the totalitarian control of other human beings are possibly to experience mental death, a loss of the identification that they had earlier than their interpersonal trauma. The following differences are given in the below table1.

TABLE 1Series 1= YES, Series 2 = NO



Among 50 respondents, 82% of the students answered that they are frequently affected by some nightmare about the past traumatic event and the remaining 18% of the students said that they faced some stressful event but not affected by a nightmare. Nearly 84% of the students answered that they are facing some bodily reactions when reminded of the event and the rest of them did not have any problem. From the total, 82% of the respondents were answered that they feel difficulty to sleep at night. Even though they sleep, they will have some nightmare. Almost 90% of the students accept that still the traumatic event existing in their inner mind and the remaining not remember the problem. Among 50 participants who felt that PTSD is important, only 18% of the respondents answered that they are not had PTSD problem but the rest of the participants answered that they are affected by PTSD. A positive attitude was observed as 88% of participants preferred to need proper treatment or some personal counseling for post-traumatic stress disorder (PTSD). Thus, the trauma would be like a blot left on persons as a consequence of something being kneaded onto them. It is a usual thing that, experiencing some panic attack in hazardous condition. People with stress disorder might also perform like below harassed as there is no actual forthcoming danger. An individual frequently considers strongly, trauma may want to occur yet again anywhere at any time. Conception and poignant reaction be able to generate symptoms, but words, conditions or things hark back to someone of a painful situation. It must be well-known that serious, chronic depression can compromise and threaten an individual's life to the factor of turning into a disability. A qualified clinical practitioner constantly is consulted when trying to comprise an herb or any herbal method into a remedy plan as an alternative way to prescribed medications. Post-Traumatic Stress Disorder influence lots of people all over the world in endless odd manner. However, there are so many domestic treatments are available for PTSD, which deals with as nicely as comporment medication, such as public commitment, think better yourself, stay away from anxious situations, make some effort to keep away from thoughts, feelings, or conversations about the disturbing event and lowering emotional arousal.

CONCLUSION

Trauma is a deeply disturbing incident which every person who has experienced hard times in their past life. It is very difficult to connect a person with their preceding manner of life. As a result of this study, most of the student should face some kind of traumatic events and it creates post-traumatic stress disorder problem. There are boundless narratives of person and cooperatives that have been able to change their adversity in a hopeful way and they find out novel flexibility and experience in their lives. They also challenge the predominant communal discourse of trauma, not just moving evidence of the power of the being courage and the tendency to solve human suffering.

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