CHAPTER V

Conclusion and Recommendations for Future Research
The findings of the present study have led to certain conclusions:

- The present research has contributed significantly to the understanding of Traumatic Experiences, Stressful Life Events, and Illness Behaviour among Kashmiri male and female students.

- In general, the assessment of Traumatic Experiences, Stressful Life Events and Illness Behaviour have made significant contribution towards understanding the relationship between stress and illness and the negative psychological states.

- Traumatic Experiences such as *Robbery or theft in the House, Detention in jail of a close family member and Financial losses* were equally perceived by the Kashmiri male and female students (studying in Aligarh Muslim University, Aligarh).

- Kashmiri male and female students studying in Anantnag (Kashmir) ranked similarly on the items of *Separation reactions of young children and Survival by freak circumstances*, of Traumatic Experiences.
Kashmiri male and female students studying in Anantnag (Kashmir) ranked similarly on the items of Demotion, Major change in closeness of a family member, Leaving home for the first time, Financial problems concerning school, of Stressful Life Events.

Similarity existed in ranking between the Kashmiri male and female students (studying in Aligarh Muslim University, Aligarh) only on one of the items of the Stressful Life Events i.e. Leaving home for the first time.

Significant differences did not emerge between the mean scores of male and female Kashmiri students (studying in Aligarh Muslim University, Aligarh and Anantnag, Kashmir) on Illness Behaviour.

The findings of the present study suggest possibilities for future research.

Further research should examine the difference between Kashmiri males and females on each items of the Traumatic Stress.

Further research should examine the difference between Kashmiri males and females on each item of Stressful Life Events.
- There is a need to explore the relationship between Traumatic Stress/Stressful Life Events and coping behaviour among Kashmiri people.
- The impact of certain socio-demographic variables such as area of living (high and low tension area), age (younger and elderly people), occupation (government service and business etc.), level of education, religious orientation in the perception of Traumatic Stress and Stressful Life Events.
- Patterns of Illness Behaviour need to be examined among various groups, specially on people living in high risk and low risk conditions.
- The extent and intensity of psychological trauma due to insurgency and terrorism prevailing in Kashmir and North Eastern states need to be compared to see the similarity and differences in the prevailing pattern of trauma in two different regions.
- To examine the relationship between Illness Behaviour and coping behaviour among Kashmiri people.