There has been a substantial and growing interest in the traumatic stress over the past century. Traumatic events are neither rare nor unusual across the life span. A range of situations such as military violent crime, technological disasters, earthquake, war may follow exposure to traumatic events or stress. More recently, terrorism-related trauma has become the most common and severe type of mental health problem that may follow exposure to a more intense traumatic stress e.g., threat to life, sexual assault and rape, detention in jail etc.

The present study was based on two simple premises: (a) identifying traumatic stress among Kashmiri people living in high and low risk conditions, and (b) coping styles used by the Kashmiri people living in high and low risk conditions to cope with traumatic stress.

Historical antecedents and conceptual issues related with trauma have been discussed in chapter one. Armed with this base of knowledge, psychological models, biological models, integrative models, ecological models and conservation of resources theory have been discussed in this chapter. A detailed account of the concept of coping and its style has been discussed.

The purpose of the present research was to develop two psychological tests meant for measuring traumatic stress and coping styles. The present research has set twelve objectives.
Review of relevant literature focused on a number of traumatic events stemming from either war or violent crime (e.g., sexual abuse or rape), natural and technical (i.e., human caused disasters) being held captive (e.g., as a prisoner or war). A variety of military and civilian sources of trauma have been studied. This review noted a gradual but steady upward trend in the number of general or theoretical articles published on the subject. A recent review of research focused on traumatic stress and coping behaviour appeared in the years between 1994 and 2000 have been cited in chapter two. Review of literature has been classified into four major sections: trauma and psychopathology, effects of trauma, therapy for traumatized individuals, and coping with trauma. Based upon earlier studies, it is clear that the present study on traumatic stress and its coping is rare as well as unusual. A thorough search of literature indicated that traumatic stress has not been linked to a wide variety of coping styles, including functional and dysfunctional.

This study was conducted on 100 Kashmiri individuals living in high risk conditions and 140 Kashmiri individuals living in low risk conditions. Two psychological tests, namely, traumatic stress inventory and coping styles inventory were developed following the quantitative method of item analysis. The split-half reliability for both the tests were also computed. The data were analyzed by means of item analysis and critical ratio of percentage.

Data analyzed by means of Critical Ratio have been presented in chapter Four. The main findings of the present study were:
Kashmiri individuals living in low risk conditions scored significantly higher percentages on threat of firing, fear of crackdown or searching operations, and sexual assault and rape traumatic stressors, whereas Kashmiri individuals living in high risk conditions scored significantly higher percentages on anger, hostility and aggressive behaviour of administration, threat to life, unexpected death of a close family member during encounter and disintegration / breaking of the family traumatic stressors than the comparison groups.

Males living in low risk conditions have scored significantly higher percentages than the females living in low risk conditions on the following traumatic stress: anger, hostility and aggressive behaviour of administration, bomb blast near to my house, threat to life, survived by chance, torture of a family member in the prison, detention in jail of a close family member, dissociation from the family members, and detention in jail of oneself.

Female subjects living in high risk conditions scored significantly higher than the female subjects living in low risk conditions on anger, hostility and aggressive behaviour of administration, threat of life, unexpected death of a close family member during encounter, disintegration / breaking of the family, and detention in jail of oneself traumatic stressors.

Kashmiri individuals living in high risk conditions have significantly adopted I go for a walk or short trips, and I smoke
cigarettes or tobacco coping styles, whereas the Kashmiri individuals living in low risk conditions used significantly higher on I engage in watching T.V., and I engage myself in some other activities like dancing or listening to music as the coping styles to cope with traumatic stressors.

Males living in high risk conditions as compared to females living in high risk conditions used significantly more the following coping styles: I go for a walk or short trips and I imitate the action of others who have had the same experience.

Significant differences were found to exist between the males living in low risk conditions and females living in low risk conditions on the following coping styles: I often think that help would come from God, I often think about the positive aspects of the situation I learn new skills to tackle the problem more effectively, I have been trying to cope with the situation through prayers and spiritual beliefs, I go for a walk or short trips, I prefer to live alone and engage in self-talking, I cut down my other responsibilities when the threatening situation arises, I cry, I blame myself and feel guilty about the situation that has happened, and I smoke cigarettes or tobacco.

Significant differences were found to exist between males living in high risk conditions and males living in low risk conditions on I learn new skills to tackle the problem more effectively and I engage in some creative activities like writing, reading, drawing etc. coping styles.
Females living in high risk conditions scored significantly higher percentages than the females living in low risk conditions on *I smoke cigarettes or tobacco* and *I take tranquilizers* coping styles.

Chapter five presents conclusions and implications of the present research. The investigator by taking into account the methodology of the present study, and on the basis of data analysis and results, suggests possibilities for further research.