The present study was undertaken in order to investigate the relationship between *Posttraumatic Growth* and *Posttraumatic Distress*, *Sense of Coherence*, *Cognitive Emotion Regulation* and *Wisdom* in trauma victims. A correlational framework was designed in order to examine the relationship between variables and evaluate the results of the study. Further multiple regression analysis was conducted to examine the effect of predictor variables on PTG.

### 6.1 Objectives of the Study

- To explore *Posttraumatic growth* in victims of trauma.
- To explore the relationship between *Sense of Coherence* (Meaning making) and *Posttraumatic Growth*.
- To explore the Relationship between *Wisdom* and *Posttraumatic Growth*.
- To explore the Relationship between *Cognitive Emotion Regulation* and *Posttraumatic Growth*.

### 6.2 Hypotheses

- **H₁** - There will be a positive relationship between *Posttraumatic Distress* and *Posttraumatic Growth* in trauma survivors.
- **H₂** - There will be a positive relationship between *Sense of Coherence* and *Posttraumatic Growth* in trauma survivors.
- **H₃** - There will be a positive relationship between *Wisdom* and *Posttraumatic Growth* in trauma survivors.
- **H₄** - There will be a significant relationship between *Cognitive Emotion Regulation* and *Posttraumatic Growth* in trauma survivors.
6.3 Sample of the Study

The total sample for the present study comprised 200 trauma survivors between the ages of 30-50 having 12th as minimum qualification coming from middle socio economic background, living in urban domicile. The time gap between the traumatic event and the inclusion in the study will be 6 months to 2 years. Trauma victims include victims of the following categories:

1. Diagnosis of a life threatening illness
2. Divorce
3. Death of spouse or child
4. Major accident
5. Natural disaster
6. Sexual assault
7. Physical assault

In the present study, snowball sampling technique (non-probability) was used to select the sample.

6.4 Measures of the Study

1. Impact of Event Scale – Revised (Weiss & Marmar, 1997)
2. Sense of Coherence Scale (Antonovsky, 1987)
3. Three Dimensional Wisdom Scale (Ardelt, 2003)
4. Cognitive Emotion Regulation Questionnaire (Garnefski et al., 2001)
5. Post Traumatic Growth Inventory (Tedeschi & Calhoun, 1996)
6. Demographic Questionnaire
6.5 Procedure

The study was conducted in two phases:

1. In the first phase, based on the criteria of inclusion, the sample of the study was contacted for the purpose of data collection.

2. In the second phase, the tools of the study were administered on the selected sample.

6.6 Design of the Study

It is a correlational study which includes Predictor variables and Outcome variable. Predictor variables consist of Posttraumatic Distress, Sense of Coherence, Wisdom & Cognitive Emotion Regulation. Outcome variable is Posttraumatic Growth.

6.7 Statistical Analysis

- Mean
- Standard Deviation
- Correlation
- Regression
- Multiple Regression
6.8 Findings of the Study

Major findings of the study are as follows:

**Significant positive correlation was found between the following variables** -

- Posttraumatic Distress and Posttraumatic Growth
- Sense of Coherence and Posttraumatic Growth
- Wisdom and Posttraumatic Growth
- Cognitive Emotion Regulation and Posttraumatic Growth

**Significant negative correlation was seen between** -

- CERQ (Blaming Others) and Posttraumatic Growth

**Regression Analysis**

- Hyperarousal, a subscale of IES emerged as the most important predictor of Posttraumatic Growth.
- Meaningfulness, a subscale of SOC emerged as the most important predictor of Posttraumatic Growth.
- Cognitive and Affective, subscales of Wisdom emerged as the most important predictor of Posttraumatic Growth.
- Blaming others, Acceptance, Catastrophizing, subscales of CERQ emerged as the most important predictor of Posttraumatic Growth.
6.9 Limitations

No study contains highest level of perfection and there is always a scope for more improvement.

The present study also suffers from certain limitations:

- As the sample size was small, it was quite difficult to generalize the results.
- The variables under study across gender were beyond the scope of our study.
- The tools used in our study were not standardized on any Indian sample, though the Cronbach alpha values were quite high, still as a researcher I felt the need for local norms.

6.10 Suggestions

- A comprehensive study needs to be conducted on larger domain of sample and also on trauma victims of other categories.
- More gender based studies and culture free tests to be employed to reduce cultural differences.
- Mediator and moderator analysis should be conducted for sense of coherence, wisdom and cognitive emotion regulation in order to deepen our understanding of the relationship between different variables.
6.11 Implications

- PTG should be actively promoted amongst the society through various endeavors to create a positive environment for individuals suffering from trauma.

- The concept of PTG could be shared & nurtured giving rise to the idea of self help groups that prove as a valuable asset to the community. Eg :- Mothers Against Drunk Drivers (MADD)

- PTG can be dynamically taken up by counselors working in the field of counseling trauma victims.

6.12 Conclusion

The present study attempted to study the correlates of Posttraumatic Growth on trauma victims.

From the above results it can be concluded that significant positive correlation was seen between Posttraumatic growth and Posttraumatic Distress, Sense of Coherence, Wisdom, Cognitive Emotion Regulation. Meaningfulness, an important dimension of Sense of Coherence was found to be the most significant predictor of Posttraumatic Growth.