5.1 Main Findings

1. Hope is significantly positively related with posttraumatic growth among male and female victims.

2. Significant positive relationship is found between social support and posttraumatic growth among victims”.

3. Coping strategies are significantly positively related with posttraumatic growth among both male and female victims.

4. Social support is the most important predictor variable of posttraumatic growth, followed by hope in both male and female victims.

5. Coping strategies has least contribution in determining posttraumatic growth among victims.

5.2 Implications of the study

The results have placed social support on an important position in determining posttraumatic growth of an individual victim. The present findings have several implications for the families of the victims, policy makers of the state and the country, NGOs and other government agencies working for the rehabilitation of half widows and parents of disappeared persons. Armed conflict in Kashmir had left many families devastated. Social support proved to be an essential element in victims for their struggle in the challenging times. Victims with higher social support are good at managing traumatic situations. Females showed higher perceived social support as
they are better support seekers than males which help them to tackle with the
problems more effectively.

Findings of this research show that families and friends of victims should
provide them social support which would help victims to lead a better life. This will
make a positive change in their lives and they will strongly overcome the trauma they
have faced. Males are mostly introvert in nature. They should be made to talk about
their problems as self disclosure helps in getting social support which directly
promotes posttraumatic growth.

Half widows and parents of disappeared should be provided with proper
financial, and emotional support by the government authorities as well. It can safely
be asserted that social support enhances better life by promoting posttraumatic
growth.

Hope proved to be the second potential predictor of posttraumatic growth
among both male and female victims. This shows that hope is essential to keep one
strong and balanced. Hope in better future, return of their missing husbands keep half
widows alive via faith in God. In Kashmir people follow spirituality, they have faith
in Sufism which makes them believe that God will do the justice and their missing
loved ones will return. They are hopeful that government will help them in finding
their missing members be it their sons or their husbands. The wandering of half
widows from one police station to another, one army camp to another is a reflection of
hope in them, hope of finding their husbands. This hope induces growth in them. On
the other hand, parents of disappeared persons (fathers) spend days and nights in legal
processes and searching for their sons. They have that element of hope which
promotes posttraumatic growth in them.
The results revealed least role of coping strategies in determining posttraumatic growth among victims. The finding emphasize less impact of coping strategies in predicting posttraumatic growth, but it showed significant positive relation with posttraumatic growth. Both male and female victims have used coping strategies in order to overcome the trauma. Rehabilitation organisations should include the coping strategy aspects in their programmes which could help victims use their abilities of coping to overcome the trauma more effectively. In addition to the existing literature on post-traumatic growth, this study has implications for clinical practice and intervention.

5.3 Further Research Suggestions

The results of the present study are promising, additional studies are needed to determine the relationship between spiritual struggle or spiritual resource and posttraumatic growth.

➢ By acknowledging the prevalence of PTG, interventions need to develop more accurate perceptions of half widows and find ways to promote resilience.

➢ One of the promising area in which more research work needs to be done is in the ways in which cognitive factors are connected to growth. The available data suggest that the important role accorded to rumination or cognitive engagement in the model of growth is justified, but much more information is still required.

➢ The context of rumination also seems to be an important area for further investigation, what half widows exposed to trauma think about the unpleasant elements related to the crisis, and the content may be primarily event related.
Further studies need to probe a wide array of cognitive content that really occur repeatedly in the aftermath of trauma.

- The use of longitudinal coping strategies can be a useful step, particularly for identifying predictors of PTG.
- The use of qualitative methodologies is also desirable because it can provide the rich descriptive detail and deep understanding of the experience of individuals who have faced major life crises. Quantitative methodology focuses appropriately on variable rather than the person.
- Future researches should concentrate on the conduct that reflects on the likelihood for fortifying or nurturing convictions of family or societal bonds.
- There is a need for mental health counselling services in Kashmir. This will be beneficial for the rehabilitation of victims.
- Future research should develop intervention programs to enhance health-related quality of life among Kashmiri people.


