HOPE, SOCIAL SUPPORT AND COPING STRATEGIES AS PREDICTORS OF POST TRAUMATIC GROWTH IN KASHMIRI ADULT VICTIMS

ABSTRACT

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ABSTRACT

The present study explores the role of social support and coping strategies among the conflict victims from all the regions of Kashmir. The present study is conducted to fill the gap in the role of hope, social support and coping strategies in posttraumatic growth among victims of Kashmir. Positive psychological states like hope, social support and coping strategies could be effective in minimizing the negative outcomes associated with stressful experiences emanating from conflict situations in people living in conflict zones. We expect that there is a methodological benefit in studying these variables together as it will lead to an intervention programme.

The following research objectives were formulated:

1. To examine the relationship of Posttraumatic growth (PTG) with hope, social support and coping strategies among male and female victims.

2. To examine the relationship between dimensions of hope (agency and pathways) and dimensions of posttraumatic growth (new possibilities, relating to others, personal strength, spiritual change and appreciation of life) among male and female victims.

3. To examine the relationship between dimensions perceived social support (family, friends, and significant others) and dimensions of posttraumatic growth (new possibilities, relating to others, personal strength, spiritual change and appreciation of life) among male and female victims.

4. To examine hope, social support and coping strategies as predictors of posttraumatic growth among male and female victims.

5. To examine the dimensions of hope (agency and pathways) as predictors of dimensions of posttraumatic growth (new possibilities, relating to others, personal...
strength, spiritual change and appreciation of life) among male and female
victims.

6. To examine the dimensions of perceived social support (family, friends, and
significant others) as predictors of dimensions of posttraumatic growth (new
possibilities, relating to others, personal strength, spiritual change and
appreciation of life) among male and female victims.

In this study 300 victims were taken of these, there were 150 half widows and
150 parents of disappeared (fathers) from four main districts of Kashmir, Baramulla,
Kupwara, Kulgam, and Srinagar. In the case of Kashmir, family members of the
victims of enforced disappearances are termed as the secondary victims and therefore
the secondary victimisation refers to the way in which the family of those who
disappear suffer repeat victimisation: firstly, by the State and then secondly by the
society in which they live (Crew, 2008). These female and male victims were selected
because of the nature of their victimhood which is grave, second they undergo a series
of trauma in their lives. On the other hand male secondary victims are the fathers of
disappeared persons.

Purposive sampling technique was used to select the participants. Half widows
were identified as female victims and parents of disappeared persons (fathers) were
taken as male victims for the study in order to do the comparative analysis.

Posttraumatic Growth Inventory developed by Tedeschi and Calhoun in 1996,
The Hope Scale (Snyder, Harris, Anderson, Holleran, Irving, & Sigmon, 1991), The
Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, Dahlem, Zimet,
& Farley, 1998) and The Coping Style Inventory (CSI) developed by (Husain &
Rizvi, 2002) were used for data collection.
The data was analyzed by using SPSS Version 20 to calculate descriptive statistics (mean, standard deviation, minimum-maximum, and range) and inferential statistics (Cronbach’s Alpha, Pearson Product Moment Coefficient of correlation, and Regression analysis).

The main findings of the study were:

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.

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 suggest 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.

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.