

PSYCHOSOCIAL BEHAVIOR OF TRAUMA

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Abstract

Psycho Social Behavior is behavior directed towards Society, or taking place between members of the some species. Behavior such as predation which involves members of different species- is not social. It is a Combination of psychology and social behavior. It is also known as psychological development in society.

Trauma as direct personal experience of an event that involves actual of threatened death of serious injury, threat to one's physical integrity. And psychologically traumatic experiences often involve physical trauma that threatens one's survival and sense of security.

Keywords: *Psychosocial, Trauma, Behaviour, Mental health*

1. Introduction

Social Psychology studies the experience and Behavior of Individuals

Social Psychology studies both the observable and emotions and thoughts which cannot be observed directly for these behaviors the stimulus situation can be individual two person situation (dyadic)

2. Treatment of trauma related disorders-

Refugee families in need, especially those with one or more members suffering from a trauma related disorder would benefit from immediate access to health care service and other targeted support services that can provide relief to the family system as a wale.

For example – after a suicide attempt is highly recommended that the entire family receive psychological support and be involved in the treatment.

3. Causes of Social Behavior and thought –

The following factors that affect social interaction have been most studied-

- I. Basic Cognitive processes: memory, reasoning belief, ideas, judgments about others.
- II. The Cultural Context: cultural norms, membership in various groups.
- III. Biological aspects of human behavior and genetic inheritance relevant to social behavior.
- IV. Social Psychology focuses on understanding the causes of social behavior and on identifying factors that shape our feelings, behavior and thought in social situations.

4. Trauma from Freud to Martin - Baro

I. Freud and psychic trauma -

In the first approach to the subject, Freud establishes that psychic trauma is the consequence of a major trauma event or of a temporal sequence of smaller traumas that have impacted the psyche of the subject overrunning its protective barrier. The trauma is established as a psychic event only when the protective barrier has been over run by the energy intensity of the event and the perseverance principle has been broken only under these internal conditions of the psyche do the trauma manifestations themselves begin to appear.

II. Masud Khan and Cumulative trauma

Khan dwells deeper on the initial stages of the subjects is life analyzing the mother- child relationship. In his Conception, this relationship Concentrates the largest amount of emotionally significant event for the child, and some of them as sub-traumatic. The mother acts as auxiliary I for an individual that establishes a link of dependency for the satisfaction or his needs, link on psychological or psycho- emotional in nature under these Conditions of intense emotional exchange these sub-traumatic experiences can be expected to accumulate as a silent over imposition of unsolved relational Conflicts that surpass the adaptation mechanisms of the child and at a given moment of the vital cycle – end of becoming the psychic trauma.

III. Ignacio Martin – Boro and Psycho social trauma

With Martin-Boro the analysis of psychic trauma moves physically to Latin America and chronologically to the last decades of the millennium. Analyzing the psychosocial consequences of the prolonged armed Conflict in the EI Salvador, Martin – Boro theoretically drew up a proposal for conceptual integration as from a new sociopolitical and psychosocial reference frame work.

These are not social individuals who live the drama of violence in a sort of outside loneliness of their intra-psychic field, but groups or human collections where it is possible to existence of interconnecting bridges between their experiences. Every subject elaborates in a peculiar fashion. But always socially the traumatic experience within their socializing Contexts family, community, social organization, political parties, etc.

IV. Trauma our Institutional approach

CINTRAS has developed its theoretical perspective of traumas from its own clinical and psychological practice, attaching great importance to the exchange for many years with other terms that have also been working in the field of mental health and human right. Our vision begins with the application of a historical – social focus and with the unique

Contribution of social medicine to the field of psychiatry and social psychiatry with the theoretical and methodological frame work we approach a specific perception of the human person, society, political violence and psycho social trauma.

5. Psycho social adaption and support

Psychosocial adaption is a process a fitness in person – environment congruence known as adjustment, a state of wisdom oriented activities and psychosocial equilibrium psychosocial support is the provision of psychosocial and social resources to a person by a supporter intended for the benefit of the receiver's ability to cope with problems faced.

6. Psychosocial assessment and intervention

Psychosocial assessment considers several key areas related to psychological and social functioning and the availability of supports. It is a systematic inquiry that arises from the introduction of dynamic interaction it is an ongoing process that continues throughout a treatment and is characterized by the circulating of cause – effect/ effect cause.

7. Psychological trauma

Psychological trauma is a type of damage to the mind that occurs as a result of a distressing event Trauma is often the result of an overwhelming amount of stress that exceeds involves with that experience.

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