Dimensions of psychotrauma and What Policy and Society Provide to Contain It

أبعاد الصدمة النفسية وما توفره السياسة والمجتمع لاحتوائها

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Abstract:

Theoretically, trauma has moved from being primarily about the traumatic event itself to being more broadly defined as stress. Wilson (1999) developed the Interactive-Integrative Model of Stress Management, which identifies three factors that influence how people react to traumatic events on an individual basis:

Firstly, dimensions Affecting the Severity of the Trauma: sutch us Degree of life threat.

Secondly, Post-Trauma Environment Dimensions: sutch us Social

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and political stance towards victims. Thirdly. Personal Dimensions. These dimensions collectively explain the variations in individual responses to traumatic experiences.

Algeria's Response to Trauma and Disasters, In light of these dimensions, Algeria has implemented various measures and policies to manage trauma and disasters, including:

•Preventive measures,

•Responsive measures,

•Rehabilitation measures.

However, there are numerous challenges that need to be addressed, such as:

•Resource scarcity.

•Weak coordination.

0lso, Efforts are being made to improve disaster management, including:

•Enhancing international cooperation.

•Developing national capabilities.

•Raising awareness among the population.

 Keywords: Dimensions of Psychotrauma, politics provides for the containment of psychotrauma, Society Provide for the containment of psychotrauma.

الملخص:

لقد تطور التناول النظري للصدمة من الحدث الصادم إلى مفهوم الضغط، حيث لخص النموذج الإدماجي التفاعلي لتسيير الضغط الصدمي كما وضح Wilson (1999) ثلاث أبعاد المتحكمة في اختلاف استجابة الأفراد اتجاه التجارب الصدمية نلخصها فيما يلي:

أولا أبعاد تؤثر على شدة الصدمة مثل: درجة تهديد الحياة. ثانيا أبعاد الوسط ما بعد الصدمة مثل: الموقف الاجتماعي والسياسي تجاه الضحايا. ثالثا الأبعاد الشخصية.

وعليه فقد قامت الجزائر بإجراءات وسياسات لتسيير الصدمات والكوارث منها: اجراءات الوقائية، الاستجابية والإنعاشية. مع هذا فهناك العديد من التحديات يجب العمل على الحد منها كنقص الموارد وضعف التنسيق وغيرها، وعليه فتم القيام بجهود لتحسين تسيير الكوارث من مثل:

تعزيز التعاون الدولي.

تطوير القدرات الوطنية.

نشر الوعي بين السكان.

الكلمات المفتاحية: الإدمان أبعاد الصدمة النفسية، ما توفره السياسة لاحتوائها، ما يوفره المجتمع لاحتوائها

1-Introduction:

The evolution of the theoretical approach to trauma has shifted from focusing solely on the traumatic event itself to the broader concept of stress. It now encompasses social and psychological stressors such as severe accidents, prolonged adversity, or difficult circumstances that can lead to the emergence of new disorders or exacerbate pre-existing ones.

The Interactive-Integrative Model of Stress Management, as proposed by Wilson (1999), draws on various perspectives in the field of research on stress and psychological trauma. In this perspective, Wilson (1999) refers to Folkman and Lazarus's (1984) definition of traumatic events as stressors, which often challenge an individual's coping mechanisms. He adds that there are different types of stressors, each with varying effects on individuals, depending on the damage they cause to an

individual's coping abilities or the physical and psychological injuries they leave behind.

A concept closely related to stressors is that of vulnerability or susceptibility to stress. Stressful events can theoretically be seen as lying along a continuum, with non-stressful and non-traumatic events at one end for most people, and highly stressful or traumatic events at the other end for most people. From this perspective, it can be understood that each individual has a certain threshold of tolerance for different types of stressors, although some stressors carry a higher level of risk than others.

There is no consensus on what is considered traumatic or who is more susceptible to trauma or stress. However, there is consensus on the importance of preventive measures and assistance for those affected, provided by governments and societies.

What are the Dimensions of psychotrauma?

What are Policy and Society Provide to Contain psychotrauma?

First: Definition of traumatic event

Wilson (1999) describes a traumatic event as "an experience in which a person experiences external pressure, causing a different state of normality, causing traumatic injury of varying degrees of suffering and over a different period of time, depending on the nature of the person, the nature of the traumatic experience, the amount of individual and social sources available for healing and mental health.

Secondly: Dimensions Controlling Individual Response to Traumatic Experiences

2.1/ Dimensions Controlling Individual Response to Traumatic Experiences

2.1.1/ Degree of life threat: The extent to which the traumatic event posed a threat to life.

2.1.2/.Intensity of grief and mourning: The level of grief and mourning associated with human losses (relatives and loved ones).

2.1.3/.Duration, intensity, and severity of the event: The length, intensity, and seriousness of the traumatic event.

2.1.4/.Level of transition and life changes within the individual's community: The extent to which the traumatic event necessitates changes in the individual's life and community.

2.1.5/.Exposure to death, injury, destruction, and social collapse: The degree of exposure to death, injury, destruction, and social collapse.

2.1.6/ Level of cognitive conflict embedded in the traumatic situation: The extent of cognitive conflict associated with the traumatic situation.

2.1.7/ Individual's role during the trauma: perpetrator or victim: The individual's role during the trauma (perpetrator or victim).

2.1.8/ Location of the trauma: inside or outside the home: The location of the trauma (inside or outside the home).

2.1.9/ Complexity of the traumatic event: single or multiple: The complexity of the traumatic event (single or multiple).

2.1.10/.Collective effects of the trauma: The collective impact of the trauma on the affected community.

Wilson argues that most of these dimensions are present in most traumatic events and that most of them can have pathological consequences. He emphasizes the distinction between individual and collective traumatic experiences. While individual traumatic experiences can lead to feelings of helplessness and fear and leave the individual in a state of fragility, collective traumatic experiences can be even more dangerous. They not only expose survivors to high levels of danger and death and destruction but also dismantle many of the social and cultural systems necessary for prevention and recovery (Erikson, 1976, in Wilson, 1999, pp. 2-18).

Wilson also points out that traumatic events differ in their structure and distinguishes between individual and collective stressors. He argues that individual stressors are rare and typically involve physical injuries, while collective stressors (wars, conflicts, etc.) involve multiple stress factors that threaten death or injury, especially in complex situations where conflictual choices are multiple and alternatives for dealing with the traumatic event are ambiguous

2.2/ Dimensions of the Post-Traumatic Environment:

According to Wilson (1999), Broadly classified four dimensions in the post-traumatic environment that can determine the direction of the development of consequences of stress or trauma:

2.2.1 /. Socioeconomic Status and Level of Family Support:

Lindy (1988, in Wilson, 1999) conceptualizes this as a protective factor against stress and injury.

2.2.2 /Cultural Availability and Containment of Customs, Rituals, and Capacities to Help People Suffering from Emotional Problems due to Trauma:

Cultures differ in the richness, nature, and frequency of rituals aimed at healing and helping the traumatized (Wilson and Stren, 1988, in Wilson, 1999, pp. 2-18).

2.2.3 /Social and Political Attitudes Towards Traumatized Victims:

This is a crucial environmental factor in healing and overcoming the traumatic experience.

2.2.4 /Availability of Resources and Structures that Provide Treatment and Facilitate the Integration of Victims into Society and Culture:

This involves choosing the appropriate treatment, taking personal responsibility, and redefining parameters.

2.3/ Personal Dimensions:

Wilson considers these to be fundamental determinants of whether an event is traumatic or not. They include motivations, beliefs, values, cognitive structure, temperament, adaptive and defensive patterns, and even the individual's genetic makeup.

According to Wilson and Arnaoff (1988), these dimensions are directly linked to the cognitive processing of information, particularly in terms of acquisition, perception, and goal-setting in the encoding of information based on situations, including selective attention and flexibility of search in order to arrive at a cognitive schema that assesses the level of ambition and risk, as well as problem-solving behavior (Wilson & Arnaoff, 1988, in Wilson, 1999, pp. 2-18).

When personality characteristics are organized around needs with an insecure orientation, anxiety, behavioral dependency, and a need for appreciation, recognition, or praise, the cognitive pattern under pressure shows a limited ability to perceive stimuli, directly affecting information processing and the formulation of the response schema.

On the other hand, personality characteristics that are oriented towards raising self-esteem, competence, the need for achievement, and internal control, the cognitive pattern under pressure tends to increase and broaden the search for the characteristics of the stressor. There is caution in processing information, and the individual is able to find a solution to the problem effectively, or with excessive caution and attention,

depending on how the stressor or trauma was perceived and integrated.

An individual who feels insecure and has rigid intellectual beliefs is more likely to experience significant emotional distress, including cognitive conflict, cognitive breakdown, feelings of guilt, and excessive physiological arousal, either immediately after experiencing a trauma or after a latency period (Wilson, 1999, pp. 2-18).

Thirdly: Disaster and Trauma Management Policies in Algeria

3.1/ Preventive Measures:

3.1.1 / National Strategy for Disaster Risk Reduction:

Aims to raise awareness of risks, develop emergency response plans, and build disaster-resilient infrastructure (Ministry of Interior and Local Authorities, 2023).

3.1.2 / Sectoral National Disaster Risk Reduction Plans:

Detailed plans for each sector of the state, such as health, transportation, and education (General Directorate of Civil Protection, 2023).

3.1.3 / Awareness-Raising Activities:

Aim to raise awareness among the population about disaster risks and how to prepare for them (Ministry of Interior and Local Authorities, 2023).

3.2/. Response Measures:

3.2.1 /. Early Warning System:

Used to monitor risks and warn the population of impending disasters (General Directorate of Civil Protection, 2023).

3.2.2 / Emergency Response Teams:

Composed of teams from various sectors, such as police, firefighting, and first aid (Ministry of Interior and Local Authorities, 2023).

3.2.3 /. Relief Plans:

Identify relief needs and provide them to the affected population (General Directorate of Civil Protection, 2023).

3.3/. Recovery Measures:

3.3.1 / Damage Assessment:

Conducted to determine the extent of damage to infrastructure and property (Ministry of Interior and Local Authorities, 2023).

3.3.2 / Rehabilitation Plans:

Prepared to rebuild infrastructure and rehabilitate those affected (General Directorate of Civil Protection, 2023).

3.3.3 / Financing:

Provided through the state budget and international aid (Ministry of Finance, 2023).

3.4/. Challenges Faced:

3.4.1 / Lack of Resources:

Algeria faces a shortage of financial and human resources necessary for effective disaster management (Ben Bouzid, 2023).

3.4.2 / Weak Coordination:

There is often a lack of coordination between different actors in disaster management (Ben Hamouda, 2023).

3.4.3 / Bureaucracy:

Bureaucracy can delay disaster response (Ben Cheikh, 2023).

3.5/ Efforts to Improve Disaster Management:

3.5.1 / Strengthening International Cooperation:

Algeria works with other countries and international organizations to improve disaster management (Ministry of Foreign Affairs, 2023).

3.5.2 / Developing National Capacities:

Algeria invests in developing its national capacities in disaster management (General Directorate of Civil Protection, 2023).

3.5.3 / Raising Awareness:

Algeria works to raise awareness among the population about disaster risks and how to prepare for them (Ministry of National Education, 2023).

Conclusion:

Algeria adopts a comprehensive approach to disaster and trauma management, but it faces some challenges. Algeria strives to improve disaster management by strengthening international cooperation, developing national capacities, and raising awareness among the population.

It is true that traumatic events and natural disasters are sudden and uncontrollable events. The Algerian government has taken proactive measures to confront them or at least mitigate the losses and damages resulting from them. However, it is not the sole responsibility of the state. If a disaster occurs, it affects everyone. Therefore, all members of society are required to be prepared, especially since Algeria has experienced many crises and disasters, whether they are human-caused like the Black Decade or natural like the Bab El Oued floods, the Boumerdès earthquake, forest fires, and others. Cooperation in the face of any danger that afflicts society becomes a necessity:

The role of the media in its various forms is to play a role in educating and raising awareness about how to deal with crises and disasters, as well as preventing some of them if possible.

Where should specialists from civil protection officers, psychologists, social workers, etc. intervene by participating through classical or modern media such as social media to

provide awareness-raising, sensitization, and educational flashes for healthy and sound behavior during crises and disasters or to avoid their dangers.

The role of non-governmental organizations such as associations is to work on securing equipment and preventive plans at the local level in line with the characteristics of each stage and each region.

In conclusion, Preparing for crises and natural disasters is a collective responsibility that requires concerted efforts from all members of society.

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