

Psychological need of women after disaster

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What is disaster?

- Disaster is defined as a crisis situation causing wide spread damage which far exceeds our ability to recover

Type of Disaster?

- There are two types of Disasters
- Natural: Earth quakes, Floods, Land slides etc.
- Man Made : War, bomb blasts, Chemical leaks etc.

Victims and Survivors

- Almost every one in the population is affected by a disaster.
- No one is untouched by it.
- Those who suffer damage are called victims , they may die or live.
- Those who manage to live are called Survivors

Victims and Survivors Cont...

- The Survivors are classified as
 - 1.Primary: one who is exposed to the disaster first hand and then survives. They are called “Survivor Victims”
 2. Secondary :One who grieves the loss of primary victims. EX: mother who lost her child

Victims and Survivors (cont..)

- Third level Survivors: The rescue and relief personnel
- Fourth level Survivors: Reporters and traders
- Fifth level Survivors: People who read about and see the events in media reports

Vulnerability Factors

- Lack of physical strength
- Cultural attire
- Emotional quotient
- Financial dependence
- Education deficiencies

Vulnerability Factors (cont..)

- Lack of exposure to technology
- Limited property rights
- Psyche of a women
- Vulnerability due to reproductive health system

Impact of Disaster –physical-emotional

- Not able to sleep
- Gastric problem
- Does not want to go to out side home
- Night mares
- Bed wetting
- Regression

cont

- Shame
- Repeated thoughts about the event
- Anxious
- Fear
- OCD traits
- guilty

“Build-In” Coping and Damage –Repair Mechanisms

- Crying: is seen in Children and Women-when hurt
- Talking it out: is used more by children they enjoy telling us in detail about their accident, traumatic experiences, etc
- Playing
- Sleep and dreams: Young children use it.

What You can do ?

- Recognize your own feelings.
- Talk to your peers about ur feelings and what they are feeling.
- Accept help from others in the spirit in which it is given. Wouldn't you help them?
- Whenever possible, take time off and do something you enjoy.
tell them the truth.
- Get as much physical activity as possible, such as running or walking.
- Give someone a hug; touching is very important



Thank you.