

# Social Support, Sense of Coherence and Coping as Predictors of Posttraumatic Growth in Orphan Adolescents

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## Abstract

Since adolescents go through a lot of biological and psychological changes, it's critical to comprehend how they cope with stress and trauma. An orphan is a person who has lost his/her parents or has been abandoned. They experience difficulties with their emotional development as a result of lack of parental support, which eventually leads them to exhibit very violent behaviour. Children who have experienced trauma have disturbances in their daily life, including poor appetite development, difficulty communicating, and problems in the classroom. They reflect unsuitable conduct and negative psychosocial repercussions such as emotions of inadequacy, guilt, shame, and insecurity. The aim of the paper is to examine the impact of Social Support, Sense of Coherence and Coping on Post traumatic growth. This paper reviews the results of previous researches that investigated the relationship among the variables. A total number of 25 researches were analysed in the study. The findings suggest that traumatic upbringing, such as losing parents, can have a negative impact on children's psychological wellbeing. Children's abilities, IQ, productivity, and social usefulness are all influenced by their psychological health. Along with a lack of attention and support, children who lose a parent also experience sadness, anxiety, and hopelessness. Such experiences can lead to post-traumatic growth or serious psychiatric issues. Adaptive coping, which has been repeatedly connected to post-traumatic growth, is utilised in conjunction with positive reappraisals. A feeling of coherence and social support are also advantageous to the Growth.

**Keywords:** Social Support, Sense of Coherence, Coping, Posttraumatic Growth, Orphan Adolescents, Trauma

## Introduction:

Adolescent is age full of changes both biological and psychological hence it becomes very important to understand that how they live up and handle their trauma. Whereas Orphan is someone who has lost or is abandoned by the parents. Due to lack of parental supports orphans face issues in emotional development which later tend to display high level of aggressive behaviour and antisocial behaviour. (Gunnar, M., & Van Dulmen, M 2007). Researches indicate that orphans either in institution or at foster homes develop many psychological and social issues (Gilbron 2006; Boris 2012; Dabla, 2010). Apart from this the scores on wellbeing are found very low among orphans than Non orphans. These symptoms also affect them during the growth towards adulthood (Kahana et al. 2006). The ones who have experienced accidents / ailment, lost a parent and have faced severe traumatic events have found to develop internalizing, depressing symptoms, signs of anxiety, dissociation, & acute stress disorder; All of these have an effect on the socioeconomic status, social impairment and social support (Fairbank et al., 2009, Pynoos et al., 2009, Seng et al., 2005, Yule, 2001). Children who have faced traumas experience commotions in their day-to-day lives, such like developing poor appetite difficulty in communication have issues in schools. This leads towards an adverse psychosocial effects like feelings of doubt, inferiority, shame, guilt, insecurity and unsuitable conduct. Orphaned children showed moderate PTSD symptoms, where boys report less symptoms of PTSD, avoidance, and arousal symptoms than girls. These symptoms were high in those who live in cities rather than

camp or a village (Thabet, AA, Elhelou M, Vostanis P., 2017). They indicate a need for apt mental health services, and irrespective of gender they indicate an equal need for protection. (Whetten K, Ostermann J, Whetten R, O'Donnell K. Thielman N.2011). Orphans are more prone towards stigma, bullying, substance abuse, violence, which pavs towards anxiety, PTSD, and depression effecting their and mental health.( Cluver L. Orkin M.2009). It was discovered that children who have experienced family deprivation exhibit a number of undesirable characteristics. The children face a variety of negative issues, including slow mental development (Mukhamedrahimov, 2006), emotional and regulatory disorders (Koltinova, 2013), low self-esteem, anxiety and hostility towards adults, and a lack of self-control (Mikhailova, 2004; Chuprova, 2007; Shvets, 2011) and of socially acceptable behaviour (Muhamedrahimov et al., 2008). (Savkova, 2013). The studies have shown that Traumatic events have a positive relation with traumatic growth, as it leads to leaning of more adaptable ways to survive So, impact of trauma are underlying need for PTG because it is prospective that severity of the event leads towards serious questioning of the beliefs and suffering, which encourages towards growth (Vicki Helgeson, Tanja Zoellner, and Andreas Maercker, 2006). Growth tends to alter the philosophy of one's life. (Ford, Tennen, & Albert, 2008). It is a self-regulatory innate mechanism to protect oneself from the traumatic disasters. Therefore, one look for help and support from his family and friends. According to Schaeferand Moos (1998), social support may be a predecessor of personal growth by influencing coping behaviour and fostering successful adaptation to life crises. It should be noted that seeking social support may be distinct from receiving or perceiving social support. Although there is some suggestion that social support and seeking social support coping may promote posttraumatic growth (Schaefer & Moos, 1998; Tedeschi & Calhoun, 2004), these findings are mixed (Linley & Joseph, 2004).In addition to seeking social support, the focus is on coping strategies that are thought to be adaptive according to Zoellner and Maercker's (2006) and Pargament, Koenig, and Perez's(2000) . After experiencing the negative events individual seek higher emotional connection with others, as well as a feeling of closeness and intimacy in interpersonal relationships. High level of social support after a traumatic occurrence, can better manage negative emotions, limit dysfunctional behaviours, improve distraction and rewarding activities, and handle practical difficulties. (Tedeschi & Calhoun, Tanja Zoellner 1996, 2004,2006). Having close personal relationships helps to cope better with various stressors, including sadness, parent loss, & illness. When controlled for social support, the relationships between psychological discomfort and physical impairments were somewhat reduced, notably for hearing, whereas the associations between somatic diagnoses and psychological distress were more or less removed.. Lack of social support also leads towards other issues like suicides, in a research by Geoffrey Gauvin et al. 2019 it is studied that Orphan adolescents who have more social support are not prone to suicides. With these Sense of coherence protects an individual from the negative effects of adversity, It combines relevant aspects of behavioural, cognitive, and motivational resistance (Almedom, 2005; Mittelmark et al.,2017). Stressful life events are thought to temporarily diminish the developing SOC during adolescence, but if well managed, they can result in regained or even higher levels of SOC (Braun-Lewensohn, Sagy, Sabato, & Galili, Citation2013). As a result, people with high SOC can clarify and structure the nature of stressors (Cederblad, Dahlin, Hagnell, & Hansson, Citation1994). Whereas self-blame, keeping to self-have a high correlation with committing suicide. With this a high sense of coherence often has an enduring attitude and measures how people view life and how they manage and identify stressful situations and use their resistance resources to maintain and develop their health. (Eriksson & Lindström 2007). individuals with a strong SOC are able to clarify and structure the nature of stressors (Cederblad et.al, 1994. (Kazlauskas, Gailiene, et.,al 2017; Veronese & Pepe, 2014) have described a negative relationship between SOC and PTSD symptom severity, higher SOC levels were linked to less severe PTSD symptoms in the aftershock of traumatic event. However, less is known regarding SOC's causal influence on PTSD development. In addition, several studies have focused on the influence of traumatic events on individual SOC levels. Overall, the evidence suggests that SOC scores decline following a traumatic life events (Schnyder et al., 2000; Volanen et al., 2007). Growth is seen to be associated with higher levels of SOC, particularly the dimension of Meaningfulness. Therefore, promoting SOC may preserve and enhance psychological health after critical trauma (Ragger, klemes et.al 2019). Adolescents coping styles have become very important to study as their ability to use coping strategies to regulate emotion is different from adults (Gross and Thompson, 2007, Salmon and Bryant, 2002) . Moreover Researches have seen a positive corelation among coping social support and PGT (*Yong-ju Yu et al. 2013*). Positive coping style significantly mediate the relationship between social support and PTG. The study results showed that PTSD symptoms, perceived social

support, and positive religious coping predicted PTG and mediated between PTSD and PGT. (Hikmet Yazici et al. 2020). The kind of cognitive processing that is chosen and the coping strategy that was employed after the trauma define the degree of growth that will be noted. In actuality, both problem- and emotion-focused coping are favourably related to progress. Conversely, coping with denial, repression, and emotion suppression is linked to less favourable health outcomes. (Linley & Joseph, 2004). After tragedy, one's confidence in religious institutions may grow and may also serve as a coping mechanism in the search for meaning. (Calhoun & Tedeschi, 2001). However, even those who don't practise religion sometimes improve spiritually. (Tedeschi & Calhoun, 2004). Positive religious coping results in spiritual fulfilment and psychological assistance. However, negative religious coping is linked to the belief that one is being punished by God, to spiritual dissatisfaction, and to interpersonal religious dissatisfaction. Furthermore, when dealing with challenges like certain illnesses, even healthy religious coping may foster resignation and a more passive kind of coping. (Idoia Aramburu 2001). Social networks, whether formal or informal provide a sense of belonging, security, and community Linley et al. 2008. Conversely, coping with denial, repression, and emotion suppression is linked to less favourable health outcomes. (Linley & Joseph, 2004).

### **Conclusion:**

This review pursued to determine that Social Support, Sense of Coherence and Coping are a Predictors of Posttraumatic Growth in Orphan Adolescents. The social, emotional, and psychological dynamics and functioning of a person as an adult are shaped by their early experiences. Children's psychological wellbeing can be harmed by traumatic childhood like losing parents. The psychosocial health of children has an impact on their ability, intelligence, productivity, and social usefulness. Grief, anxiety, despair, as well as a lack of support and care, affect children who have lost a parent. Such traumas can lead towards post traumatic growth or could lead towards major psychological issues. Adaptive coping was consistently associated with post-traumatic growth, and it effect the use of positive reappraisals. Sense of coherence and social support also have a positive effect on the Growth. A trusted peer group or social support has been seen to lessen the psychological and physical effects of trauma on adolescences. However, while data on growth in adolescents is still scarce, it nevertheless suggests that Post traumatic growth in youth may be quite similar to that observed among adults.

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