

# THE SECRECY OF PRIMARY SCHOOL STUDENTS AND THEIR RELATIONSHIP TO POST-TRAUMATIC STRESS DISORDER

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**ABSTRACT:** *The study aims to identify the level of secrecy and the level of post-traumatic stress in primary school students, and the knowledge of the relationship of secrecy to post-traumatic stress. The study sample reached (600) students and students in the primary stage in the six grades and 200 students in each grade Two tools were used by Rieffe et al in 2006 and the PTSD by Wahida Mohammed Murad in 2014 after the extraction of honesty and persistence. Statistical methods were used to test the sample , the test were Of the T-test of one sample and the T-test of two independent samples and a correlation coefficient (Pearson). The results indicated that there were significant statistical differences in Post-traumatic stress disorder and for the study sample as well. A relationship between secrecy and PTSD was found (0.79). In the light of these results, the researcher made a number of recommendations and suggestions*

**Keywords:** post-traumatic stress disorder; auto combustion method; level of secrecy; . Statistical methods; social conditions.

## 1. INTRODUCTION

The people of Iraq have been exposed to unstable social conditions during the previous years that followed the fall of Baghdad in 2003 and suffered from sectarian division, explosions, shooting, destruction, seeing terrifying scenes, earthquakes, natural disasters, Fires, storms, deaths of parents and parents and feelings of threat, which produced these events and horrific scenes in the hearts of many children who have been subjected to shocks, as these shocks lead to disorders and many psychological problems such as fear, depression, anxiety, sleep disorders [1] who have been exposed to unstable social conditions.

PTSD is at the forefront of the disorders experienced by children who have been exposed to unstable social conditions. Heoman et al confirmed that individuals who survive the trauma and are similar to healing may not be holistic and may even show symptoms again and again [2]. One study showed that 46 of the 600 children of Baghdad primary school age (3-10) years of age reported exposure to one of the most traumatic incidents At least 14% of them were Suffer from post-traumatic stress disorder [3].

Post-traumatic disorders may lead to multiple behavioral disorders, one of which may be the silence of one of them (Alexithymy) whose symptoms are inability to recognize emotions and distinguish them from physical sensations or expressed by language and inability to recognize and describe the Self-feelings, the impoverishment of imaginary experiences, the dream-life, the outward-oriented behavior, and operational thinking [4].

The study of post-traumatic stress disorder in a sample of children as an attempt to identify one of the causes of this behavior and as an attempt to fill the deficiency in the structure of Post-traumatic stress disorder in a sample of children as an attempt to identify one of the causes of this behavior and as an attempt to fill the gap in the psychological profile of research that attempted to detect the relationship between the two variables.

## 2. THE IMPORTANCE OF RESEARCH

Mental health is a necessity of life in general and school in particular, as the normal relations between students and their teachers lead to proper psychological growth in terms of educational and scientific. Therefore, if we provide a happy and happy childhood for children, As adults, free of contractions and oppression, childhood ears are the basic stage in which the roots of personality are formed. Children suffering from mental health problems will have difficulty adapting to different situations. Studies have shown that

these children, if left untreated by specialists, are likely to have feelings of lesser value, especially negative and their level of education is poor. So it is necessary to detect early cases of counting whether to live a healthier life and overcome the issues that affect them and the children of the children of Iraq have been exposed to situations that have had an impact on the impact of many psychological disorders, including post-traumatic disorders, which may lead to Other psychological disorders such as silence, so this research is an attempt to detect the relationship of post-traumatic stress disorder in children in the primary stage in an attempt to determine the strength and direction of the relationship between the variables and provide the library scientific study depends on accurate statistical methods Psychologists, psychologists and educational counselors may benefit from their findings in diagnosis and treatment.

## 3. RESEARCH OBJECTIVES

The current research aims at

- Identifying the level of secrecy among primary school students.
- Post-traumatic stress disorder among primary school students.
- The relationship between secrecy and PTSD among primary school students.

## 4. LIMITS OF RESEARCH

The current research is determined by primary school students in the Directorate of Education of the second Rusafa in the province of Baghdad for the academic year 20162017 and of both genders and for the fourth, fifth and sixth grades for the reconstruction (8- 10) years.

## 5. THE DEFINITION OF SEARCH TERMS

**5.1 The secrecy (Alexithymia):** It defined by:

- Is a semi-clinical phenomenon that includes the loss of perception of emotions or specifically the difficulty in diagnosing and describing emotions and distinguishes emotions from physical sensations [5]?
- Is the inability or difficulty of description of emotions and emotions or lack of know-how feelings [6].
- Is the state in which an individual feels feelings of anger such as rage and others that he cannot express [7].

The procedural definition of discretion is the total degree obtained by the student from his answer to the discretionary measure used in this research.

## 5.2.PTSD

A. The American Psychiatric Society. Symptoms of severe traumatic stress include the direct experience of a person who is exposed to an event involving a real or imagined

threat, serious injury, or other threat to the person's body or event, which includes death, injury or any threat to the body of the person himself or to another person, the knowledge of violent or unexpected death, serious harm or threat of death, injury or injury to an individual member of the family or any close relative [8].

B. **Procedural definition** is the total degree. Which the student receives from his or her response to the PTSD scale used in this research.

## 6. BACKGROUND AND THE PREVIOUS STUDIES

**1 Alexithymia:** The first description of secrecy by Resch in 1948 has only been noticed in the last two decades. Frenchi noted that there is a pattern of people characterized, in particular, by the lack of imagination in life and in analysis, As the events that do not leave a trace of them [9].

The psychological concept of concealment includes several cognitive and emotional characteristics, namely:

- A. the inability to recognize and describe self-feelings.
- B. Difficulty distinguishing between physical sensations and emotions.
- C. Poverty in experience And the dream life and operational thinking (10).

## 7. Theories explained for concealment

1.The Cognitive Nerve Model (Mclean) emphasized the assumption that secrecy is a deficit in the processing of emotional information (Emotional processing deficit), a functional brain deficit in the delivery of information from the brain to the centers of language in the cortex of the brain, [11]. This interpretation is called the vertical model. There is a horizontal model that adopts the possibility of a disturbance of the connection between the left and right hemispheres. The researchers found the prevalence of the phenomenon of secrecy in patients with the phenomenon of 'split brain,' where half of the right brain Responsible for the emotional perception and delivery of information to the left brain responsible for language and expression [12].

2.Dynamic Model: The association of secrecy with some disorders, such as addiction, leads us to associate the secrecy with dynamic mechanisms and psychological processes. Silence, as he sees it, is a feature that reveals factual thinking or my operations because of the failure to characterize conflicts and the impossibility of forming a picture of the body And the lack of self-concept and suppression of aggression and emotions in general, leading to emotional depression and increase the risk of suffering from the disease of the psychosomatic. The secrecy caused by fear of infection of serious organic diseases or because of the factors and is considered secrecy here defensive mechanism focus On refusal and denial to avoid painful emotional experience in situations of vulnerability [13].

3.PTSD :is defined as a response that results from painful experience outside the control of the person so that the initial defense is ineffective in dealing with it [14]. One of the causes of psychological trauma for children is what follows:

1 deprivation of tension of basic needs.

2. Threatening the child to kill, kidnap or beat him. 3 Hear the child's news about dear people who are tortured, kidnapped or died.

-Exposure to attack.

-Exposure to dangerous substances or diseases, especially malignant and surgical and therapeutic interventions for the child.

- Exposure to burning or drowning.

- Threats to security, stability and assault on homes and their sanctity [15].

-Hurricanes, volcanoes, earthquakes and Fires and snowstorms.

-Accidents of aircraft and cars.

## 8. Theoretical Trends in the Interpretation of Post-Traumatic Stress Disorder

**A- The Psychological Model:** The idea of this model is to develop a psychological and social model for interpreting post-traumatic stress disorder, as this trauma and its fate depends on their nature and unity on the one hand and on the individual and his personality on the other. The environment also has a role. Whenever environmental and psychological factors are appropriate, the individual source is able to overcome the effects of the trauma and restore its adaptation to an acceptable level [15].

**B- Learning and Striking:** There are two types of conditional learning: classical and procedural learning, The second is the individual being active and has the ability to move and respond to the stimulants as he sees fit. If the response is correct, he gets the appropriate reinforcement, and here the troubled person tries to avoid avoiding The stimuli that hate the shock are painful for him to feel the torture of their effect [4].

**C- The biological model:** is based on linking PTSD to the brain and its work. Chemical and physiological substitutions occur on the brain. Trauma leads to brain and body disorders, biological complications and stops secretion activity [15].

**D- The cognitive model:** The trauma to destabilize personal data and its perception of reality and adaptation and the normal person thinks the world beliefs that (the world is the source of good and exuberance and it is meaningful and valuable and can be controlled by the individual, and that the individual loved and appreciated). As for the troubled one does not understand the meaning of the event and does not look at the world [6].

## 9.The research community

The research community was selected by the research community and included the primary school students in the Directorate of Education of the second Rusafa. The schools were selected in the new Baghdad and Baladiyat districts. The study sample was determined by (600) students from the last three grades In the primary (fourth, fifth and sixth) and the number of (200) students and students in each class are distributed as in one table.

**Table (1) The sample of the research distributed by grade and school**

total	6 <sup>th</sup> class		5 <sup>th</sup> class		4 <sup>th</sup> class		School name	No.
	female	Male	female	male	female	male		
300	40	70	56	30	67	37	Ibn AL Iraq	1
300	24	60	38	68	46	64	Almustaqbal	2
600	64	130	94	98	113	101	total	

**10.RESEARCH TOOLS**

**1. Confidentiality:** The questionnaire was used by Rieffe, which consists of (20) paragraphs in front of each paragraph, three alternatives that apply to me always or sometimes, do not apply to. The questionnaire was prepared in several languages (French, English, German, Italian and Farsi). The researcher used the questionnaire in English after translating it and presented the translation to a number of experts and arbitrators in the English language (Appendix 1) and asked him to translate it into Arabic and then re-translated by two of them into the English language and then offer the Arabic translation to the other two experts to reconcile the translations and the procedure was extracted the truthfulness of the translation of the questionnaire.

**2.PTSD in children** The PTSD was based on the results of the first (2014), which consists of (30) words divided into three dimensions of the symptoms are :

A- symptoms of recall of memories, which includes items talking About memorized the memories of the event that the children experienced during the crisis and includes (10) phrases.

B- The symptoms of thrillers include the physical arousal that results in physiological returns and includes (10) phrases.

C- The avoidance symptoms include what the person does to avoid all behaviors to avoid all that is mentioned by the traumatic urge that is presented to him and include (10) phrases.

The scale is corrected by three alternatives set to answer each statement the child selects, one indicating the degree to which it applies to it and what it passed, and the distribution of the grades to the positive-direction alternatives. Yes, 3, sometimes (2), 1 (negative) (1) and sometimes (2), nor (3) and it includes Negative expressions are paragraphs (29,27,25,23,12,5) and the rest are positive.

**11.EXTRACTION OF HONESTY AND PERSISTENCE OF RESEARCH TOOLS**

**1. Honesty** The apparent honesty of the adipose has been extracted by presenting them to a group of experts and arbitrators in psychology and psychological measurement. The experts pointed out that all the parts of the two instruments are valid and 100% As the researcher relied on the percentage in the extraction of apparent honesty, the approval of (80) and more of the experts agreed on the

paragraph as a criterion for acceptance. The researcher also asked the experts to determine the validity of the alternatives to the confidentiality questionnaire and the grades set for them , Experts have suggested that changing alternatives to apply to me, always, rarely, do not apply to me. The grades are given (2.1,0). 2 Stability The consistency of the two parameters was obtained by means of the half-split method by applying them to a sample of students consisting of (100) male students and female students The correlation coefficient between the two parts of each scale is calculated by dividing the scale into two halves. The first half represents the individual paragraphs, while the second half represents the conjugal vertebrae. By using the Pearson correlation coefficient, the stability value of PTSD (0.88) ) They are equal to (0.78) of secrecy, which are acceptable values of stability, since the previous studies depend on the value of (0.70) And more as a value to consider the measure acceptable in terms of stability. The instruments are therefore valid for use after verifying their reliability and consistency.

**12. FINAL APPLICATION**

The two tools were applied together on the sample of 600 pupils and students distributed by (300) students in each school.

**13. STATISTICAL MEANS**

The statistical means of:

A- (T.test) were used for one sample only to extract the level of PTSD and the level of secrecy among the students in the study sample.

B- T.test for two independent samples to derive differences in the relationship According to gender variable.

C- Pearson correlation coefficient to extract the honesty and consistency of the scales used in the research between PTSD and covert mutations.

**13.RESULTS OF THE RESEARCH:**

**13.1 The first objective Recognition of the level of secrecy in primary school students:**

The questionnaire was applied to the students. The mean of the students' scores was 22.4 and the standard deviation was (6.2) After applying the T-test for one sample to determine the difference between the arithmetic mean and the mean, the T value of 2.3 was found to be greater than the calculated T value of (1.96) at the level of (0.05), the freedom score (599) The details show

**Table (2):Calculated and tabular T value The difference between the arithmetic mean and the mean**

Significant level	T value		Supposed mean	Standard deviation	Arithmetic mean	Sample number
	Tabular	calculated				
0,05	1,96	2,3	3	6,2	26,4	600

Table (2) shows that the level of secrecy is high among primary school students because the calculated T value is higher than the T-table value, ie, there are differences in favor of the mean of the sample of the research sample. This result can be explained by the troubled situation experienced by children in general and pupils in particular, and that concealment is an important indicator of the role of the many emotions experienced by students, which appear in the form of difficulty to describe the emotions and lack of knowledge of internal feelings The inability to distinguish physical sensations and the poverty of imaginative experiences. The

many emotions are crowded in the child so that he becomes insensitive.

**13.2 The second objective is to identify the level of PTSD in primary school students:**

The mean mean of PTSD scores was 38.18 and with a standard deviation of 3.44, the mean of the scale (60) after the test was used For a single sample of the significance of the difference between the arithmetic mean and the mean, the calculated T value (6,73) is greater than the table T value of (1.96) at the level of (0.05) and the freedom score (599) and table (3) explains the details.

**Table 3 shows the difference between the arithmetic and probabilistic averages of PTSD**

Sample number	Significant level	T value	Supposed mean	Standard deviation	Arithmetic mean	Sample number
	Tabular	calculated				
0,05	1,96	6,73	60	3,44	38,18	600

In Table 3, it is clear that the level of PTSD is high among primary school students. The calculated T value is greater than the scale. There are differences in favor of the sample. This can be attributed to the Iraqi child suffering from war, Killing, destruction, scenes of violence, burning and bombing, and some suffered from injuries and surgical intervention, as well as malignant diseases rampant in society, which has become talk about them as ordinary diseases and not dangerous conceivable.

### 13.3 The third objective is to identify the relationship between secrecy and PTSD.

Pearson correlation coefficients were used to determine the relationship between the scores of the students on the confidentiality questionnaire and PTSD. The correlation coefficient (0.79) Which is a high coefficient of correlation to a certain extent and this indicates that the greater the post-traumatic disorder, the more discreet the students and vice versa. This result can be explained that the brain events, killing, death, burning and orphan hood experienced by the Iraqi child has greatly affected his emotions and reflected negatively on his psychology and his ability to express himself.

## 14. CONCLUSIONS

1. The consequences of disasters and events are painful for all human beings, whether they are young or old and may be less severe on adults because they are mature, but the child can not cope with it generates disorders that in turn generate other disorders then the issue is like a series that does not Which is endless only by therapeutic intervention and God's will to cure it.

2. neglecting the parents of the child and make him dive with his grief and suffering alone increase the psychological problems suffered by the child and be a cause of the occurrence of problems and other disorders. This neglect may be due to the economic situation In the country that prompts parents to spend most of the time at work and some may resort to work after working hours in additional work, which prevents the child from spending many times with his parents.

3 . the focus of the Iraqi media in media coverage on events rather than on the focus On the victims and their feelings and ways to solve the problem of psychological trauma created by these events.

4. the child is trying hard to stay away from the traumatic event that was exposed to him and avoids the thoughts and feelings and people, so resort to secrecy as a way to forget the shocking event that is confusing.

## 15.RECOMMENDATIONS

In the light of the findings of the research, the researcher recommends that:

1. School administrators and psychologists in schools should inform parents of the need to contain and recognize a child suffering from PTSD and not to condone it. And allow him to cry to get rid of the pain to myself and try to support

psychologically and use the name of the child a lot and not lying to him and try to urge him to speak and avoid questions with answers (yes or no) to give him a greater opportunity to speak.

2. Directing the instructor by the directorates of education to pay attention to the Children who suffer from post-traumatic stress, care for them and provide psychological counseling and use of the psychology of playing with them, especially acting representative to make them more able to express themselves and feelings and social communication with others.

3.The child is exposed to stories either on television or telling him about shy animals that gradually regain their confidence.

## 16. SUGGESTIONS

The researcher suggests the following:

1. Conduct research similar to the current research on middle and high school students to discuss post-traumatic stress and its relationship to communication disorders.

2. Conduct research to examine the relationship of PTSD to other psychological and behavioral disorders such as anxiety, Depression, withdrawal behavior, poor scholastic achievement and other disorders.

3. Conduct therapeutic counseling programs for children suffering from post traumatic stress disorder and covertness.

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