

Traumatic Experiences and Its Relationship with Coping Mechanisms Among Palestinian Coronavirus Survivors in Bethlehem Governorate

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Abstract

The study aims at identifying the traumatic experiences and its relationship with coping mechanisms among Palestinian Coronavirus survivors in Bethlehem Governorate. The study approached the literature as a multi-dimensional phenomenon, which addressed both theoretical and applied research. The significance of this recent study is the first, which dealt with this theme, to the author knowledge, which in turn encourages other researchers to work on further research on this important issue.

To achieve this end, the study adopted the quantitative research approach using the sampling survey method. The questionnaire is appropriate for the exploratory nature of the research. A 52-item questionnaire was formulated which was divided into three sub-scales as follows: the basic information of the participants; the second section dealt with the traumatic experiences (PTSD Scale according to DSM-5, 18 items), that introduced by Davidson et al. (1997); and the third section included the coping mechanisms scale (34 items) introduced by Folkman et al. (1986), taking into consideration the cultural appropriateness in the Palestinian society.

The sample comprised of (350) males and females COVID-19 survivors at Bethlehem Governorate using the convenience sampling during 2022. A 5-point Likert scale (ranging from very often to never) was used to assess the traumatic experiences and the coping mechanisms among the sampled population. The collected data was statistically analyzed using the statistical package for social sciences (SPSS).

The results revealed that Palestinian coronavirus survivors experienced a low level of traumatic experiences, and a moderate level of copying mechanisms. The mean scores and standard deviation were (M 2.32 SD 0.79; M 2.65 SD 0.29) respectively. The study revealed the determinant effect of traumatic experiences on decreasing and increasing the copying mechanisms among Palestinian Coronavirus survivors.

The results of the study revealed statistically significant differences in the traumatic experiences among Palestinian Coronavirus survivors due to gender, place of residency, severity of Coronavirus, the presence of deaths from relatives or friends, and the degree of the deceased's kinship. Additionally, the findings of the study revealed statistically significant differences in the coping mechanisms among the sampled population due to marital status, and the severity of Coronavirus.

These findings confirm the value of traumatic experiences on decreasing and increasing the coping mechanisms among Palestinian Coronavirus survivors at Bethlehem Governorate, and recommend including implementing preventive programs in order to teach positive coping mechanisms in individuals to raise their level of psychological resistance, conducting case studies for people affected by the Corona virus is essential, such as women and those who have lost a close relative, and further research is essential in the area of traumatic experiences and the coping mechanisms using the qualitative research design.

Keywords: Traumatic experiences, coping mechanism, Corona, survivors, pandemic, Palestine.

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CONFLICTS OF INTEREST

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