

SCHOLAR : KOMAL CHANDIRAMANI
SUPERVISOR : PROF. WAHEEDA KHAN
DEPARTMENT: PSYCHOLOGY
**TITLE : POST TRAUMATIC GROWTH IN
RELATION TO RESILIENT/SPIRITUAL
WORLDVIEW, SOCIAL SUPPORT AND
EMOTIONAL REGULATION AMONG
FEMALE TRAUMA VICTIMS**

ABSTRACT

A recent focus in the trauma literature has been on the possibility of positive psychological changes or Post Traumatic Growth (PTG) in the aftermath of adversity and suffering. The other variables like resilience/spirituality worldview, social support and emotion regulation forms an integral part of an individual's search for meaning and purpose in life. The present research was designed to compare females experiencing trauma as a result of breast cancer, sexual abuse and spousal bereavement on the measure of PTG, Resilient/Spiritual Worldview, Social Support and Emotion Regulation with their dimensions and also to examine the relationship between PTG and Resilient/Spiritual worldview, PTG and Social Support, PTG and Emotion Regulation in the three groups. A three group design was used. The data was collected using purposive sampling method and the size of the total sample was 90 (i.e. 30 females in each group). The participants were given the necessary information about the study and Post Traumatic Growth Inventory, Spirituality and Resilience Assessment Packet, Multidimensional Scale of Perceived Social Support and Emotion Regulation Questionnaire were administered on them. The results of ANOVA showed significant group differences on the measures and the dimensions of PTG, resilient/spiritual worldview, social support and emotion regulation with their dimensions.

Highest mean scores were obtained for breast cancer group followed by spousal bereavement and sexual abuse cases for each of the dependent measures. However, relating to others and personal strength dimensions of PTG did not show significant difference between the three groups. Further, the mean comparisons revealed that sexual abuse was significantly lower from spousal bereavement and breast cancer cases for overall PTG; overall resilient worldview with its dimensions and overall social support. For the dimensions of PTG and social support, three groups were significantly different from each other. However, breast cancer was significantly higher from spousal bereavement and sexual abuse cases for overall spiritual worldview and overall emotion regulation with its dimensions. Significant positive correlations indicated strongest relation of PTG with Resilient/Spiritual Worldview, PTG and emotion regulation with their dimensions; this trend was much evident in the breast cancer group followed by spousal bereavement and sexual abuse cases. Dimensions of PTG and social support also showed strong significant positive relations with each other in spousal bereavement followed by breast cancer and sexual abuse cases. It was concluded that breast cancer cases were significantly higher from spousal bereavement and sexual abuse cases on the measures of PTG, resilient/spiritual worldview, social support and emotion regulation. Breast cancer patients experience positive changes after diagnosis and treatment like making a spiritual connection, engage in social activism, becoming resilient, living a healthy lifestyle and expressing a wide range of feelings.

Keywords: Female Trauma, Post Traumatic Growth, Resilient/Spiritual Worldview, Social Support, Emotional Regulation