

Topic: Post-traumatic growth among individuals in Kashmir

The present study aimed to explore and address the following gaps in the literature: (i) To explore the sequential relationships of core beliefs challenges and PTG directly as well through two mediators (intrusive rumination and deliberate rumination) following Tedeschi and Calhoun's sequential process model (2004, 2006, 2008), (ii) To explore this relationship in the context of Kashmir (India), which is one of the most militarized zones for quite some time (Misra, 2021), (iii) focusing on youth sample as PTG research on children and youth is neglected area of research, (iv) assessing the relationship between PTG and three kinds of mental health, (v) collecting PTG data not only from the self-report of the youth but also from their parents, and finally (vi) PTG across demographic variables.

Data were collected from 400 students with the age range 17 to 29 years and their parents, however, only 310 parents returned the filled-up PTG scale. The Family Affluence Scale (Currie et al., 1997) Core belief scale (Cann et al., 2010), Event-Related Rumination scale (Cann et al., 2011) posttraumatic growth scale (Tedeschi and Calhoun, 1996), Mental health scale (Keyes, 2000) were used to measure core belief, intrusive rumination, deliberate rumination, PTG and mental health which includes (emotional, social and psychological wellbeing) of the respondents. Moreover, translated version of PTG scale is used on parents to respond growth about their respective children.

In the present study, results of demographic factors (gender, educational status, and living status) with PTG revealed that PTG did not differ significantly across demographic variables. Moreover, the result of self-reported PTG and parental reported PTG revealed a significant difference between youth version PTG and parent version PTG. Self-reported PTG was found to be significantly higher than the parental version of PTG. The results of our main analysis revealed that intrusive rumination and deliberate rumination significantly mediates the relationship between core belief and PTG. Furthermore, PTG was found to be related to three forms of wellbeing.

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