

Emina Mehmedovic

Professore Demoung

Soco 2370

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The Effects of War: Bosnian vs. American

Introduction:

There have been studies done on the cultural effects of war experiences among men and children in Bosnia and in America. One study done was done on male-veterans that served in the Vietnam war and how they're relationships with their children are. They theorized that veterans with PTSD after the war would have a hard time interacting with their children and would have emotional numbing. "The present study investigated whether war-zone related PTSD is uniquely associated with perceived deficits in the father-child relationship, after controlling for the effects of other variables that may be associated with relationship quality"(Ruscio et al 352). In another study done by the European child and psychiatry, researcher Papageorgion did a study on the war trauma with Bosnian refugee children. The study consisted of refugee children that have a prevalence of PSTD and how it affected them in many ways. This study theorized the effects of war trauma are by certain factors like family loss, parents' responses' to war trauma and the torture of it all. "The aim of this study was to investigate the nature and severity of psychiatric problems among Bosnian refugee children, and the relationship between war trauma experiences and psychopathology"(Papageorgion et

al 85). This study found out that depression rate skyrocketed for young adults and children still affected them throughout their lifetime.

The results of this study gave the researchers an idea of treating PTSD for children that been through war. This research implies that not only men of war are affected by war but many children as well. The implications of the studies show that PTSD is one of the traumatic results of being through war. Also, in doing my own personal interview with my dad who experienced war I got a chance to understand how bad the trauma after is and during war.

Methods:

In the first study the sample included 66 male Vietnam veterans that were recruited through newspaper ads and flyers by the Boston VAMC's National Center for PTSD. The study involved three sessions for 2-3 days apart. The 66 male veterans were put through clinical interviews and self-reports questionnaires. In the second study by researcher Papageorion he included 10 foster children who were accompanied by six teachers and attended 5 classes with weekly therapy sessions. The children were tested by the following tests: The War trauma questionnaire, The Impact of Event Scale (IES), Depression Self-Rating Scale for Children(DSRC), and Strengths and Difficulties Questionnaire (SDQ). In the last study with the interviewing of a fellow Bosnian war veteran a questionnaire was done. I got to interview my dad and his experiences on the war that's he went through. I got to ask him how much the war affected him and how he lives now. He talked to me about his war experience and how much it changed his life. Some questions that were asked were what things did you see in the war that affected you and/or traumatized you?

Results:

In the first study done with American veterans that war-zone veterans with severe emotional numbing and with those with PTSD syndrome may be at risk for interpersonal problems of detachment and emotional unavailability. Also, men that the fathers had poorer relationships with their children and unfavorable consequences. In the second study that involved Bosnian refugee children and their PTSD showed that 27 children reported having PTSD. Also, the girls ended up scoring higher on the SDQ scale while the boys scored higher on the IES avoidance scale. The most frequent trauma that the children experienced and reported are displacement for their villages, separation from their family, direct experience of witnessing a killing and being in a close to death situation. In the last study on the war experience of my dad who was in the war he seen saw people ripped apart by grenades'. The personal interview with my dad made me realize how much hurt and scars he still holds onto. "At such a young age being drafted into war and having to witness heads blown off was a fear no young man wants to go through"(Mehmedovic). He talked about how the war gives him nightmares and war experiences he could never erase. My dad explained how he wakes up some nights with a panic attack or wakes up trembling.

Through all the data that was found and the personal interview it is proven with studies and a real experience by my dad that war has the same tragic effects both American people and by the Bosnian people. It shows that PTSD from a war experience varies differently depending on the experience, the age, and what you had experienced.

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