

## Gender differences in the experience of Posttraumatic Stress

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### Abstract

The aim of this research is to understand whether there are gender differences in the symptoms of stress post-traumatic stress disorder. Many researches that have been made in this area have reached the conclusion that there are gender differences in the symptoms of stress post-traumatic stress disorder. To investigate this issue is to select a sample of 100 respondents, the selection of whom is done at random, with people who we have met in the street the library, the faculties of other public sites. The research was of the type quantitative – where the data are collected through the application of questionnaires. The results from this survey show that there are gender differences in the symptoms of stress post-traumatic stress disorder. So, women are affected with the many symptoms of stress post-traumatic stress disorder than men. The results are processed with the Analysis of data, with the program SPSS.- crosstabulation (crosstabulation) Gender with questions. The aim of this research is to understand whether there are gender differences in the symptoms of stress post-traumatic stress disorder. Many researches that have been made in this area have reached the conclusion that there are gender differences in the symptoms of stress post-traumatic stress disorder. To investigate this issue is to select a sample of 100 respondents, the selection of whom is done at random, with people who we have met in the street the library, the faculties of other public sites. The research was of the type quantitative – where the data are collected through the application of questionnaires. The results from this survey show that there are gender differences in the symptoms of stress post-traumatic stress disorder. So, women are affected with the many symptoms of stress post-traumatic stress disorder than men. The results are processed with the Analysis of data, with the program SPSS.- crosstabulation (crosstabulation) Gender with questions.

**Keywords:** post-traumatic stress, gender differences, trauma, symptoms.

### Introduction

This research is conducted with the youth of Gjilan Municipality. Participants have received the instructions on how to fill the questionnaire before they completed the questionnaire. The purpose of this research was explained to them and their approval was obtained to apply the questionnaire. The time for the completion of the questionnaire was not limited. In cases when requested, participants were consistently provided with assistance concerning potential uncertainties concerning the questions. This research consisted of a total number of 100 participants: 50 females, and 50 males. The participants were of young age, i.e. 48% were born from 1982 up to 1987, while

51 % were born from 1988 up to 1992. In terms of residence, 56 % were from urban and 44 % from rural areas.

Is an anxiety disorder that may occur after experiencing or after being a witness to a traumatic event or by any bitter experience, which has led to a serious physical injury or life threat? A traumatic event is a life threatening or dangerous event such as war, natural disasters, terrorism, serious accidents, and physical or sexual assault in childhood or in adults. Most of the trauma survivors return to normal life after a short time. However, some people may have stress reactions which will not go away on their own, or may even deteriorate with the passage of time.

A wide variety of symptoms are used, such as: "the irritated heart", "the heart of the soldier", the "syndrome of exhaustion", "the neuroses of war", etc. Some of the aforementioned designations are related to war, because the (Post traumatic stress disorder-PTSD) was initially studied within this framework. Some of the somewhat strange emotional reactions of soldiers, doctors used to explain this with the physical fatigue and nostalgia for the family. In fact, main cause of these reactions and stressful elements was stress disorder after the trauma, because it would surface not only in the period when the war was still going on, but also far away from the time and place of the experience of the evils of war.

In Kosovo, also, there are plenty of examples of people with PTSD due to the severe, bitter, or shocking events that they have experienced. Such are the survivors of war in 1999 in Kosovo; the ones that have suffered the horror of loss of their dearest relatives, the former political prisoners of the dictatorship prison, war veterans, victims of trafficking etc. (Pango, 2004). People with PTSD experience three different types of symptoms. The characteristic symptoms resulting from exposure to an extreme trauma include:

- Flashbacks of the traumatic event;
- Continuous avoidance of stimuli that bring to mind the traumatic event;
- People feel more tense and irritable.

Besides the symptoms outlined above, we now know that there are clear biological differences which are associated with the PTSD. PTSD is complicated by the fact that people suffering from PTSD can often develop other disorders such as depression, substance abuse, memory and cognition problems, as well as other problems of physical and mental health. These problems can lead to the damage of the ability of the person to function in social or family life, including instability in work, marriage problems and family problems (Herbert and Wetmore, 1997).

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## The Results of Research

To assertion: The feeling that the event is happening again, 58.0% of males and 48.0 %, of females answered *not at all*; 34.0 % of males and 30.0 %, of females answered *a little*; 2.0% of the males and 14.0 % of females have answered *quite*, 6.0 % of men and 8.0 % of females answered *a lot*.

To assertion: Difficulties in concentrating? 48.0 % of males and 30.0 % of females answered *not at all*; 36.0 % of the males and 44.0 % of females have responded *a little*; 14.0 % of the males and 10.0 % of females have responded *quite*; 2.0 % of the males and 16.0 % of females have responded to *a lot*.

To assertion: Do you have in disorder with the sleep? 54.0 % of the men and 30.0 % of females answered *not at all*; 34.0 % of males and 48.0 % of females answered *a little*; 10.0 % of the males and 12.0 % of females answered *quite*; 2.0 % of the males and 10.0 % of females answered *a lot*.

To assertion: Do you have any irritation or sudden outbursts of anger? 50.0 % of males and 34.0 % of females answered *not at all*; 28.0 % of men and 36.0 % of females answered *a little*; 10.0% of the males and 8.0 % of females answered *quite*; 12.0 % of the males and 22.0 % of females answered *a lot*.

To assertion: Do you feel any sudden emotional or physical response when mentioning the traumatic or painful event? 34.0 % of males and 28.0 % of females answered *not at all*; 46.0 % of males and 34.0 % of females answered *a little*; 10.0% of the males and 51.0 % of females answered *quite*; 10.0 % of the males and 28.0 % of females answered *a lot*.

To assertion: Do you have any feeling that you don't have anyone to rely on? 58.0% of males and 54.0 % of females answered *not at all*; 20.0 % of males and 28.0 % of females answered *a little*; 14.0 % of the males and 10.0 % of females answered *quite*; 8.0 % of the males and 8.0 % of females answered *a lot*.

To assertion: Do you have any sudden fear without a reason? 60.0 % of males and 52.0 % of females answered *not at all*; 34.0 % of males and 28.0 % of females answered *a little*; 0 % of the males and 8.0 % of females answered *quite*; 6.0 % of the males and 12.0 % of females answered *a lot*.

To assertion: Do you feel that you have no energy or are not feeling well? 52.0 % of males and 28.0 % of females answered *not at all*; 38.0 % of the males and 46.0 % of females answered *a little*; 4.0 % of the males and 14.0 % of females answered *quite*; and 6.0 % of males and 12.0 % of females answered *a lot*.

To assertion: Do you feel bored? 40.0 % of males and 28.0 % of females answered *not at all*; 34.0 % of males and 34.0 % of females answered *a little*; 18.0% of the males and 20.0 % of females answered *quite*; 8.0 % of the males and 18.0 % of females answered *a lot*.

To assertion: You feel that nothing is interesting to you: 50.0 % of males and 38.0 % of females answered *not at all*; 38.0 % of the males and 30.0 % of females answered *a little*; 6.0 % of the males and 16.0 % of females answered *quite*; 6.0 % of the males and 16.0 % of females answered *a lot*.

To assertion: Do you have any feelings of crying? 64.0 % of males and 32.0 % of

females answered *not at all*; 14.0 % of men and 24.0 % of females answered *a little*; 14.0 % of the males and 10.0 % of females answered *quite*; 8.0 % of the males and 34.0 % of females answered *a lot*.

To assertion: Do you experience any traumatic events lately? 23 % of respondents answered yes, while 77 % no. To assertion: Do you feel hatred because of things that have happened to you and your family during the war? 17 % answered *not at all*, 27 % *a little*, 24% *a lot*, and 32% *exceedingly*.

Regarding gender differences, the aim of this study has been to make comparisons whether there are any gender differences in the PTSD symptoms. From the obtained data, there are significant differences and their value is 003. This average shows that women experience more PTSD symptoms than men.

**Group Statistics**

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Gender differences in PSTD	male	50	43.8600	5.94536	.84080
	female	50	47.8800	7.01206	.99165

**Correlations**

		Gender	Post-Traumatic Symptoms	Stress
Gender	Pearson Correlation	1	.298(**)	
	Sig. (2-tailed)		.003	
	N	100	100	
Stress symptoms post-traumatic	Pearson Correlation	.298(**)	1	
	Sig. (2-tailed)	.003		
	N	100	100	

Regarding residence, the aim of this study was to make a comparison of the evocation of PTSD between people of urban and people of rural areas. Through statistical analysis, we have concluded whether the difference between people of urban areas and the people of rural areas is significant. It appears that we do not have significant differences, since its value is only 652.

The residence of participants	Mean	N	Std. Deviation
City	46.1429	56	6.21561
Village	45.5227	44	7.48794
<b>Total</b>	45.8700	100	6.77586

**Correlations**

		The residence of participant	Gender differences in the post-traumatic stress disorder symptoms
The residence of participant	Pearson Correlation	1	-,046
	Sig. (2-tailed)		,652
	N	100	100
Differences of stress post-traumatic according to settlement	Pearson Correlation	-,046	1
	Sig. (2-tailed)	,652	
	N	100	100

**Discussion**

In the beginning of this paper it was submitted the hypothesis that: "There are gender differences in the post-traumatic stress symptoms". From the research conducted, we saw that the hypothesis was confirmed. According to the results obtained from this research, we realized that there are gender differences in post-traumatic stress symptom between men and women. Also, these results are in compliance with the obtained results from the research of scholars who claim that there are gender differences in post-traumatic stress symptoms. This is confirmed by studies on Vietnam veterans and survivors of Nazi concentration camps. National Vietnam Veterans Readjustment Study (1988) estimated that 31% of women and 27% of the men who served in the Vietnam War had PTSD symptoms. Estimates of the civilian population set the PTSD rates at 10% (for women) and 5% (for men) in the age group 15-54. Sexual abuse in childhood, sexual abuse, and the assaults were common causes of the PTSD in military and non-military women (Columbia Encyclopedia, 2004). The results show a small presence of post-traumatic stress; this is confirmed from the data acquired. From the meaning of the question have you experienced any traumatic events in recent times, out of 100 respondents only 23 % of them responded that they have experienced painful events.

**Conclusions**

From the abovementioned constraints, other recommendations derive for further research. Latter research in this area should include a larger sample. Then, a larger sample from the wider population would be very welcome, because it would provide

an external validity and would facilitate the overall data for the broader population. In further studies, the participation of subjects from the entire territory of the country would be necessary, in order for the sample to be fully represented.

It would be recommended that future research in this field should be conducted in Kosovo in order to find ways of improvement of this situation.

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