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Research Article

Relationship Between Post-Traumatic Growth And Emotional Intelligence Among The Youth Of Kashmir With Post-Traumatic Stress Disorder

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ABSTRACT

The study aims to determine relationship between emotional intelligence and post-traumatic growth (PTG) among young people in Kashmir who suffer from post-traumatic stress disorder. The study's sample consists of 80 youth between ages from 18 to 25, who have been clinically diagnosed with post-traumatic stress disorder. Sample was collected from Kashmir Advanced Scientific Research Center (KASRC) which was divided into two groups 40 males and 40 females for the study. Information was gathered for this study using semi-structured sociodemographic data sheet, Schulte Self-Report Emotional Intelligence Test (SSEIT) and Post-traumatic Growth Inventory. The findings indicate a strong and favorable correlation between post-traumatic growth and emotional intelligence. These findings have significant implications for developing targeted interventions meant to enhance mental health among youth of Kashmir.

Keywords: Emotional intelligence, post-traumatic growth, youth, Kashmir, post-traumatic stress disorder.

Introduction

In psychological research, emotional intelligence (EI) has its potential to influence a number of outcomes pertaining to mental health and wellbeing. Two seemingly unrelated but related phenomena in terms of trauma such as PTSD and Post-Traumatic Growth provide interesting avenues for investigating the role of Emotional Intelligence (EI). Many variables have been connected to the development of PTSD, such as the type and intensity of the trauma, a person's psychological make-up, and any prior mental health issues (Yehuda &LeDoux, 2007). But on the other hand, PTG is positive psychological aspect helps in overcoming extremely difficult life circumstances. PTG is defined by Tedeschi and Calhoun (2004) as including enhanced relationships, a heightened appreciation of life, heightened personal strength, spiritual development, and the awareness of new opportunities. Although PTG and PTSD might seem to be mutually exclusive, new research indicates that they can coexist, with some people showing high growth even in the face of severe distress (Zoellner&Maercker, 2006).Research on the relationship between PTG, PTSD, and EI is highly desirable. High emotional intelligence may act as a buffer, reducing the intensity of PTSD symptoms and creating an environment that is favorable to PTG. According to Taylor (2015), individuals with higher level of emotional intelligence are able to effectively process and control their emotional reactions to any trauma, which may decreases the chance of developing post-traumatic stress disorder . Furthermore, the cognitive and emotional processes required for PTG may be facilitated by the capacity to recognize and regulate emotions (Weber et al., 2019). This study is to investigate the connections among PTG, and emotional intelligence. Through a review of the literature and empirical research, the goal of the paper is to clarify how emotional intelligence affects the course of the trauma response and helps to improve post-traumatic growth while also

reducing symptoms of post-traumatic stress disorder. Comprehending these dynamics not only enhances psychological theories and frameworks but also has applications in therapeutic interventions meant to support trauma survivors' healing and resilience. In context of Kashmir ,Margoob and Ahmad(2006) conducted a groundbreaking study on the psychological effects of the conflict in Kashmir. They found that PTSD was highly prevalent in the Kashmiri community, especially in young people. Psychological distress is common as a result of ongoing exposure to violence, political unrest, and socioeconomic disruptions. The study emphasizes the urgent need for efficient mental health therapies catered to this population and raises the possibility that treating emotional regulation issues may be crucial to reducing symptoms of post-traumatic stress disorder.Khan (2016) emotional intelligence (EI) and PTSD symptoms have a significant inverse relationship, according to Khan's research on the subject among young Kashmiri people. Better emotional regulation and reduced trauma-related distress were linked to higher emotional intelligence scores. This study shows that emotional intelligence (EI) may be a buffer against post-traumatic stress disorder (PTSD), and it suggests that treatments targeted at improving emotional intelligence may be especially helpful for young people exposed to chronic trauma in conflict areas.Housen et al. (2017): This study examined psychological distress and PTSD in order to evaluate the mental health status of teenagers in Kashmir. The results showed that the ongoing conflict causes high levels of psychological stress and PTSD in a sizable portion of the youth population. In order to help young people better control their emotional reactions to stress and trauma, the study underlined the critical need for interventions that incorporate emotional intelligence training components.Weber et al. (2019): This study looked into how emotional intelligence affects mental health resilience. Researchers discovered that people with higher EI are more adept at handling stress and getting over traumatic events. The study's conclusions are pertinent to our understanding of how emotional intelligence can lessen PTSD symptoms in populations affected by conflict, even though they were not specifically focused on Kashmir. According to the research, EI-focused interventions may help Kashmiri youth become more resilient and achieve better mental health outcomes.Khan (2016): This study looked at how emotional intelligence helps traumatized Kashmiri youth develop resilience and positive coping strategies. Khan discovered a positive correlation between PTG and emotional intelligence levels. Adolescents who scored higher on emotional intelligence (EI) were more adept at processing their traumatic experiences, finding purpose in hardship, and forging stronger bonds with themselves. The potential for EI-focused interventions to support PTG in conflict-affected areas like Kashmir is highlighted by this study.Weber et al. (2019) with a focus on its function in fostering PTG, Weber and associates investigated emotional intelligence as a resilience factor in mental health. According to the study, people with higher EI are more likely to have favorable psychological changes after a traumatic event. Their improved capacity to control their emotions, look for social support, and practice positive self-talk all contribute to their resilience. According to the research, one important tactic for promoting PTG among conflict-affected people—including young people in Kashmir—may be to improve emotional intelligence (EI).Mahamid&Berte (2019) offered insights that could be applied to Kashmiri youth, focusing on the effects of political violence on Palestinian youth and discovered a strong correlation between PTG and emotional intelligence. In spite of continuous adversity, youth with higher EI were more adept at using adaptive coping strategies, such as looking for social support and practicing cognitive reappraisal, which aided in their psychological development. These results demonstrate how important EI is for advancing PTG in conflict areas.

Methodology:

Objectives:

To determine the relationship between emotional intelligence and post-traumatic growth (PTG) in youth of Kashmir with post-traumatic stress disorder (PTSD)

Hypothesis

H1: There will be significant positive correlation between emotional intelligence and post traumatic growth among the Youth of Kashmir with post-traumatic stress disorder.

Methods

The study is cross-sectional. Purposive sampling is a sampling strategy used to get data. The study's sample will consist of 80 young people, aged 18 to 25, who have been diagnosed with PTSD and consent was required from both sexes.40 males and 40females participants were selected for the study from the Kashmir Advanced Scientific Research Center.

Tools used for data collection

1) Socio-demographic information sheet

Sociodemographic information included the patient's name, age, sex, family type, place of residence, marital status, socioeconomic status, employment, education, and the income of the patient and family.

2) Post-Traumatic Growth Inventory

One of the most popular and thoroughly validated tools for evaluating positive psychological changes that occur after a crisis is the inventory knowns as Posttraumatic Growth Inventory developed and validated byTodeschini and Calhoun in 1996. This inventory consists of 21 items, gauges how much people believe that a crisis has impacted their lives on a scale of ranges from 0 to 5, (Tedeschi& Calhoun, 1996). Summing up all of the answers yields the PTGI's overall score. Furthermore, the PTGI offers scores and factors that reflect various facets of post-traumatic growth.

3) Schutte Self-Report Emotional Intelligence Test :

It is a 33-item self-report test and the total score is calculated by adding the results of each question. An internal consistency analysis of the reliability and validation test revealed a 33-item scale with a Cronbach's alpha of 0.90 and a test-retest reliability of 0.78.

Results

Table 1: Distribution of Socio-Demographic Variables (N=80).

Variables	Frequency (N=80)
Male	40
Female	40
Marital Status	
Unmarried	69
Married	11
Rural	66
Urban	14
Occupational Status	
Employee	16
Student	43
Unemployed	21
Family type	
Joint	12
Nuclear	68

Table 1 shows description of socio demographics among youth with PTSD. From a total of 80 samples, 40 youth, represent males, and 40 youth represent females were equally divided into two groups. In terms of marital status 69 were unmarried whereas 11% were married. In terms of area of residence 66 belongs to the rural area and 14from urban areas. In terms of occupation 43 are students in our study, 21 are unemployed and 16 are found to be employed. In terms offamily status 68 comes from nuclear family while as 12 from joint family type.

Table 2: Frequency Distribution of Levels of Emotional Intelligence among the Youth WithPTSD (N = 80)

Variable	Levels	Range	Frequency	Percentage
Emotional intelligence	Low	0-111	30	30%
	Moderate	112-136	50	50%
	High	Above 137	20	20%

According to the above table that displays the frequency distribution of emotional intelligence in patients with PTSD. Out of the total sample of 100, 50%, fall in the moderate range, 30% falls in low range and 20 % in high levels of emotional intelligence, respectively.

Table 3: PearsonCorrelation of Emotional intelligence and Post Traumatic Growth among youth of Kashmir with PTSD (N=80).

Variable	Post traumatic growth					
Emotional Intelligence	**New Possibilities**	**Relating to Others**	**Personal Strength**	**Spiritual Change**	**Appreciation of life**	**PTG Total**
Correlation coefficient (r)	**0.57****	**0.48***	**0.59***	**0.65***	**0.47***	**0.66****

****. Correlation is significant at the 0.01 level (2-tailed).**
***. Correlation is significant at the 0.05 level (2-tailed).**

Table 3 shows Pearson correlation of emotional intelligence and post traumatic growth among youth with PTSD. Result indicates that there was significant and positive relationship between emotional intelligence

and PTG domains among youth of Kashmir with PTSD at $p<0.01$ and $p<0.05$ level of significancerespectively,

Discussion:

Present study consists of 80 kashmiri youth with PTSD 40 males and 40 females both Genders were equally divided into two groups. This balanced representation is essential because both the gender differs in societal roles, expectations, and coping mechanisms that may affect them differently; it enables an analysis of potential gender differences in resilience levels (Zolkoski& Bullock, 2012). In this study 86 percent of the participants reported single, and 14 percent were married. This suggests that majority of the young people enrolled in the research were single. There can be many reason for it for example Individuals' stressors, responsibilities, and social support networks—all of which are important for resilience—can vary depending on their marital status (Hjemdal et al., 2011). According to the study, 18% of participants lived in cities, while 82% of participants lived in rural areas. This distribution is in line with Kashmir's demographics, where most people reside in rural areas (Bhatt &Drabu, 2017). The participants' occupations varied, with 54% being students, 26% being jobless, and 20% being employed. Majority of the participants were students therefore it is critical to understand resilience in students who are navigating transitions and academic stressors (Hjemdal et al., 2011). The percentage of unemployed people points to a possible susceptibility to financial strains, which can effect on resilience and psychological wellbeing (Masten, 2014). In this study 15% of participants were in joint families and 85% of participants were in nuclear families. The sample population's predominance of nuclear family structures is indicative of larger cultural changes in family dynamics (Zolkoski& Bullock, 2012). Findings in our study indicates significant and positive relationship between two variables such as emotional intelligence and PTG domains among youth of Kashmir with PTSD at 0.01 and 0.05 level of significance. This lead to accept our hypothesis that a significant relationship exists between emotional intelligence and post traumatic growth. Our finding are line with previous findings such as Schutte et al. (2001), people with higher EI are more likely to interact positively with others and have relationships of higher caliber. One important component of PTG is the ability to create and sustain strong social networks, which can lead to better relationships. In a similar line of research resilience and the capacity to overcome adversity are linked to emotional intelligence, as noted by Matthews, Zeidner, and Roberts (2012). Their findings lend credence to the idea that people with high score on EI are able to recognize their personal strength in the wake of trauma. According to King and DeCicco (2009) the connection between spirituality and emotional intelligence. They discovered that existential thinking and spiritual well-being are positively correlated with higher emotional intelligence (EI), thus indicating that EI can support PTG's spiritual development. Our findings are further supported by Goleman (1995), that emotional intelligence encompasses the ability to be adaptable and receptive to new experiences. After going through trauma, this flexibility and openness can support people in realizing and pursuing new opportunities in their lives.

Conclusions:

Study outcomes a significant positive relationship between emotional intelligence and post traumatic growth. Thus it can be concluded that post traumatic growth and its domains such as appreciation of life, a stronger sense of self, spiritual growth, and the awareness of new opportunities which are all facilitated by high emotional intelligence (EI). These associations highlight how EI-focused interventions can help traumatized individuals to develop PTG also help in interventions that aims to improve and make better mental health outcomes and foster resilience in young people suffering from PTSD especially in Kashmir.

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