Social Integration After Stress And Acute Stress Disorder: The Role And Effect Of Psychology Of Creativity

Prof. Dr. Çecêk Agayeva
Dean,
Faculty of Humanities,
Girne American University,
Turkish Republic of Northern Cyprus.

Accepted 27 September, 2017.

ABSTRACT

The disease, known as Acute Stress Disorder, is an admission to early-onset reactions following a traumatic event which emerges suddenly and unexpectedly, it poses a threat to the physical or psychological integrity to oneself or others; it create fear, helplessness and appalling state; which is as a result of a wide spectrum of negative and stressful experiences such as neglect, abandonment, loneliness, loss of wife. Of course, when such an event occurs during the period of life uncertainty, but mostly in its final phase, it will certainly have serious, shocking and violent effects on human's. These reactions are often referred to as Post Traumatic Stress Disorder (PTSD) or Acute Stress Disorder in the face of mental health workers.

Keywords: Acute Stress Disorder, Post Traumatic Stress Disorder (PTSD), Psychology Of Creativity.

Stress in general is defined by the negative consequences and effects of the human organism. The daily use of stress in daily life can also be evaluated as a depiction of more negative and dissatisfied states. Undoubtedly, stress also has positive aspects. For example, it is expressed that in the stressful business environment, an enthusiasm that helps the individual's ability to work, is a phenomenon that benefits the individual in the form of energy. Accordingly, the concept of stress in the scientific sense can include changes in the organism of positive life events that the organism is exposed to, such as the adverse factors encountered. The common features of the definitions of stress are as follows: Stress occurs as a result of interaction between the person and the environment, and activates the person more extensively than motivated.

Problems caused by stress: Stress can be said to bring important problems with both employees and organizations. In this context, the individual and organizational problems caused by stress are tried to be discussed below.

Individual problems: it is possible to rank the consequences of stressful people's behavior, emotions and biological structures in the following way. Physiological problems include: increase in heart rate, palpitations, fever, dizziness, shortness of breath, weakness in swallowing in the throat, tremor, headache, tension in stomach and muscles, indigestion, fatigue, chest pain, hypertension, sexual impotence, diabetes, psoriasis, hair and hair loss calcification, migraines and chronic headaches. Mental and Emotional Problems: Since stress and tension cause excess energy consumption, after a while the individual may feel weak, a person who is sensitive to insomnia, nervous, and quickly excited due to an uncertain cause, uncertain cause for living at any moment. He may have difficulty in concentration, may experience memory problems, and may be anxious about forgetting his subjects. Behavioral problems can be listed as drowsiness, insomnia, desire to sleep, loss of appetite, increase in food, difficulties in speech, excessive substance abuse (cigarettes, alcohol etc.), clumsiness, difficulties in loosening.

Organizational Issues: Organizational problems caused by stress can be listed as follows: Increase in job accidents, proliferation of health expenditures, loss of qualifications, compensation paid, high rate of absenteeism, high occupational turnover rate, conflict, alienation, fatigue and exhaustion. Role uncertainty: it can be caused by the fact that less information is given to the individual to do his job. Working with uncertainty of the role, lack of self-confidence, extreme irritability, anxiety can be experienced and productivity can be reduced. (And, it has been determined that 40% of people who have mobbing in a study have been depressed.) 31% of women entering depression and 21% of men have experienced post-traumatic stress disorder.

Personality is the most important factor that can be counted among the sources of individual stress. Personality, defined as a form of relationship that is established by the individual's internal and external environment, distinctive, consistent and structured from other individuals; The different personality traits of the people and the personality traits of these people can be perceived from their own point of view, they should be autocratic, sexually, emotionally inward or outwardly oriented relations, relationships, greed and irritability that are caused by the desire to win more, the conflict of individual
values with organizational values, the weakness of relations and communication with colleagues, and the intense and widespread gossip as a source of stress or as a source of support and contestant attitudes assessable. Individuals with type B personality rather than the type A personality as being stress and stress-related disorders can be evaluated more as a reason to live. On the other hand, problems related to age and gender and their relationships with family members can cause problems in their social life and business life.

Acute Stress Disorder is the name given to the first period of reactions after a traumatic event. When we refer to a traumatic event, we are talking about negative, stressful experiences that cause feelings like fear, helplessness and horror that suddenly and unexpectedly pose a threat to the physical or psychological integrity of oneself or the others. We can split the traumatic events into two. These are the traumatic events that occur by natural means. For example, earthquakes, tornados or hurricanes, volcanic eruptions are natural traumatic events. The second group is manmade traumatic events (Intentional and unintentional). Examples are various accidents and explosions which are unintentional and intentional such as wars, massacres, genocides, harassment, rape, terror acts. In addition to these, another group of traumatic events, which we can count, are psychological rather than physical. These are emotionally challenging experiences such as failure, exclusion, neglect, abandonment, comparison, humiliation. When such a life occurs, of course it has a serious, shocking and violent effect on human.

These reactions are often referred to psychologists as Post Traumatic Stress Disorder (PTSD) or Acute Stress Disorder. Post-traumatic Stress Disorder (PTSD) can be defined as a condition in which the stress reactions following the traumatic event last for a long period of time. Acute Stress Disorder is defined as a reaction that occurs within 4 weeks following a traumatic event and lasts from 2 days to 1 month. Acute Stress Disorder emerges as follows: numbness, irregularity or emotional irritability; Decrease in awareness of what is happening in the environment; inability to distinguish reality; Can not distinguish between his own reality; can not remember a significant part of the incident; The traumatic event is persistently and repeatedly experienced in (at least one of the) the following forms: Repeated thoughts - Dreams; Illusions; “Flashback”; Avoiding any reminders or reminders that will revive memories; Increased anxiety and alertness; Difficulty sleeping; Irritability - restlessness; Extreme startle reaction; alertness; Physical discomfort. Of course, each individual responds differently to stressful events and their level of coping with stressful events varies. Some people can cope more functionally with the effects of the traumatic event, thanks to the support circles. Unfortunately, however, it is not uncommon for serious traumas to continue and to affect everyday life after trauma. Anxieties and uneasiness can negatively affect individuals’ relationships with their surroundings or their work experience.

In addition, acute stress disorder is also associated with reactions such as: a numb state, impulsivity or emotional irresponsibility, derealization (feeling the fact that the reality is changing, feeling that the environment has changed), depersonalization (whether the person or the environment itself, ), dissociative amnesia (an inability to remember old age due to intellectual disintegration), increased anxiety and anxiety levels, which can lead to sleeping, difficulty having quality sleep, and uneasiness in the person. The most important and crucial direction in human relationships is communication. It can be verbal or nonverbal. Human behavior should not be handled independently. An important part of our behaviors are interpersonal interactions created by people. Communication takes place through three basic elements. These main items consist of speaking, writing and listening. Through these three elements, people express themselves, understand each other and convey what they know to others. But if we take the old part, the writing part is addressed by a minority group. Therefore, the elements of speaking and listening should be kept on the front panel. In order for a successful and accurate communication to take place, the receiver must be able to perceive not only the transmission but also the meaning loaded by the transmission source. This is a tough process for every group of people. This means that we can understand that unfortunately we are limited to what we can understand. In a psychologically planned process, it should be adorned and supported with pious activity materials to minimize the risk of being told.

Psychologists can both inform the person about the normal reactions to these abnormal events, and can help the individual as a professional to find constructive ways to cope with this emotional impact. Because, communication, which is very important for human life, is a matter of basic structure which should be taken care of. There is almost no room for error in communication because it is ‘human’ in the sense that it is ‘old’ on top of it. Because these mistakes can sometimes cause unexpectedly bad results. In order not to allow this, it is essential to know exactly how to use the basic elements of psychic communication in a precise and effective way, to communicate in this regard, and to establish and maintain relationships with every aspect of creativity. The cornerstones of communication skills; It is very important to build empathy, to know and be able to listen and to be able to create confidence, to show interest, to be respectful, to learn from all areas of art, and to discover their abilities. The most important place here is social integration because, according to the researches carried out, all age groups have a combined contribution to the maintenance of social life and socialization, and none can be ignored or neglected. Rapid change, however, is a cultural guide for the sake of society as a result of the value of old people and the accumulation of experience. For this reason, it is important to develop projects that will consolidate intergenerational relationships to protect and sustain our social values, and bring together older and younger, older and younger children, who will facilitate transfers.

Because of the daily life activities, production activities, leisure activities and attendance deterioration according to
their routine lives, habits, will and motivation ratios, there are some studies on the regulation of such situations, protection and development of existing ones. Neurological, orthopedic, psychiatric, internal-field patients with the disease studies are in the front plan. We are also working with individuals with Alzheimer’s, dementia, mild cognitive impairment and various cognitive disorders. Considering the needs and wishes of the individuals, it is very early to work with the person-centered approach and with the guidance of meaningful and purposeful creative activities. Daily life activities education; training in creativity and creativity activities; cognitive rehabilitation; the use and training of assistive technologies; balance-coordination training; sensory and enrichment training; measurement and evaluation training; education of energy conservation and motivation techniques, and the effects of creative psychology on rehabilitation studies with methods such as fatigue and stress coping methods.

In particular, it is necessary to evaluate the time of people with psychological problems and to prevent them from being affected emotionally and psychologically negatively in this process, so the planning of meaningful and purposeful creative activities should be guided by the psychologist. In the case of individuals who are separated from social life due to various health problems, it is possible that there may be some problems in communication, cognitive, emotional and behavioral issues if leisure time is not effective and productive. It also contributes to the protection of mental and motor functions, the prevention and delay of complications of chronic diseases, the improvement of quality of life, and the strengthening of life and connection. Planned activities should have interesting, enjoyable, creative, personally customized and easily acceptable qualities. In such studies, the role of Creativity Psychology and the importance of superiority is provided.

**What is creativity?**

Creativity - Produce ... Creativity is Satisfaction ... Creativity Happiness!

Psychology of Creativity-Positive Psychology combines creativity to create an action orientation and a perspective on stress-coping strategies. As a matter of time, daily life is a crucial element in creating an infrastructure for social adaptation in the light of the various occupations that have become isolated.

A significant part of social rehabilitation programs aim to provide people with the ability to work, to fulfill their functions that they can not fulfill due to various obstacles at the highest possible level, to participate in social life as much as other people and to use social resources.

People can produce at any age. The creative person - it means a meaningful life. Creativity gives people a feeling of happiness, because Creativity - means Happiness.

---

**How to Cite this Article:** Prof. Dr. Çeçek Agayeva "Social Integration After Stress And Acute Stress Disorder: The Role And Effect Of Psychology Of Creativity" Pinnacle Psychology ISSN: 2360-9508, Vol. 4 (1), 2017, Article ID pp_269, 1173-1175, 2017.