

Good research paper on post-traumatic stress among veterans

[Health & Medicine](#), [Stress](#)



Veterans are people who have had long service and experience in a given field or occupation. Majority of the war veterans have had a direct exposure to activities of war, death and armed combats. They are often referred to as veterans because of the selfless sacrifices that they make on behalf of defending the needs and interest of their fellow citizens. Military veterans usually receive special treatment from their countries and fellow citizens because of the enormous sacrifices they make during wars. Numerous countries offer to support their veterans and to honor them while others may choose to ignore them. War veterans often suffer various illnesses that are directly related to their obligation to the military service. The most common disorder is known as the post-traumatic stress disorder (Angkaw and Abigail 1044). As a result of the experiences in military service, military men and women are often likely to develop a disorder that affects their rationality and instilling fear and a feeling of depression. In most countries, these people are respected and honored by the nationals, the country and the rest of the world for their contributions in serving the people. It is worth appreciating the fact that women are more likely to experience post-traumatic stress disorder than men and children below the age of ten years (Teten, Andra L., et al 405).

Post-traumatic stress disorder can be understood as a psychiatric disorder that occurs when an individual is exposed to traumatic and life-threatening events. These traumatic events include natural disasters, fatal accidents, sexual assault, terrorist incidents, warfare, imminent death and even serious injury. An individual suffers from the post-traumatic stress disorder when symptoms such as disturbing and recurring flashbacks are experienced for

an extended period after the happening of the traumatizing event (Zohar, Joseph, and Leah 121). Most veterans who fought deadly wars suffer the illness of post-traumatic stress disorder. Due to heavy killings, war veterans often experience trauma in their life, and if the survivor does not receive counseling, such traumas may develop and grow into post-traumatic stress disorder. Persons who suffer post-traumatic stress disorder often relive the experience through nightmares as well as difficulty with sleep ((Teten, Andra L., et al 408). In addition, they experience flashbacks and these occurrences can be severe and drastically affect an individual to the extent that they can impair their daily lives. Veterans experience a considerable discomfort and psychological trauma as a result of exposure to torture, disaster, criminal assault, and exposure to atrocities and other extraordinary events (Widome, Rachel, et al. 387).. Studies reveal that due to the nature of their duties, veterans are vulnerable to develop post-traumatic stress disorder. The disorder affects their cognitive perceptions, emotional, social and behavioral responses.

Military veterans have in one way, or another gotten fatal injuries during the war and some of them lost hope for life. The depression and anxiety experienced by these people are so much that an individual's ability to lead a normal life is affected. The usual symptoms that indicate that a person is suffering from the post-traumatic stress disorder are becoming upset as they engage in activities that remind them of the traumatic events (Angkaw and Abigail 1045). In addition, avoidance of people or places that serves to remind of the trauma or feeling numb. Veterans who suffer post-traumatic stress disorder get irritated easily and startle in case of flashbacks that

remind them of the life-threatening events. People who experience post-traumatic stress disorder are distinguishable by apparent psychological and biological changes and symptoms. Research indicates that individuals and veterans with post-traumatic stress disorder are likely to experience other additional disorders. These disorders include the mental and physical health problems, substance abuse, loss of memory and cognition as well as depression (Widome, Rachel, et al. 389). The disorder is believed to affect a person's ability and capability to perform their social and family responsibilities thus causing marital problems, difficulties in parenting and subsequently leading to rejection and divorce. The disorder is also associated with inability to deliver and concentrate at the place of work thus causing occupational instability. Veterans who suffer the disorder often find it difficult to associate and interact successfully with the rest of the members of the society.

The psychological aspects related to artificial limbs and arms contribute to the disorder. Some veterans who have lost their arms and legs due to explosive devices find it difficult to socialize with the members of the society. It is because of fear of stigmatization or being reminded of what caused such injuries in their lives that causes less interaction. As a result, they remain isolated, and this increases the mental pressure and subsequently leading to the development post-traumatic stress disorder. It is worth noting that persons with the disorder attempt to avoid situations and circumstances that trigger the memories of the life-threatening and traumatic events. Such veterans avoid a place that reminds them of war or even watching television programs that may trigger similar events (Angkaw and Abigail 1046). They

become detached to every other activity in life and no longer engage in activities that they once enjoyed. As a result of the disorder, such veterans only think of a short span of life and lose focus on achieving personal goals that include a career life and having a family. A study revealed that veterans who have the post-traumatic stress disorder experience increased emotional arousal and were likely to cause inability to concentrate, insomnia and a high degree of anger. They become constantly alert after the disturbing events in life (Teten, Andra L., et al 406).

In general, the veterans who fought fruitful and dangerous wars and experienced traumatizing and life-threatening events continue to experience difficult situations in their daily life. Despite the physical and mental disturbances, such people have problems functioning that can result to death (Zohar, Joseph, and Leah 118). Experts argue that persons with the post-traumatic stress disorder have higher chances of occupational instability than those without post-traumatic stress disorder. Issues relating to divorce and separation, violence and spousal abuse are common among the veterans and their families. For example, in the case of the veterans of Vietnam with posttraumatic disorder, it was found that such persons had massive problems with their families and interpersonal relationships (Angkaw and Abigail 1044). Moreover, instances of increased unemployment and incidents of intimate partner violence were very frequent. Additionally, the military veterans demonstrate anger and aggression both psychological and verbal aggression. The combat veterans who suffer the post-traumatic stress disorder are at a high risk of engaging in aggressive actions. In conclusion, the post-traumatic stress disorder is a disorder that requires

immediate treatment and counseling. Different countries have introduced programs for their veterans to assist them adapt to the situation outside the military world (Vella, Elizabeth, Briana and Jessie 258). Interventions such as therapy and counseling should be implemented to ensure that the aggressive behaviors of the veterans with post-traumatic stress disorder and depression have reduced and to facilitate a well-functioning society where our military veterans can live in harmony within the society.

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