

The Effect of Psycho-social Oriented Recreative Activities on the Symptoms Experienced After Trauma (7-13 Age)

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KEYWORDS Trauma. Stress. Post-Traumatic Stress Disorder. Recreational Activities. Symptoms

ABSTRACT The aim of this study is to determine the effect of psycho-social oriented re-creative activities to decrease the symptoms which maketrauma repeated after the trauma is experienced escape and avoidance reactions from stimulus which remind the trauma and increased arousal after the trauma. A mixed design in which pre-test, post-test and control groups were used was applied. A total of 14 children (7 children for control and 7 children for experiment group) participated to the study. Children were contacted by Social Help and cooperation foundation. Families', the foundation's and the children's' permissions were taken and "psycho-social oriented re-creative activities program" was applied to the group. No activity was applied to the control group. The data was obtained by behavioural observation, interview and The Scale for Browsing Symptoms of Stress Disorder after Trauma (TSSBBTF). The results and conclusion: results showed that psycho-social oriented re-creative activities are effective to decrease the symptoms which make trauma repeated after the trauma, escape and avoidance reactions from stimulus which remind the trauma and increased arousal.