

## Challenges in the Treatment of Posttraumatic Stress Disorder of Prolonged Mental Torture on Housewives

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### Abstract

This paper has focused on the various events of trauma and post-traumatic mental disorder among housewives. Different effects of PTSD or, Post-traumatic stress disorder and prolonged mental stress, such as long-term and short-term effects have been discussed in this paper. It has been seen that there are several symptoms among housewives to detect them as a PTSD patients. It has been found that cognitive behavioral therapy and detailed assessment related to the symptoms of traumatic conditions are applied during the treatment process. Furthermore, in this study the general secondary research procedure has been adopted for collecting of relevant data. Some social issues restrict them to get treated and other challenges are relieving the traumatic events in their life through some recurring and unwanted memories. The major findings of the study include the post traumatic diseases among the women, their treatment procedure, effects of Post-traumatic stress disorder, and challenges during the treatment.

**Keywords:** PTSD, Post-traumatic stress disorder, prolonged mental stress, housewives, mental, trauma, traumatic event

### Introduction

Post-traumatic stress disorder or *PTSD* refers to mental health conditions set off by several events of witnessing or, experiencing. On the other hand, prolonged torture is defined as a form of torture that primarily relies on the effects of psychology and physical violence. Several cases of physical and mental torture have been increasing in the present years. Housewives across the culture are generally caregivers as they used to care for their children, in-laws, and other members of the families. Housewives in various cultures suffer from different kinds of mental and physical torture at the hand of in-laws, or, husbands, or, police officers, or, government officials. Various kinds of physical and mental issues are found in the case of post-traumatic stress disorder. This article paper focuses on the various post-traumatic stress disorders among housewives in case of long-term mental torture. There are different kinds of abuse such as emotional and verbal abuse. It is very important to understand the cultural and social factors along with the biological and genetic factors to determine anyone's psychological health. Most *PTSD* patients are suffered from life-threatening events in the home by their husbands or, in-laws. Both body and brain are negatively impacted by the effects of trauma and *PTSD*. Housewives in conditions of these traumatic events need to have treatment to overcome the mental and physical stress. Treatment of these mental conditions helps the housewife to regain mental stability and control over their life. In the population of PTSD, the impact of trauma on the refugees have impacted them severely. A critical review on the PTSD has been

done on the pointed population of pre-migration traumatic events. This paper will also focus on the challenges during the treatment of housewives who suffer from the condition of prolonged mental torture.

### **Literature Review**

In present times housewives globally face different physiological and psychological torture from various fields, especially from their husbands and in-laws. Generally, events of trauma are based on various sociocultural contexts. There are found complex to *PTSD* and there are long-term and short-term effects also in between housewives. It is highly co morbid with various other mental disorders and exposure to the events of traumatic events is related to the social effects. There are some treatment methods after diagnosing traumatic events. Different challenges are found during the treatment process of the patients after they face prolonged mental torture.

### **Effects of prolonged mental and Physical Torture**

Psychological torture is the most common type of torture found among housewives over the years [1]. This also involves some physical assaults such as long-time enforced standing, beatings, hanging, burning, suffocation, and giving electric shocks to the housewife. Along with this kind of physical and mental torture, they suffer from psychological torture such as threats of life, mock executions, forced choice, verbal abuse, being forced to watch the torture, and false accusations. Along with this kind of inhuman activity, the individuals experience deprivation of water and food, deprivation of sleep, blindfolding, and restricted movement.

There are some effects of physical torture have been found among the victims such as the headache, scares, musculoskeletal pains, hearing loss, and foot pains. Several other effects of hearing loss, problems in visual, dental pain, sexual difficulties, respiratory problems, and neurological damage are found. Some of the psychological effects of torture include difficulty in concentrating on any work. It also includes the manipulation psychologically, facing nightmares, fatigue, memory loss, anxiety, post-traumatic stress disorders, and depression. The housewives face nervousness all the time, having gone through stages of continual pain both mentally and physically. Incidences of loneliness occur among patients who suffer from prolonged mental torture. The number of torture events arises by 15.1 percent among women in India in 2021 as compared to the previous year's data [2]. A recent study has found that, in order to keep the family together, about 65 percent of Indian men think that women should be set up with violence.

Some short-term effects are found among housewives and one of the shocking parts of it is the denial by the suffered person about the abuse. Women tend to accept the cruelty of them occurred by their family's persons. Some of the effects include difficulty concentrating, mood swings, nightmares, and muscle tension. Some other short-term effects include nervousness, enhanced heartbeat, pains, and aches.

### **Symptoms of Post-traumatic stress disorder among the housewives**

*PTSD* or, Post-traumatic stress disorder symptoms starts with traumatic events over one month period in the home. The symptoms are primarily grouped into distinct 4 types such as intrusive memories, changes in emotional and physical reactions, negative changes in mood and thinking, and avoidance.

Symptoms regarding intrusive memories among housewives include recurrent along with memories of unwanted distressing of the traumatic events [3]. Faces flashbacks during the loneliness, and relives the events of trauma as those things are happening again. Housewives face nightmares or, upsetting events about the event of traumas. Several physical and emotional reactions occur due to the reminder of those traumatic events. There are some symptoms found among housewives with *PTSD* and those include the avoidance of talking or, thinking about the event of traumas [4]. They usually avoid those places or, the people or, activities related to the traumatic events. Generally, avoidance occurs by them to reduce mental pain and traumatic memories. The housewives also avoid the voice of the persons who abuse them earlier verbally.

There are some symptoms found related to the changing of mood and thinking such as the negative thoughts about themselves or, others. They face hopelessness about their future and face memory problems. Memory disorders include the forgetness of important aspects related to the events of trauma. Housewives face difficulty in maintaining close relationships and feel detached from their friends and family. Fewer interestshave been found in their activities and they experience difficulty in expressing positive emotions. The housewife was previously

tortured mentally and physically and can feel numb emotionally all day. There are some emotional and physical changes of reactions found, and that includes having frightened or, easily startled. The patient under traumatic conditions always has to guard the coming danger. Housewives show behavior that is self-destructive such as drinking too fast and facing trouble sleeping. Trouble has been found related to concentration, aggressive behavior, and an angry outburst by the sufferer.

#### **Treatment of PTSD for prolonged mental torture**

The main treatment related to **PTSD** or, post-traumatic stress disorder is medicine and talking therapy [5]. There are some processes of treatment such as a detailed assessment related to the symptoms of the traumatic conditions. There are a number of specialists such as nurses, physiotherapists involved in the assessment of the traumatic events of the patients. An event of active monitoring involves carefully monitoring the symptoms to see whether they improve or get worse. Talking therapies include talking with the housewives who face verbal abuse and several mental traumatic moments by the family members.

CBT or, cognitive behavioral therapy refers to a type of therapy related to taking that aims to help housewives to manage their problems [6]. A range of psychological techniques is implemented to overcome their mental traumatic stages. For example, the therapist asks the patients to describe their traumatic moments that are experienced by them earlier. The therapist helps the patient to cope with any distressful moments during the identification of any belief. It is necessary for the therapist to control the distress and fear among the traumatic patients. The therapist has the responsibility to encourage the housewives gradually to restart their normal activities in their life. About 2-3 months of sessions are dedicated and focused on CBT and those sessions are around 1 to 1.5 hours [7]. Through these kinds of sessions, the housewives are quite able to overcome the mental trauma that has faced earlier. There is some movement of reprocessing for eye and desensitisation treatment have been found for reducing the symptoms of **PTSD**. This process involves the recall of the incident of that traumatic moment in detail by making contact with the eyes. Another method involves tapping fingers and making sounds by the therapist to know the situation of the traumatic moments of the patients.

#### **Challenges for the treatment of PTSD for prolonged mental torture**

Housewives are generally caregivers of the households, along with children and the parents. In case of facing traumatic moments by them, it is not easy to complete the treatment procedure as a therapist or, nurse as they face several challenges ahead. A housewife with **PTSD** faces four different type of difficulties during their treatment [8]. Those involve reliving the traumatic events in their life through some recurring and unwanted memories. Some flashbacks of those traumatic moments along with vivid nightmares have come in front of the eye that they are faced with during those traumatic days. Patients across cultures that experience traumatic stigmatization have a lack of acknowledgment [9]. Fewer social acknowledgment related to the trauma and its effects results in the care policies of inadequate health. Avoidance of the trauma refers to one of the main challenges to bringing treatment for the survivors. The traumatic survivors often avoid expressing the traumatic event with the experts and seek little help from outsiders. This kind of activity by housewives often occurs as they think about their social status. They express fewer experiences of conflicts. Poor infrastructure of healthcare along with the lack of training in the institutions is a remarkable barrier to providing treatment that is evidence-based. Even in European countries, there are fewer trauma-based treatments reported for giving care to traumatic people [10]. It is difficult for a country to provide **PTSD** treatment during the war condition. For housewives, the main barrier remains their social identity and to retain their social status they often keep quiet about their traumatic experiences.

#### **Methodology**

Research methodology refers to an individual section of the research that mainly helps to define and elaborate an appropriate approach that needs to adopt in this research study. Research methodology helps to get more useful and more profound knowledge and analysis of the study paper. Moreover, there are two different types of research methods that are approached for collecting and gathering the required data. There are two vital methods of the research article such as the qualitative procedure and the quantitative procedure. Quantitative article methodology generally includes the utilization of surveys and numbers for collecting the data on their own.

On the other hand, secondary produced of qualitative article research involves collecting non-numerical data collection such as the utilization of qualitative data and information gathered through someone else. This method of data collection involves the gathering of data or, knowledge including gathering information from already existing data. In this article study, the secondary qualitative method will be utilized. Moreover, through the data collection method, it has been ensured that all the data has been collected through authentic journals. It has been kept in mind during the data collection that, the data taken here are all collected from the Government and non-government agencies. Data from public libraries and educational institutions have been collected here in this study. Different journals have been thoroughly assessed in making this article authentic. After gathering all of these authentic data, it has ensured that the qualitative secondary method has performed well.

### **Discussions and Findings**

Post-traumatic stress disorder of stress often develops a shocking event that could make a diagnosis of PTSD for the purpose of experiencing stress at a high level for a prolonged time period. These types of feelings are severe for they interfere on a daily basis for the purpose of adequate functioning [11]. The common symptoms that are associated with PTSD involve angry outbursts, thoughts that are unenthusiastic, nightmares, and trauma relief. The government has taken significant steps for the purpose of preventing violence against women. The syndrome of a battered woman is the primary cause of severe distress that is mental from the devastating effects. Violence of intimate partners often includes certain situations that can cause physical and mental health in the despair and anxiety of PTSD. The personality of survival has been emphasized on the purpose of self-preservation that has been linked to BWS (Beckwith-Wiedemann syndrome) [12]. There are primarily three BWS groups with certain symptoms that are physical, behavioral, and psychological. These damages often include fractured bones, and persistent weariness that helps in manifesting physically the sufferers of BWS. Anxiety, depression, and helplessness feelings play a significant role in the mental health of these people. These victims have been abused in the process of managing several situations that are stressful and gaining proper confidence in themselves. This becomes equally crucial in ensuring that these victims could access important services such as legal and counseling representation. Several women have shown their disrespect towards the torturing of housewives. It is considered as a mental disorder for the correction of certain conditions such as neurosis and hysteria. The violence in the long-term marital relationship is also known as the syndrome of a battered person. This often leads to several victims treating and functioning normally with each other. Syndrome of battered women could be experienced in those people that possess a wide variety of situations and find themselves within that situation.

The syndrome of battered women has been divided primarily into four stages that are trying to rationalize individual incidents for the purpose of denial. Individuals have abused the long-term impacts of their spouse that will enhance their personalities. Victims have recognized that they should consider different choices for the purpose of ending their relationships. Violence that is domestic often leads to the syndrome of battered women, which helps to encompass intimate partners for the purpose of abusing elderly people and children. The regions of key brains could be altered permanently by the experiences of traumatic and post-traumatic disorders. This enhances the levels of cortisol and norepinephrine for the purpose of raising the trauma limits. There are several people that have experienced Post-traumatic disorders for the purpose of experiencing different traumatic events. There are several persons that are suffering from PTSD (Post-traumatic stress disorder) and therefore have to deal with it. Present researchers indicate that emotional trauma and PTSD could impact negatively an individual's lifestyle. Consequences of both psychological and physical stress could be observed by different neuropathologists. The amygdala is a part of the brain that is controlling emotional responses, and memory in the long term. The primary aim is to identify the reasons for fear that could help in collecting important data about the primary dangers within the environment. It further helps in detecting certain dangers that could trigger emotional fears and responses within the environment. This helps in triggering certain responses of emotions and fear for the purpose of raising awareness. The process of amygdala is a stress disorder that is post-traumatic and reacts negatively to the input responses of the brain associated with certain events. Damages in the brain that have been caused from the facts of emotional trauma can cause long-term stress and the process of irritability. Hippocampus is situated inside the system of the brain's limbic system and is considered to be the shortage of memory for understanding the difference between the present and past. The hippocampus should be free from different stress disorders and will be required for the purpose of recalling impaired memory. There are several

survivors that could also be haunted by different memories spiraling from the facts of terror and anxiety. Danger senses of the brain trigger the ability for the purpose of fighting.

### Conclusion

This study has focused on the treatment of stress disorders in the mental torture of certain housewives. Doctors have suggested that there are acute psychotic disorders and mood disorders that are the most prominent symptoms of PTSD. There are certain medications that help to diminish symptoms of depression to a certain extent for the purpose of gaining certain insights into the traumatic events that happened in the past. The reactions of PTSD could be linked with certain conditions that are caused by mechanisms that are underlying. Events that are traumatic are violent in nature that could be overwhelmed by the mechanisms of coping. It helps in augmenting the sensitivity to the stress that is related to mental problems. There are multiple stressors of resettlements that challenge the resilience capacities of different mental patients. Apart from that, it has been assisted that the control of sense over an individual's life helps in restoring future recommendations of this study. The strategy of treatment has been constructed by the process of the patient taking the hierarchy of needs. Clinical and empirical knowledge about the intervention combinations should be effective and produce several outcomes on the PTSD symptoms and their different issues that increase the quality of life and their social relationship. Interventions of trauma and multimodal have been combined by the refugee treatment [13] with comorbidity and PTSD. DSM-5 has been launched recently with the contextual and cultural psychiatric disorders as compared to previous manuals of diagnostics. It could be considered that the comprehensive practices for the purpose of assisting refugee patients have been successfully treated.

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