

Abstract

Transgenerational transmission of trauma

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Introduction - An adequate level of social support can significantly improve patients' health status, their health behaviors, and the utilization of health services. Although there are many theories addressing social support, it is essential to analyze and evaluate them before applying them to Croatian nursing practice. Miriam J. Stewart's social support theory can provide substantial assistance to nurses in planning interventions to improve health outcomes. The aim of our research was to analyze and evaluate this theory.

Methods - The theory was analyzed and evaluated according to the criteria proposed by McKenna, Pajnkihar, and Murphy. Databases Medline and CINAHL were searched, as well as relevant articles and books available online, using English MeSH keywords: social support, nursing, theory, evaluation, and analysis.

Results - A total of 32 articles and three books were analyzed. The social support theory belongs to the middle-range theories in nursing, which deal with structure and interactional relationships. Interactions and relationships with members of social networks can be supportive or unsupportive, thus affecting physical, psychological, and spiritual health and well-being. Social support is a key concept in nursing due to its impact on health and health behavior, and it is suitable for developing empathy and responsiveness to patients' needs. Stewart proposed five main interventions aimed at individuals, dyads, groups, communities, and the social system. Three reliable and valid instruments for measuring social support have been developed.

Conclusion - The described theory has great potential for improving nursing practice, but it must first be included in Croatian nursing education so that nurses can acquire the necessary knowledge about nursing theories. The theoretical settings need to be tested in clinical practice.

Keywords: : transgenerational trauma, camp, children

Sažetak

Koncept teorije socijalne podrške kao resurs u psihijatrijskoj njezi

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Transgeneracijska trauma odnosi se na pojam koji se koristi za prijenos traume na iduću generaciju, dakle definirana je kao odnosna/relacijska trauma. To je proces u kojem roditelji vlastitu nerazriješenu traumu prenose na svoje potomke putem specifičnih interakcija što rezultira time da potomci imaju iskustvo traume, a bez da su je izvorno doživjeli. Naziva se još i intergeneracijska, međugeneracijska, multigeneracijska trauma.

Na slijedeće se generacije prenosi ili šutnja o traumatskom iskustvu ili narativ, njeni psihološki, simbolički i emocionalni elementi, što može značajno doprinijeti formiranju identiteta većih grupa ljudi. Transgeneracijskom traumom mogu biti zahvaćeni self, afekt, kognitivno i interpersonalno funkcioniranje.

Pod površinom naših društava nalaze se tisuće i tisuće priča koje dodaju nijanse i detalje crno-bijeloj slici povijesnih događaja. Ispričat ćemo jednu priču koju je s nama podijelila sedamnaestogodišnjakinja.

Ključne riječi: transgeneracijska trauma, logor, djeca