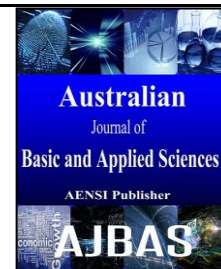




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Assessment of Psychological Disorders of Syrian refugees in Ma'an city-Jordan

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ABSTRACT

Background: Most of Syrian refugees suffer from severe types of psychological disorders, such as depression and anxiety as a result of the exposure to markedly stressful life events As a result of the war that broke out in(2011) in Syria for People demand the fall of the regime . The present study was conducted from October 1, 2014 to January 30, 2015. A non probability sampling of (50) Syrian refugees who were living in Ma'an city - Jordan. Data were collected through interview as a mean of data collection. Data were analyzed through a descriptive statistical analysis (Pearson Correlation). **Objective :** To assess the psychological disorder of Syrian refugees in Ma'an city and to calibrate the relationship between psychological disorders and demographical data. **Study design** It is quasi – Experimental design . **Results:** The findings of the study indicated that there was psychological distress and poor among Syrian refugees; In addition, there was a significant relationship between the psychological disorders (depression and anxiety) and some demographic data on top of that a significant relationship between the psychological disorders with age, sex, and monthly income. **Conclusion:** This study concluded that Syrian refugees were inflicted with psychological disorder at different levels

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INTRODUCTION

Jordan is from neighboring safe countries to Syria to that received nearly two million citizens Syria since the people demanded to topple the regime, leaving behind a war that destroyed their homes and killed many of them, where the proportion of Syrian refugees in the city of Ma'an, which is located in the south of Jordan (1.1%) . [UNHCR,2014]

United Nations Organization, the source of legislation to the rules of international law, has made a series of agreements and international conventions and norms that protect and preserve the rights of "refugee" and their rights, and these agreements, the International Convention for the development of the 1951 refugees, which is the most prominent agreements after World War II, in which he said that refugee: -

"As a result of events occurring before 1 January 1951 and owing to well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable or, owing to such fear, is willing to avail himself of the protection of that country ; or who, not

having a nationality and being outside the country of his former habitual residence as a result of such events, is unable or, owing to such fear, is unwilling to return to it. [International Instruments,1993]

From here the idea of this study concluded because the most refugees suffer from higher levels of emotional distress and poorer mental health than those of host populations. Moreover, Poor adaptation patterns among refugee relate to increased levels of depression, anxiety, low self-esteem, and other psychological problems. [Aroian 2000]

Moreover, in spite of the potential size of the problem, psychological health of the refugees are still dealing with bad and little is known about the dynamics involved or about what should be done to prevent or manage mental health problems. refugees have many traumatic events, as well as multiple and chronic adversities, they have a high risk of developing mental health problems and have a higher prevalence of psychological disorders, in particular depression .[fazel,2009]

Objectives:

1. To assess the psychological disorder of Syrian refugees in Ma'an city .

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2. To calibrate the relationship between psychological disorders and demographical data , (age , sex , educational level , monthly income , occupation , period of refugee) .

Methodology:

A descriptive-analytic study was conducted on refugees from October 1, 2014 to January 30, 2015. . refugees were selected from Ma'an city located in Jordan. Syrian refugees in Jordan nearly two million . A purposive (Non-probability) sample of (50) refugees were selected according to the following criteria: Both sex male and female from Less than

Results:

Table 1: Demographic data of the study sample.

Demographic data		No.	Percentage
Sex	Female	27	54%
	Male	23	46%
Age	Less 18	16	32%
	19- 40	23	46%
	Mor 40	11	22%
Education	Illiterate	10	20%
	School	24	48%
	University	16	32%
Occupation	job	10	20%
	Job fretful	11	22%
	Jobless	29	58%
Income	Sufficient	8	16%
	Barely	37	74%
	not	5	10%
Refugee Period	Lees 1 year	8	16%
	2-4	37	74%
	More 4	5	10%

Table 2: psychological disorders (depression and anxiety) of the study sample.

		anxiety	depression
Anxiety	Pearson Correlation	1	.628**
		50	50
depression	Pearson Correlation	.628**	1
		50	50

** .Correlation is significant at the 0.01 level (2-tailed).
This table shows that there is a significant relationship between anxiety and depression .

Table 3: psychological disorders and sex of the study sample.

		psych	sex
psych	Pearson Correlation	1	.087**
	Sig. (2-tailed)		.549
	N	50	50
sex	Pearson Correlation	.087**	1
	Sig. (2-tailed)	.549	
	N	50	50

** .Correlation is significant at the 0.01 level (2-tailed).

This table shows that there is a significant relationship between psychological problems and sex.

Discussion:

1. Discussion of general psychological disorders:

This study indicated in table (2) that (67%) of the Syrian refugees have psychological problems .The continuing psychological impacts of trauma experiences prior to resettlement have been a long standing focus of the refugee literature. Exposure to trauma may lead to a range of psychological reactions, including Posttraumatic Stress Disorder (PTSD). Persons experiencing the psychological

18 years and more than 40 years. This study design It is quasi – Experimental design .

The questionnaire was consisted of three parts which are distributed as follows.(part I), this part includes the demographic data of the sample and consists of (6) items including age, sex, the levels of education, occupation, monthly income, and refugee period . Part II consists of (9) items measuring the depression , (5) items measuring anxiety.

Statistical analysis:

The data of the present study were analyzed through the descriptive statistical analysis and the inferential statistical analysis (Pearson Correlation) .

effects of trauma may report feelings of fear, sadness, guilt and anger. Psychological squal include depression, anxiety and substance misuse. Trauma related syndromes include significant distress or impaired functioning, often involving intrusive thoughts and emotions about the traumatic events, avoidance, emotional numbing and/or hyper-arousal. Consistent and strong links have been made between pre-migration trauma and mental health in resettlement [Kate *et al*,2007]

Table 4: psychological disorders and age of the study sample.

		psych	age
psych	Pearson Correlation	1	.373**
	Sig. (2-tailed)		.008
	N	50	50
age	Pearson Correlation	.373**	1
	Sig. (2-tailed)	.008	
	N	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

This table shows that there is a significant relationship between psychological problems and age.

Table 5: psychological disorders and monthly income of the study sample.

		psych	Income
psych	Pearson Correlation	1	.148**
	Sig. (2-tailed)		.306
	N	50	50
income	Pearson Correlation	.148**	1
	Sig. (2-tailed)	.306	
	N	50	50

** . Correlation is significant at the 0.01 level (2-tailed).

This table shows that there is a significant relationship between psychological problems and monthly income.

In 2001, the U.S. Centers for Disease Control and Prevention undertook a study in the camps that found that almost half of the adult population suffered from depression and anxiety, and nearly 5 percent from post-traumatic stress disorder (PTSD). [Peter ,2012]

Nowhere are the health care needs of refugees more pronounced than in the realm of mental health. Refugees are vulnerable to psychological distress due to uprooting and adjustment difficulties in the resettlement country, such as language, occupational problems, and cultural conflict. Uprooting creates culture shock, a stress response to a new situation in which former patterns of behavior are ineffective and basic cues for social intercourse are absent. [Lipson, 1993].

The clinical and research literature shows a significant degree of psychological stress among refugees with relatively high levels of physical and psychological dysfunction during the first two years of resettlement; after three years, there was some improvement and increased adaptability, but there was still serious and pervasive adjustment problems affecting some sectors of the refugee population, such as high levels of somatization, depression, and post-traumatic stress disorder. These symptoms have even been noted five years after resettlement [Lipson *et al*, 1993].

It is important to address the mental health of refugees because mental illness severely impacts the functioning of a person in many different ways and can also contribute to poor physical health. For example, mental illness often negatively impacts the ability of an individual to engage in economically productive activities, to benefit from educational opportunities, and also makes one more prone to experiencing addictive substance abuse and a dysfunctional family life.[united for slight,2015]

2. Discussion of psychological disorders to Syrian Demographics:

This result of table (3) revealed that there is a significant relationship between psychological problems (depression and anxiety) and sex. It represents that (54%) of refugees female have psychological disorders. According to study of Kenneth *et al* , Women reported higher levels of global social support . Global social support predicted risk for major depression significantly more strongly in female than in male members of these pairs, and the same effect was seen when the analysis controlled for the history of major depression in the year prior. Women were more sensitive than men to the depression effects of low levels of social support, particularly from the co-twin, other relatives, parents, and spouses. Levels of social support did not explain the sex difference in risk for major depression.[Kenneth *et al* ,2005]

This result of table (4) revealed that there is a significant relationship between psychological problems (depression and anxiety) and age group. It represents that (46%) of refugees aged (19-40) years old , have severe psychological disturbances. According to Joseph and Cristina , comparing with other age groups, middle-aged refugees are more likely to have severe level of psychological distress.[Joseph, Cristina,2000], and according to study of Lavic *et al* , that refugees constitute a population at risk for mental disorder. Past traumatic stressors and current existence in exile constitute independent risk factors. However, stressors other than those discussed here appear to be important also, particularly with regard to psychotic symptoms.[Lavic ,1996]

In addition to these results, table (5) shows that (74%) among those of barely sufficient monthly income afflicted with severe level of psychological disorders , This is the result because most of the Syrian refugees living in Jordan generally provides them with a work environment for the practice of their professions and this confirms that the Syrians

refugees in Jordan them the rights they enjoy. In addition to that there are many institutions and negotiations would provide them with material support in various ways and forms. But here lies the problem that requires that also provides them with moral support. There are a lot of humanitarian organizations as UNRWA in Palestine, this organization offers a lot of donations and financial support for refugees Philistines, who were subjected to wars and colonialism problems, so also Jordan which provides a lot of material assistance to provide employment opportunities for refugees walls and to provide food. This reduces the mental state which ones to suffer anxiety and depression. And here must appreciate the role played by Jordan and already back on the psychological health of Syrian refugees benefit.

Conclusion:

This study concluded that Syrian refugees were inflicted with psychological disorder at different levels such as, age, sex and monthly income.

The study showed that there was no relationship between mental disorders and work, educational level and refugee period .

Recommendations:

1. Create specialized organizations only in mental disorders for immigration and refugees people.
2. focus on the continued support of refugees from various aspects such as, mental health, health physiological.
3. Providing job opportunities for refugees.
4. Scientific research of mental disorders in the refugee camps, such as, AL-Zaatari camp.

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