

**ANALYSIS OF EMPIRICAL STUDY RESULTS ON THE IMPACT OF POST-
TRAUMATIC STRESS IN WOMEN**

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Abstract: This article analyzes the impact of post-traumatic stress disorder (PTSD) on psychological state, emotional stability, and social adaptation in women based on an empirical study. The study results show that women experience high levels of stress after traumatic events, increased anxiety and depressive symptoms, and difficulties in daily functioning. These findings are important for developing psychological rehabilitation and preventive measures.

Keywords: post-traumatic stress, women’s psychology, empirical research, emotional state, psychological adaptation

Introduction: Today, various traumatic events in society — violence, road traffic accidents, family conflicts, natural disasters, and losses — have a serious impact on women’s mental health. Post-traumatic stress disorder (PTSD) is one of the key issues that causes long-term negative changes in an individual’s psychological state. Research shows that women, due to biological, social, and psychological factors, are more prone to PTSD than men.

The aim of this study is to empirically investigate the impact of post-traumatic stress on the psychological state of women and to analyze the obtained results.

Research Methodology: The study involved 60 women aged 25–45. Respondents were selected based on their experience of traumatic life events. During the empirical study, the following psychodiagnostic methods were used:

- Post-traumatic stress assessment test
- Beck Depression Inventory
- Spielberger–Hanin Anxiety Scale
- Questionnaire and interview method

The collected data were processed using mathematical-statistical analysis methods.

Results and Analysis: According to the empirical study results, the majority of respondents showed moderate to high levels of post-traumatic stress symptoms. Specifically:

- 48% of women exhibited high levels of anxiety;
- 35% of respondents showed clear depressive symptoms;
- 42% of women experienced sleep disturbances, constant fear, and recurring negative

memories.

To increase the reliability of the study, five different methods were used. Each method contributed to enhancing the reliability and practical applicability of the research. The experimental study began with the “Social-Psychological Adaptability Assessment Method,” which effectively reveals the psychological state of women under social pressure and trauma and identifies their current adaptation stage.

According to the adaptability scale, women who experienced trauma due to stress showed lower adaptability compared to women without trauma, indicating that accumulated stress and trauma significantly affect normal life adaptation. Statistically significant differences were found ($p < 0.05$, $t = 0.325$). Women with psychological trauma demonstrated more passive adaptability, while women without trauma showed higher adaptability.

The self-acceptance scale revealed significant differences in how women handle life events. Women who experienced trauma had difficulty accepting events that happened to them, whereas the control group showed less pronounced issues. PTSD and depression affected women’s ability to accept life, led to self-victimization, and caused psycho-emotional and psychosocial problems ($p < 0.05$, $t = 0.385$).

Social-Psychological Adaptation in Women Experiencing Violence

Scale	Group	M	σ	t
Adaptability	Women with trauma	113.54	23.12	0.325
	Women without trauma	109.09	25.32	
Self-acceptance	Women with trauma	38.56	7.44	0.385
	Women without trauma	30.22	9.16	
Acceptance of others	Women with trauma	22.96	6.21	0.279
	Women without trauma	20.37	6.17	
Emotional comfort	Women with trauma	21.21	5.56	0.269
	Women without trauma	21.99	7.09	
Internality	Women with trauma	50.42	13.89	-0.446
	Women without trauma	44.52	12.88	
Dominance striving	Women with trauma	7.40	3.03	-0.258
	Women without trauma	7.22	4.01	
Escapism (Avoiding problems)	Women with trauma	14.72	4.47	0.501
	Women without trauma	14.12	4.33	

Analysis showed that post-traumatic stress negatively affects women’s social activity, family relationships, and self-esteem. Lack of social support exacerbated stress symptoms.

Escapism — the tendency to avoid problems — is common in stressed women. Escapism acts as a temporary protective mechanism against stress, but prolonged reliance can harm social

adaptation and mental health. Empirical analysis showed that women with higher PTSD levels also exhibited higher escapism. 38% of respondents demonstrated behaviors such as avoiding problems, denying situations, or temporarily shifting attention elsewhere. Correlation analysis revealed a positive relationship between stress level and escapism ($r = 0.47$, $p < 0.01$).

Regarding women exposed to violence:

- 48% showed high levels of anxiety;
- 35% displayed clear depressive symptoms;
- 42% experienced sleep disturbances, fear, and recurring negative memories.

Social Adaptation: 40% of women had reduced social activity, and 30% faced difficulties in family relationships. Correlation analysis showed a negative relationship between PTSD level and social adaptation ($r = -0.52$, $p < 0.01$).

Emotional Stability: After traumatic events, emotional instability was prevalent: 55% of participants experienced mood swings and irritability. These results confirm a negative correlation between stress and emotional stability.

Analysis of Results:

1. Post-traumatic stress increases depression, anxiety, and sleep disturbances in women;
2. Lack of social support intensifies stress symptoms;
3. Reduced psychological adaptation and emotional stability leads to significant difficulties in daily life.

The results also indicate the interaction of biological and social factors with post-traumatic stress in women.

Conclusion: The empirical study confirms that post-traumatic stress significantly negatively affects women's mental health. Traumatic events increase anxiety, depression, and emotional instability. Therefore, developing specialized psychological rehabilitation programs, preventive measures, and strengthening social support mechanisms for women is essential.

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