

How to Cite:

Salih, Z. A., & Rashad, L. A. K. (2022). Traumatic memory of Martyrs' Sons. *International Journal of Health Sciences*, 6(S9), 1983–1997. <https://doi.org/10.53730/ijhs.v6nS9.12840>

Traumatic memory of Martyrs' Sons

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Abstract--The study aims to know the measurement of the traumatic memory of the sons of martyrs and to know the differences in the traumatic memory of the sons of martyrs according to the gender variable. The popular crowd and the sons of the victims of terrorism, numbering 197 males and 203 females, and the sample was chosen randomly. The results of the research concluded that the sons of the martyrs have traumatic memory, and there are no differences between males and females in traumatic memory. And to complement the research, several recommendations and proposals were developed.

Keywords---traumatic memory, Martyrs' Sons,

Introduction

War today has a tragic and comprehensive meaning that did not happen before, and the reason for this is due to the arms race and the possession of weapons of mass destruction that made humanity live on the edge of danger. (Yaaqoub, 1999: 98). And that the impact of trauma generates psychological disorders and sad memories of the individual may appear over time as a result of the situation he went through, especially when this situation occurs to the individual in adolescence. The family's loss of one of its members is one of the most difficult and painful experiences it faces during its life, especially if the loss is an essential pillar such as the father or the mother, whose loss represents severe psychological pain for the children and affects aspects of their lives (Shaaban, 2013: 117)

The stage of adolescence is one of the most important stages of an individual's development, and psychologists have taken care of it, and it is called the "psychological birth" stage, during which the individual transforms from a child to an adult. Emotional and social, but experiencing the trauma of losing a father can fundamentally change a teen's life. Adolescent exposure to frustration and

pressure (Saadi, 2015: 268)Traumatized people often recall the traumatic event in disturbing fantasies and recollections, and may have trouble sleeping, writing, feeling withdrawn, emotionally cold, insensitive, more aggressive than before, stronger and more violent, and are usually provoked by things that remind them of the accident, which may lead to They avoid certain places and situations that evoke painful memories for them, and the anniversaries of the traumatic event often evoke their feelings that the traumatic event comes back again (APA, 2000:1-4)

These changes are observed in the form of complex behavioral problems as a result of these adolescents' experience of these traumatic events. The adolescent who goes through horrific and sad experiences may be unable to overcome and overcome that traumatic experience due to his lack of internal resources (appropriate defenses) (Meziani, 2020:15)

Matos 2010 Pinto-Gouveia study confirmed, and the results showed an association between traumatic memory and depression in adolescents represented in intrusion and past memories (Matos&Pinto-Gouveia,2010:299-312). Are there differences between males and females according to the traumatic memory variable?

The importance of research

Memory is not only a recall of information that the individual memorizes in the past and remains in the memory store. Whenever a previous event affects the individual in a later period, the effect of the experience is a reflection of the memory of the previous event, as memory does not depend on the event only, but in the strength of the impact of that event. In a certain period in the life, thoughts and feelings of the individual, meaning there are many events that left an impact on the lives of individuals and that were imprinted in the memory (Foster, 2008: 14-15)

Where the individual's memory is affected by events that leave a clear impact, forming psychological trauma, as trauma is a natural human response to an abnormal event in which the individual is exposed to a situation that exceeds his endurance capabilities and the individual cannot absorb it such as (wars and their effects, rape, sudden car accidents, sudden death to a loved one) and the individual may be affected by anything that reminds him of the traumatic event that has been preserved in memory such as (color, smell, sound, feeling) due to experiencing the event and feeling anxious, depression, where the severity of the traumatic event varies from one individual to another and the individual exposed to the trauma becomes easily aroused About the things that remind him of the event, and the traumatic event, usually an uncontrollable event that destroys our sense of security and leaves us vulnerable to injury and in a forced state, and there is no need for the event to be an event that the person is exposed to directly, as the news of the death of a close person directly causes the traumatic event (Khairbek, 2008 :16). Remembering and retrieving information depends on a stimulus specific to the recalled event and the stimuli are (word, picture, idea, place), so the method of retrieval of information about the traumatic event for the first time seems difficult, arduous and slow for the traumatized individual, but

training in retrieving information about events makes expressing it easier. The individual recalls the event several times, and the individual will appear stronger, more self-confident, and more capable of overcoming the trauma (Davidoff, 1980:372).

Where many individuals who were exposed to trauma suffered from remembering the traumatic events, and the main reason is the suppression of those events, where the traumatic and sad events that occurred and that entered the world of oblivion return, where they can be retrieved through many methods, including the method of free association (expression using speech or writing) about Conscious Contents Unsupervised as a Tool for Knowing Unconscious Processes This technique of psychoanalysis originally devised by Sigmund Freud (Davidoff, 1980:356) is used.

Hoitz and his group (Horowitz, et al,1988) consider that the unusual nature of traumatic memory is an essential characteristic of post-traumatic stress disorder, which is manifested in the re-remembering of the experience, such as obsessive thoughts and nightmares, and physiological and psychological responses (Hoitz,1988:85-92).

Research aim:

The current research aims to identify:

1. Measuring the traumatic memory of the sons of martyrs.
2. Differences in the traumatic memory of the sons of martyrs according to the gender variable (male – female)

Search limits:

The current research is limited to the sons of martyrs (victims of terrorism and the popular mobilization) in Al-Diwaniyah Governorate for the year 2022 (males and females) who are registered with the Martyrs Foundation in Al-Diwaniyah Governorate.

Define terms:

Traumatic memory defined by Brewin: Brewin (1996)

They are intrusive memories from images accompanied by high levels of physiological arousal and are experienced as re-enactments of the original trauma (Brewin et al., 1996: 670)

Tiredness.

Double Representation Theory

The dual representation theory explains traumatic memory using two separate memory systems, and the situationally accessible memory system is limited to materials that can only be accessed involuntarily (automatically) through situational cues, and restricted to materials that are not fully consciously processed at the time of coding. For this reason, this memory system dominates the individual after traumatic events and frequently brings to mind the sensory

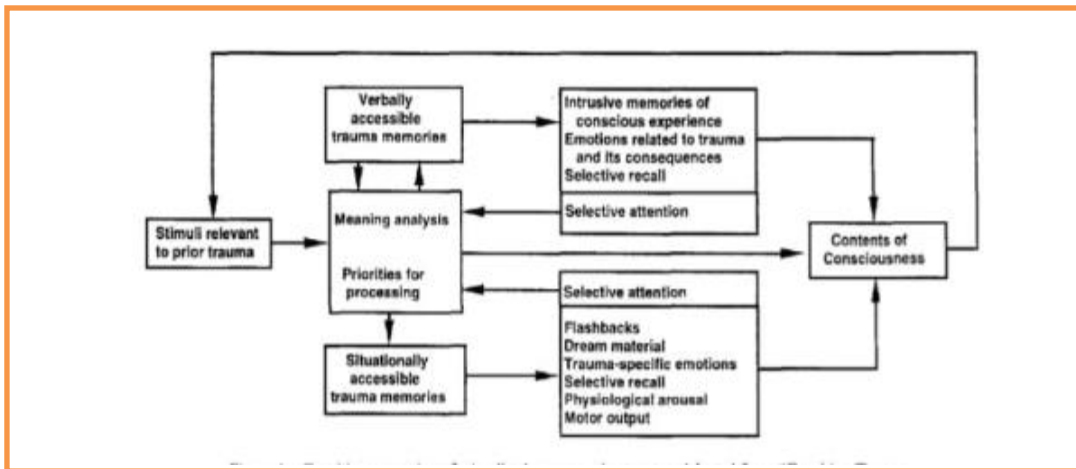
and emotional parts of the trauma. The analogue of the situational memory system is the verbally accessible memory system, which includes materials that were consciously processed during the traumatic event and thus can be accessed through voluntary recall and verbally described. Conditionally accessible memory versus verbally accessible cross-sectional memory is represented in cognitive psychology by complex and non-standard methods (for example, coding in sensory versus language systems, implicit versus explicit memory, volitional memory). versus involuntary memory) (Rubin et al., 2008: 591)

She noted that individuals may have many flashing memories, without necessarily corresponding to an easily identifiable event. 'Flashing memories' can be distinguished from 'traumatic memories' which can be retrieved by normal searching in long-term memory. Individuals who remember aspects of the trauma and associated emotions that they remember experiencing at the time have a great deal of 'intentional' and 'spontaneous' cognitive activity, and memories that can be deliberately retrieved differ qualitatively from spontaneous reenactments, as it appears that Feelings are often recreated in their original intensity in spontaneous reenactments. These memories are described as frozen memories, a term describing their recurring, unchanging quality. Trauma survivors over time are able to remember and describe some aspects of their experiences in a clear way, without triggering extensive flashbacks, whereas flashing memories may persist through recalling specific details of the trauma or through unexpected memories of the trauma (Brewin et al. , 1996: 671)

The theory argues that traumatic events are represented in memory in two ways; They are conceptually 'verbal' and perceptually 'situational'. Conceptual coding involves creating a narrative of the event; What happened, when it happened, and the order of events. Perceptual coding relates to specific sensory features of events such as smells, images, and sounds. and that PTSD results from a defect in these two coding systems when a person experiences a traumatic event, such that perceptual coding dominates and conceptual coding neglected. In this way, PTSD leaves the individual with unwanted, intrusive images and an incomplete narrative of the event (Moul & Nickerson, 2017:3).

Trauma is represented in memory by a special mechanism for encoding emotional memories of events. In general, there are special characteristics of personal trauma memory, in particular the experience of reviving the event. The intense impact of the trauma often results in the formation of particularly permanent representations in memory. And that these emotional memories contain a record of the stimulating elements of the event, physiological and motor responses of the person, and an individual meaning of the event, and there are memories that can be retrieved verbally and flashing memories (image). Sensory input is subject to processing of conscious information and processing of unconscious information. and that the properties of unconscious processing (eg, maximum speed, parallel processing of multiple inputs) allow for much more detailed and comprehensive computations than conscious processing allows, which is limited by its slow, sequential nature and our inability to hold more than a small amount of information in memory at a time One. and that the output of these different forms of processing will be stored in different locations or different symbols (for example, a variety of neural pathways may allow sensory data associated with an

emotionally significant event to be stored in memory without being subjected to information processing (Brewin et al., 1996: 676). In the experience of trauma from the beginning there will be more than one type of representation of the individual experience or of repeated trauma, as there is more than one level of representation to understand the complex relationship between emotion and cognition. This means that there are dual representations in the memory of traumatic experiences as a minimal cognitive structure through which the memory of traumatic experiences can be understood. As shown in Figure (1).



shape (1)

Cognitive processing of stimuli related to previous trauma
(Brewin et al., 1996: 676).

Research Methodology and Procedure

The two researchers adopted the descriptive approach, because it is considered an appropriate approach to the nature and objectives of the research, as it seeks to identify the phenomenon as it exists in reality, and to reveal the similarities and differences between the variables (Dalin, 1993:339) It also describes it accurately and expresses it qualitatively and quantitatively. The qualitative expression describes the phenomenon and clarifies its characteristics, while the quantitative change gives us numbers and clarifies the extent of this phenomenon (Melhem, 2006:369)

Research community and sample

Society means the total group with the elements that the researcher seeks to generalize the results related to the problem (Odeh, 1998:159).

The current research community consists of the sons of martyrs in Al-Qadisiyah Governorate, who number (8528), males and females, distributed by gender (4200), males (49%), while the number of females is (4,328), (51%).

The sample means that part of the community in which the research is being conducted, chosen by the researcher according to special rules to properly represent the community. Which allows him to estimate the percentage in which

the sample is representative of the community from which it was selected, with some variables related to the research or study (Al-Batsh and Farid, 2007:95). The best method to use is to select a sample for a population with multiple characteristics (Hussain, 2019:100). The two researchers chose a random sample with a proportional distribution, where the number of males was (197) and the number of females was (203), and as shown in Table (1)

Table (1)
The research sample was distributed according to gender and gender

total summation	female	Male	Sample	
231	114	117	Children of the martyrs of the victims of terrorism	1
169	89	80	The sons of the popular crowd	2
400	203	198	total summation	

The Research Tools

Traumatic Memory Scale

The two researchers built the traumatic memory scale through a set of sequential steps, which are:

Defining the concept theoretically:

After reviewing the literature, studies and previous relevant theoretical frameworks, the theoretical definition of the concept of traumatic memory was determined by adopting Brewin's definition (Brewin, 1996) as images accompanied by high levels of physiological arousal and selected as a re-enactment of the original trauma (memories of the past), especially those associated with past traumas. far, and may be more fragmented, and be visual, auditory, olfactory and tactile sensations (Brewin et al., 1996:670)

B- Formulating the items of the Traumatic Memory Scale (initial formula):

For the purpose of building the traumatic memory scale, the two researchers adopted the theory of double representation (Brewin, 1996), which is the theory adopted in the current research. (28) A paragraph to measure the traumatic memory of the sons of martyrs, and the answer to it is according to three alternatives, taking into account the following foundations in formulating **the paragraphs:**

•**The paragraph should be short.**

- Expressing one idea and one interpretation.
- The paragraph fits the nature of the sample members.
- Clear and unambiguous for the respondent.
- Related to the method to be measured (Al-Zoba'i et al., 1981: 69).

C - Scale correction

The Likert method was adopted in building the traumatic memory scale, where the scale consisted of (28) paragraphs, where the researcher put for each paragraph three answers (alternatives), which are (always, sometimes, never) in order to make it easier for the respondent to determine his answer and ease of correction before researcher. If the answer of the individual is (always) he is given (three marks), but if his answer (sometimes) is given to him (two marks), while if his answer is (never) he is given (one degree), and the researcher followed the same steps in extracting the characteristics The following psychometric:

1. Validity of the items of the Traumatic Memory Scale (initial formula):

Ebel indicates that the best way to ascertain the validity of paragraphs is for a number of specialized experts to determine their validity to measure the quality for which they were developed (Ebel, 1972: 555).

For the purpose of achieving this, the paragraphs of the scale, in their initial form and numbering (28) paragraphs, were presented to a number of arbitrators specialized in the field of psychology, numbering fourteen, to issue their judgments on the extent of their validity, the soundness of their formulation and their suitability for the purpose for which they were developed, and to judge the validity of the alternatives used. The paragraph is considered valid when the approval rate is (80%) or more, and as in Table (2).

Experts' opinions on the validity of the Traumatic Memory Scale

Rejection percentage	Percentage of agree	The number of opponents	Number of approvers	Paragraph numbers
%0	%100	0	14	1,2,3 5,6,7,8,10,12,13,16,17 ,18,21,22,24,29,30
%1	%92	1	13	4,11,14,19,20,26,27,28
%2	%85	2	12	15,25
%3	%78	3	11	9,23

It was found from Table (2) that all items of the scale are valid for measuring traumatic memory, except for items (9, 23) that were omitted from the scale.

2. The exploratory experiment of the scale (the experience of clarity of instructions and paragraphs):

To ensure the extent of clarity of the scale and the understanding of its paragraphs for the research sample in terms of meaning, and to know the extent of the clarity of the response alternatives and the average time required by the

examinee to answer, it must be applied to an exploratory sample (Al-Zoba'i and others, 1987:73).

Where the researcher applied the traumatic memory scale on an exploratory sample of (30) males and females of the sons of the martyrs, they were chosen randomly, where this was done in the presence of the researcher and she asked them to make their observations about the clarity of the scale's paragraphs, its formulation and the way to answer them, and whether there are incomprehensible paragraphs, it became clear to the researcher that the paragraphs of the scale were clear to the respondent and there is no need to change or modify the wording of any of the paragraphs of the scale, as it was found that the time taken by the examinee to answer the scale ranges (22-6) minutes, and the average answers were (12) minutes.

3. Statistical analysis of the items of the Traumatic Memory Scale:

The process of statistical analysis of the paragraphs of the scale is one of the basic steps for its construction, and the adoption of paragraphs that are characterized by good psychometric properties makes the scale more honest and stable (Anastasi, 1997: 172) and that the purpose of conducting a paragraph analysis is to keep the distinct paragraphs in the scale and to exclude the undistinguished paragraphs (Ebel & Frisbie, 1991 :392). Distinguishing the item is the extent to which the item is able to detect the differences between high and low individuals in the trait to be measured (Anastasi, 1997:182).

Giselli et al. (Chiselli, et al., 1981) emphasize the need to keep the items with discriminatory power in the final form of the scale and to exclude or modify the undistinguished items. The total score of the scale is one of the appropriate methods in the process of analyzing the paragraphs, and the researcher used them for this purpose.

Relationship of the paragraph score to the total score of the scale (internal consistency)

This method depends on calculating the correlation between the score of each paragraph and the total score of the scale.

After finding the relationship between the degree of the paragraph and the total degree of the scale, another method is used to analyze the paragraphs, and it is one of the most accurate methods adopted in calculating the internal consistency of the paragraphs of the scale (Isawy, 1985:95)

The validity coefficients of the paragraphs are calculated through their connection to an external or internal test, and when there is no external test available, the best test is the total score of the scale (Anastasi, 1997: 129)

This method assumes that the individual's total score is a criterion for the validity of the test, and accordingly, the paragraph is deleted when the coefficient of its correlation with the total score is not statistically significant, given that the paragraph does not measure the phenomenon that the test measures entirely (Al-Zoba'i et al., 1981:43)

After all the forms were corrected and the total score for each form was calculated, the Pearson correlation coefficient was calculated between the score of

each paragraph of the scale and its total score. The correlation coefficients were statistically significant at the significance level (0.05) and the degree of freedom (214).

Significance at 0.05 . level	Correlation coefficient value	paragraph number	Significance at 0.05 . level	Correlation coefficient value	paragraph number
statistic	.494	15	statistic	.508	1
statistic	.634	16	statistic	.578	2
statistic	.595	17	statistic	.352	3
statistic	.614	18	statistic	.570	4
statistic	.575	19	statistic	.427	5
statistic	.512	20	statistic	.594	6
statistic	.570	21	statistic	.446	7
statistic	.582	22	statistic	.577	8
statistic	.462	23	statistic	.603	9
statistic	.391	24	statistic	.569	10
statistic	.397	25	statistic	.451	11
statistic	.459	26	statistic	.532	12
statistic	.574	27	statistic	.486	13
statistic	.588	28	statistic	.490	14

All correlation coefficients are statistically significant* at a significance level (0.05), a degree of freedom (398) and a critical value of the correlation coefficient of (0.098)

5. Psychometric properties of traumatic memory:

Psychometrics specialists see the need to verify some standard characteristics in the numbers of the scale that is being built or adopted, whatever the purpose of its use, such as honesty and stability (Allam, 1986:209), as these characteristics provide the conditions for accuracy and validity of what the scale is interested in knowing and measuring (Abdul Rahman, 1983:159) The truthful scale is the scale that measures what was prepared to be measured or achieves the purpose for which it was prepared, and the fixed scale is the scale that measures with an acceptable degree of accuracy (Awdah, 2002: 335)

The stability of psychological scales can be verified by several methods or indicators, including what measures external consistency (the method of retesting or the so-called stability coefficient over time, and the method of equivalent images that depends on preparing two symbiotic images of the scale in terms of the characteristics and nature of the items), and the other measures the internal consistency (Hashing halftones and alpha-Cronbach's coefficient, as well as analysis of variance) (Eble, 1972:412), and to extract the stability were used:

First: Test-Retest (external consistency):

The reliability coefficient according to this method is the value of the correlation coefficient between the individuals' scores obtained from the first application and

re-applying the scale to the individuals themselves with an appropriate interval of the two applications (Anastasi, 1976: 115). This method includes applying the scale to a representative sample of individuals, then re-applying the scale to it again after an appropriate period of time has passed, as Adams believes that re-application of the scale to identify its stability must be within a period of no less than two weeks (Adams, 1964: 58)

The researcher applied the traumatic memory scale to extract stability in this way on the sample, the first exploratory application consisting of (40) males and females of the sons of the martyrs, and after two weeks of the first application of the scale, she re-applied the same scale again and on the same sample, and after using the Pearson correlation coefficient. (Person Correlation Coefficient) In order to identify the nature of the relationship between the degrees of the first and second application, it appeared that the value of the stability coefficient of the scale (0.96), and this value was considered an indicator of the stability of the responses of individuals on the traumatic memory scale over time, which is a high stability coefficient when compared to the stability coefficient. Previous studies.

Second: Alpha Cronbach coefficient (internal consistency):

Cronbach's alpha coefficient is calculated to check the internal consistency, and in this method of stability, the alpha Cronbach coefficient increases as the number of test items increases (Carmines & Zeller, 1979: 44)

Cronbach's alpha coefficient decreases in the test whose number of items are few (Nunnally & Bernstein, 1994: 252), and the reliability coefficient extracted in this way indicates the internal correlation between the items of the scale (Ferrickson, 1991: 530), as this method depends on the consistency of the individual's performance of a paragraph to another (Thorndike and Higgin, 1989: 79).

To calculate the stability in this way, the Alpha Cronbach equation was used, and the stability of the traumatic memory according to the Alpha Cronbach method was (0.901), and the stability of the traumatic memory scale is good when compared to the Alpha Cronbach criterion for stability (0.70).

6. Describe the scale, correct it, and calculate the total score

After extracting the psychometric properties of the traumatic memory scale, the scale is in its image (28) items. The researcher has placed three answer alternatives in front of each item, which are (always, sometimes, never) and the weights of the alternatives were (3,2,1) respectively, and thus the highest degree of the scale (84) and the lowest degree is (28) and a hypothetical average of (56) degrees. Thus, the tool in its final form is ready to be applied to the current study sample, who are the sons of the martyrs.

The researcher calculated the statistical indicators for measuring traumatic memory using the Statistical Package for Social Sciences (SPSS), as shown in Table (4):

Table (4) Statistical Indicators of the Traumatic Memory Scale

Value	Indications
400	the sample
56	hypothetical mean
59.9650	Mean
60.0000	Median
126.981	Variance
56.00	Mode
56.00	Range
11.26859	Std. Deviation
-.323-	Skewness
.156	Kurtosis
28.00	Minimum
84.00	Maximum

Presentation and interpretation of results:

The first goal: measuring the traumatic memory of the sons of martyrs.

The results of the current research, after applying the traumatic memory scale to a sample of (400) sons of martyrs, showed that the arithmetic mean was (59.965) and the standard deviation (11.268) when calculating the difference between the mean scores of the sample on the traumatic memory scale and the hypothetical average (56) for the scale of its paragraphs (28) By using a one-sample t-test (One Sample T.test) It was found that the difference is statistically significant, if it appears that the calculated t-value of (7.037) is higher than the tabular t-value of (1.96) at the level of significance (0.05) and the degree of freedom (399), this indicates the existence of a difference It is statistically significant between the arithmetic mean and the hypothetical mean, and this indicates that the sons of the martyrs have a high traumatic memory.

Table (5)
The one-sample t-test to measure traumatic memory

Significance at 0.05 level	degree of freedom	T value		hypothetical mean	standard deviation	Arithmetic mean	Number	variable
		tabular	calculated					
Statistic	399	1.96	7.037	56	11.26859	59.9650	400	traumatic memory

The explanation for this result is that the sons of the martyrs have a traumatic memory that was formed as a result of the event they experienced. The martyrs were exposed to external stimuli, as the previous events sometimes caused fear and anxiety at other times from the future, and the results showed that the martyrdom of the father left the children with a sad and painful memory that accumulated over the days to become a memory that cannot be easily skipped,

and they were sure that the position of the father could not be filled by anyone Especially when he was martyred in difficult ways, and in front of his children, they will have a repetition of what he saw. The scenes of the event will be repeated, either in the form of a painful memory or when they pass the scene of the accident or in the form of nightmares that make it difficult for them to sleep as a result of their constant suppression, especially in adolescence. Individuals are highly affected by external circumstances, especially the loss of a father. This increases their suffering and the psychological and social effects, as individuals tend to deny and avoid what happened, which leads to the formation of their traumatic memory.

The second objective: to identify the differences in the traumatic memory of the sons of martyrs according to the variable: gender (male-female)To achieve this goal, the arithmetic averages and standard deviations of the scores of the sample members in the traumatic memory scale were calculated according to the gender variable, as shown in Table (6).

Table(6)
T-test for two independent samples of traumatic memory according to the sex variable (male – female)

T value	T value		degree of freedom	standard deviation	Arithmetic mean	Number	Sex
	tabular	calculated					
0,05	1,96	1,646-	399	11.78569	59.0254	197	Male
				10.69328	60.8768	203	Female

Table (8) shows the difference between males and females on the traumatic memory scale, where the arithmetic mean for males was (59.025) and with a standard deviation of (11.785), while the arithmetic mean for females was (60.876) and with a standard deviation of 10.693), at a significance level of (0.05) and a degree of freedom(399)

Where the result indicates that there are no differences in the presence of traumatic memory between males and females, and this can be explained by the way they represent the traumatic event in their memory, where they can reach these representations through (emotional arousal, motor stimuli, and intrusive images), the feeling of loss is the same for males. And females, especially in the adolescence stage, where the adolescent is more emotionally sensitive at this stage due to their emotional immaturity, so the impact of events is harsher on him.

And psychological aspects rarely receive sufficient support and attention in cases of wars and crises in our societies, in addition to the fact that society pushes the individual to suppress his feelings and show strength and steadfastness, and this does not help the adolescent to express his sadness, pain and fears, as most Iraqi families have suffered from these events and adolescents are more Family members are affected and affected by the loss of a father.

Recommendations:

- 1) 1-To governmental and non-governmental organizations, the necessity of providing services with moral and material support or others to the sons of martyrs, which will reflect positively on them and on their psychological side, which helps them to overcome the various difficulties of life.
- 2) 2-To the Directorate of Education in Al-Diwaniyah Governorate, the necessity of paying attention to the requirements of the sons of the adolescent martyrs that qualifies them to continue their studies and also pay attention to the educational processes for them, because their absence from school causes them pressures that increase their suffering and remind them of the painful event, which affects them negatively and makes them feel uncomfortable.
- 3) 3-To school counselors in Al-Diwaniyah Governorate, the necessity of constantly following up on the daily behavior of the children of martyrs, monitoring their grades and averages, getting close to them, knowing what they suffer and helping them to overcome this trauma.

Suggestions

- 1) Conducting a study on traumatic memory and its relationship to suicidal thinking and defeatist personality.
- 2) Conducting a study on traumatic memory and its relationship to emotional regulation strategies for children who have been subjected to violence.
- 3) Designing counseling and psychological and mental development programs for students in schools who have lost one or both of their parents.

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