Psychological stress among people in occupied Palestinian territory

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Psychological distress is an important health issue that can be seen among adults. Increased prevalence rates associated with health problems require high cost of treatment. Influential factors play an important role in mental health integrity. Therefore, this study focuses on the relationship between factors of economic, social and political work and stress, poverty and income and war and conflict with psychological distress among adults in the occupied Palestinian territory in 2014. Human insecurity, distress scale and the WHO-5 well Being Index (2000) used in the analysis. An oral consent was obtained before interviews. 413 respondents represented Shukba population. Data analysis with frequencies, cross tabs, significance and regressions are tested for confounders by SPSS v 20. Prevalence of psychological distress was 86 (20.8%). Distress was positively related to age, human insecurity and crowding ratio; their ratio respectively: (O.R=5.107, 95% C.I: (2.589-10.072)), (O.R=5.107, 95% C.I: (2.589-10.072)), (O.R=1.569, 95% C.I: (0.739-3.330))). While, psychological distress was negatively associated with wellbeing, standard of living and Land ownership; their ratio respectively: (O.R=0.268, 95% C.I: (0.154-0.465)), (O.R=0.463, 95% C.I: (0.238-.898)), (O.R=1.827, 95% C.I: (1.047-3.1910))). The study shows an almost equal sample of males and females at 200 (48.4%) and 213 (51.6%) respectively. Regarding to the results of our study, no gender significance was noticed in relation to distress; (O.R=1). People with aging have high psychological distress may be due to physical illness, get worried about their future, how to financially support themselves specially when there is no governance social-security or no human health insurance system. High human insecurity may be related to living in a conflict area and highly stressful conditions leading people to be distress. Also experiencing poverty and destitution could increase their crowding ratio and become more distressed. Studying a mixed village with no purity of area C (Region which comes under Palestine and Israel) characteristics, prevent generalization of findings. Further studies to be conducted covering other area pure area C regions, mixed areas are recommended.

Biography

Shayma Hijazi has completed her MPH from Birzeit University, Institute of Public and Community Health. She is staff-nurse of Femi Company for Rehabilitation Schools, a premier medical service organization. She has published more than 2 papers in reputed journals and serving as Presenter Member of her group work.

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