

Methods of providing psychological assistance to children after an earthquake

Bekzod Jumabayevich Tajibayev

Almalik City Life Safety Training Center of Tashkent Region Department of Emergency Situations

Abstract: *This article describes how to provide psychological support to children affected by an earthquake, how to not hide fear from children, but not panic, and what measures should be taken to provide psychological support to children after an earthquake.*

Keywords: *earthquake, panic, fear, destruction, encouragement, psychological trauma, psychological help, first aid*

Introduction. The recent earthquake in Turkey has stirred up many people around the world. It is not uncommon for children experiencing the consequences of emergencies for the first time in their lives. Therefore, we will consider the helpful advice from psychologists for parents on how to help children overcome fear so as not to turn it into a post-traumatic syndrome.

One shouldn't panic in front of children. According to Kazakh psychologist Meiramgul Amrina, one should never panic in front of children. He emphasizes that parents should learn to overcome fear, know safety rules well, and strictly follow instructions in case of earthquakes and emergencies.

This is what he says about the psychology of children affected by the strong earthquake in Turkey. "Of course, during the earthquake, not only children, but also adults were frightened, panicked, and didn't know what to do. Therefore, I advise parents, first of all, not to panic in such situations. If parents panic and rage in front of their children, of course, the child will also be afraid. After all, children are always guided by the behavior of adults," explained Meyramgul Amrina.

Also, if a child cries after experiencing something, they should be given the opportunity to cry. It's important to listen very carefully to his feelings.

"A child might ask you: 'Mother, won't our house collapse during an earthquake? Won't we be left under the rubble? In such cases, children should be given the correct answer: We are safe now, we have gathered everything we need, and we are ready for natural disasters at any time. "Children should believe that you will behave appropriately in difficult times," the psychologist said, citing an example of how to talk to children correctly and at the same time calmly.

According to the expert, children over seven years old should be taught how to behave in emergency situations and prepared for any emergencies. He also emphasized that earthquakes are almost always unexpected phenomena, and it is necessary to constantly explain that they can occur at any time.

At the same time, in a conversation with psychologist Leyla Miras, she said that she helped the victims of the terrible earthquake that occurred in Turkey in 2023. According to him, an earthquake, like any other psychological trauma, is a trauma, the consequences of which last in natural experiences for two months. For at least this time, parents and children may be afraid to return home, especially if there is destruction.

According to the expert, "Those who survived the earthquake think that we will go in now, sleep, and of course something will break. Experiencing such fear, panicking, worrying, crying for two months is normal and even beneficial. At the same time, if a child is crying, it is not necessary to stop them, for example, "Don't cry, everything is fine," that is, not to depreciate their feelings, but to sit up straight and express their feelings with them: "I see that you are afraid, let's be afraid together, I am

afraid too, look, I am older, but I am afraid too, and this is normal." Because if you don't experience these feelings, fear can turn into a post-traumatic syndrome," Laylo Miras shared her experience. She advised adhering to a specific action algorithm to provide both physical and psychological support to the child and herself. Firstly, from a physical point of view, it is very important to provide the child with three hot meals a day. Whether you like it or not, hot food must reach the stomach. If even a child cannot eat something hot for breakfast, they can be treated with cocoa or kissel. This brings the organism out of a "frozen" state.

Secondly, you need to practice butter breathing: inhale through the nose for four seconds, hold your breath for the same amount of time, and exhale through the mouth for four seconds. According to the psychologist, such an exercise helps when a child has an anxiety, panic attack, or fright attack, when they cannot say anything or are suffocated.

"And thirdly, you need to walk, run, stretch, do gymnastics, or practice that yoga. What can you do to get the body out of its "frozen" state? In short, any cardiotherapy that makes a child sweat is suitable," advised Laylo Miras.

So, if a child is in shock, crying, or hysterical before the age of seven, they should be given something warm, simply embraced, and comforted. Nothing else is needed. Even if the child is grown up, it is necessary to remind them and sing them what a favorite song they had in childhood. Then the child will calm down and exhale."

Specialist psychologists used this method at the epicenter of earthquakes in Turkey, when they visited villages, where adults and children were in a state of shock and shock. Many residents lost their relatives under the rubble.

At the same time, most of the specialists who went to help Turkey did not know Turkish. But it was necessary to get them out of this state, and they simply gave the children hot tea, hugged them, rocked them, and encouraged them by singing comforting songs that adults sang in their childhood. Although no one understood the meaning of these songs, everyone began to cry, experience emotions, and find solace.

According to experts, if parents are worried, afraid, but don't talk about it, children become anxious or suffer in some way. Often adults try to pretend that everything is alright. But it is very important to legitimize fear and anxiety at home.

Everyone gets scared of a strong earthquake, and this is normal. If the mother simply frowns and worries somewhere inside, then children, especially up to seven years old, spread this fear and anxiety, because they are directly emotionally connected with the mother. That is, if the mother does not openly experience anxiety, the children will experience it twice as often. Therefore, it is considered very important for my parents to live with their worries, to be afraid, to cry, and if necessary, to scream.

In conclusion, it is important to continue the usual daily actions when communicating with children after a strong earthquake. When talking to children, it is recommended to comfort them by saying: come, let's be scared together, let's cry, I feel sorry for you, I will hug you, and we will go there to watch cartoons or do our usual chores. Also, children's feelings should not be discriminated against. Because in any dangerous situation, children eagerly await the only support - the support of their parents.

References

1. Vasilyuk F.E. Psychology of Survival: Analysis of Overcoming Critical Situations. Moscow: Moyek Publishing House, 1984.

2. Aliyev Kh. Protection from Stress. How to preserve and realize yourself in modern conditions. - M., 1996.
3. C.Kh.Tadzhieva, D.G.Sabirova "Providing psychological assistance to a child in a crisis situation." T.: RBIMM, 2011
4. Badchen A.A. (ed.). Methodological guide for working with post-traumatic stress disorder. Mikhailova T.I., Pevzner M.M. (compiled). St. Petersburg, Harmony Publishing House, 2001.
5. Gorbushina O.P. Psychological Training. Secrets of conducting. St. Petersburg: Piter, 2007. - 176 p.: ill. - (Series "Practical Psychology").
6. Zakharov V.P., Khryasheva N.Yu. Socio-psychological training. L., 1990.
7. Practicum on socio-psychological training. Edited by B.D. Parigina. St. Petersburg, 1994.