The psychological impact on women who lost their husbands in the war of ISIS in the city of Karbala

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ABSTRACT

Background: Armed conflicts and terrorist violence have long-lasting psychological and social consequences that extend far beyond the battlefield. The study aimed to find out relationship between the psychological impact and sociodemographic data among women who lost their husbands in the war of ISIS in the city of Karbala.

Methods: (A descriptive-correlational) study design was used to describe the variables and the relationships that occur among them in this study. This design was carried out in order to achieve the aims of the present study by using the psychological impact on women who lost their husbands in the war of ISIS in the city of Karbala from period 10th March to 10th April 2021. Convenience sampling (non-probability) of (50) women who lost their husbands in the war of ISIS in the Department of Social Welfare for Women in the Karbala Department. Data was collected by interviewing every woman individually to assess the psychological impact on women who lost their husbands in the war of ISIS in the city of Karbala, the average time taken for completing each form was around 15-20 minutes. The purpose of the study was explained to all participants and were asked for voluntary participation.

Results: The table display the psychological stats. The Results display the psychological stats. Regarding to depression shows that (34.0%) of the sample have sever level of depression, while (24%) of them have moderate level of anxiety and (28%) of them have sever level of Stress.

Conclusion and Recommendations: The majority of nurses participating in the study were affected by the psychological state of both depression, anxiety and stress. There is a high significant relationship between psychological Impact (depression, anxiety and stress) and the most socio-demographic data. It's necessary to let this huge class of people go out from their houses and support them financially by lending then loans or small amount of grants to make jobs

Key words: Psychological Impact, Women, War of ISIS.

1.1: Introduction:

The war with ISIS led to the widowhood of many women in the city of Mosul, their displacement, and many psychological disorders. In June 2014, an estimated 1500 fighters of the Islamic State of Iraq and Syria (ISIS) seized control of Mosul, Iraq's second city. Although many residents fled, others stayed behind, enduring the restrictive civil and social policies of ISIS. In December 2016, the military activity, known as the liberation campaign, began in east Mosul, concluding in west Mosul in June 2017 (1). Many businesses collapsed and unemployment was widespread. Factories were dismantled and machinery sold in neighboring countries. ISIS derived additional income sources from the sale of antiquities, increases in taxation and various financial penalties (2).

War is a monster that tramples everything in its way. Historically, civilians make up a large proportion of war casualties, as much as 75% (3) .

In 2014, as Iraq was undergoing a steady rise in sectarian violence, the Islamic State of Iraq and the Levant (ISIL) took control of several major Cities. During times of conflict, women, girls, and other marginalized persons are at greater risk of gender-specific harms, as preexisting impunity and the social stigma surrounding gender-based violence worsens armed conflict's impacts (4).

Conflict also creates a large refugee population seeking safety, many of whom are women and children. In fact, most references to women and transnationalism portrays them as victims of war, rather than active participants, women are viewed in specific, gender-conforming ways as they relate to conflict: as primarily passive participants in civil wars; in comparison between male counterparts in active combat; and as exceptions to the male rule in suicide missions (3).

Many wives in the city of Mosul suffered from the loss of their husbands as a result of the war with the terrorist ISIS, and they were displaced to the safer governorates. The women who lost their husbands in the war against ISIS, most of them were suffering from psychological problems such as depression, anxiety and stress. As a result of the psychological pressures that they faced, such as the loss of their husbands, displacement, poor financial situation, and the difficulty of caring for their children, all of these reasons led to the suffering of women with persistent mental illnesses.

Material and Methods

I. **Methodology:**
   ✓ **Design of the study**: A descriptive-correlational study design was used to describe the variables and the relationships that occur among them in this study. This design was carried out in order to achieve the aims of the present study by using the psychological impact on women who lost their husbands in the war of ISIS in the city of Karbala from the period 10th March to 10th April 2021.

   ✓ **Population and Sampling plan:** The study has been conducted women who lost their husbands in the war of ISIS in the Department of Social Welfare for Women in Karbala

Department Convenience sampling (non-probability) of (50) women who lost their husbands in the war of ISIS in the Department of Social Welfare for Women in Karbala Department.

✓ **Instrument Description:**

The instrument is measured and rated on 4 levels rating scale. This scale is electronic self-reported instrument. The instrument is measured and rated on 4 levels rating scale from 1 to 4 respectively; 1 indicates normal, 2 indicates Low effect, 3 indicates Moderate effect, and 4 indicates Sever effect. Mean of scores was calculated as follow: As independent variables, this study focuses on one part that include socio-demographic data and two part that include Psychological Impact among women who lost their husbands.

- **Cut-off scores for conventional severity levels (normal, mild, moderate, severe) are as follows:**

Levels	Depression	Anxiety	Stress
• Normal	9 – 0	7 – 0	14 – 0
• Mild	13 – 10	9 – 8	18 – 15
• Moderate	20 – 14	14 – 10	25 – 19
• Sever	27 – 21	19 – 15	26 33 –

- **Part 1. Socio-demographic data**:
  This part contains information regarding: (Age (year), Do You Have Children, Number of Children, Residential, Suffering from chronic diseases, Level of education, Occupation, Type of living).

- **Part 2.** Psychological Impact among women who lost their husbands.

  ✓ **Data Collection**:

  Data was collected by interviewing every woman individually to assess the psychological impact on women who lost their husbands in the war of ISIS in the city of Karbala, the average time taken for completing each form was around 15-20 minutes. The purpose of the study was explained to all participants and were asked for voluntary participation.

✓ **Statistical Data Analysis**:

Several statistical measures were used by using Statistical Package of Social Sciences (SPSS) version 26, and Microsoft excel (2016) in order to analyze and evaluate the results of the study. Descriptive analysis was also used to describe the sample characteristics, as well as, the level of psychological state among women who lost their husbands in the war of ISIS. Chi-square analyses were used to find out the relationship between the level of psychological state and various socio- demographic variables.

3.5. Statistical Data Analysis Approach

The data analyzed through the application of descriptive statistical data analysis approach, (frequency & percentages) for categorical variables, Pearson correlation for analysis of relationship between variables of the study. By using SPSS.

Results and Findings

Table 1: Psychological Level State.

.No		Depression		Anxiety		Stress	
	Levels	.F	%	.F	%	.F	%
1	Normal	15	30.0	21	42.0	15	30.0
2	Mild	8	16.0	7	14.0	8	16.0
3	Moderate	10	20.0	12	24.0	13	26.0
4	Sever	17	34.0	10	20.0	14	28.0
Total		50	100.0	50	100.0	50	100.0

The table display the psychological stats. Regarding to depression shows that (34.0%) of the sample have sever level of depression, while (30%) of them have normal level of depression, and (20.0%) of the sample have moderate level of depression, and (16.0%) of the sample have mild sever level of depression. As regard to anxiety shows that (42.0%) of the sample have normal level of anxiety, while (24%) of them have moderate level of anxiety, and (20.0%) of the sample have sever level of anxiety, and (14.0%) of the sample have mild sever level of anxiety. As regard to Stress shows that

(30.0%) of the sample have normal level of Stress, while (28%) of them have sever level of Stress, and (26.0%) of the sample have moderate level of Stress, and (16.0%) of the sample have mild sever level of Stress.

Table 2. Association between Psychological Level State with Socio- demographic Characteristics								
Socio- Demographic Characteristics	*No*	*df*	*Depression*		*Anxiety*		*Stress*	
			X²	*.Sig*	*X²*	*.Sig*	*X²*	*.Sig*
Age (year)	**50**	3	8.616	**012.**	4.580	**.005**	5.977	**035.**
Do You Have Children		3	561.	**048.**	1.799	615.	2.101	905.
Number of Children		3	2.418	**001.**	2.132	546.	1.342	**001.**
Residential		3	5.846	119.	1.905	592.	3.498	321.
Suffering from chronic diseases		3	4.506	**001.**	5.978	**003.**	3.121	**008.**
Level of education		21	19.315	565.	26.245	197.	21.059	455.
Occupation		9	18.659	111.	9.663	378.	5.514	787.
Type of living		3	2.353	**021.**	1.329	**040.**	448.	**010.**
Based on Chi-squire test: Highly Sig. At P>0.05								

This table shows that there is high significant and significant relationship between Depression with (Age (year), Do You Have Children, Number of Children, suffering from chronic diseases, Type of living) at p value < 0.05 and significant relationship between Anxiety with Age (year), Suffering from chronic diseases, Type of living at p value < 0.05. Also table the shows that there is high significant and significant relationship significant relationship between stress with Age (year) ‹Number of Children, suffering from chronic diseases, Type of living at p value > 0.05. Also, this table shows that there is non-significant relationship between Depression, Anxiety and Stress with Have Children, Number of Children, Residential, Level of education Occupation.

Discussion

       Table 1: Psychological Level State.

This table show the psychological stats, regarding to depression shows that (34.0%) of the sample have sever level of depression, because of loneliness, unpleasant emotional states cause depression in women, and what was exposed to women from warm and lose of husband and displacement cause depression, while (24%) of them have moderate level of anxiety and (28%) of them have sever level of Stress. The loss of a wife to her husband is considered one of the most psychological stresses affecting the mental health of the wife, because it will affect her in severe psychological consequences, especially with the presence of children who will be deprived of their father due to his death in the terrorist ISIS war. Such conditions will suffer mothers from psychological problems, including depression, anxiety and stress.

Table 2. Association between Psychological Level State and Socio- demographic Characteristics:

This table show that there is high significant and significant relationship between (Depression, anxiety and stress) with Age (year) at p value (.012), (.005), (.035) as respectively, this result may women need for security and stability and needs for personal significance when the husband is absent wife feels insecure and the increased responsibility is on their shoulders alone and difficult of life increase depression in women.

This table show that there is significant association between woman who have children and depression at p value (.048), these finding in agreement with another study conducted by (Bokek-cohen, 2014) who reported that having children were significant relation with depression and anxiety **(5)**.

This table show that there is high significant relationship between (Depression, and stress) with number of children at p value (.001), (.001) as respectively. Four years after war, widowed women reported very high rates of major depressive episode, anxiety disorders, and Stress. In the present study, age was significant in association with depression, anxiety and stress. These results were disagree with study by (Basnet, et al,2017) who reported that age was significant relation with psychological status **(6)**.

This table show that there is high significant relationship between (Depression, anxiety and stress) with chronic disease of woman who have children at p value (.001),

(.003), (.008) as respectively. These finding in agreement with another study conducted by (Pannilage, et al,2017) who reported that chronic disease consider as one of major risks of psychological status **(7)**. Type of living consider also consider as one of major risks of psychological status because widowed women may get stress and depressed regarding economic status, home, future and others, the present study showed that type of living were significant, these results agree with another study by (Ng, P., et al, 2016) **(8)**.

This table show that there is a significant relationship between (Depression, anxiety and stress) with Type of living at p value (.021), (.040), (.010) as respectively. The early marriage and the high prevalence of damage to dwellings, and households surviving without water and electricity are some of the stresses experienced among refugees and conflict affected populations have been well documented, and are perhaps related to the economic، psychological and financial stresses of their situation. These were all stresses present in most women It is likely that these stresses will continue during what will be a difficult and prolonged recovery of the women **(9) (10)**.

Conclusion and Recommendations:

According to findings and discussion of the study findings, it can be concluded that:

1. All the women participating in the study have lost their husbands as a result of a war against the terrorist ISIS.
2. Most of the women participating in the study were suffering from chronic diseases.
3. The majority of women participating in the study were affected by the psychological state of both depression, anxiety and stress.
4. There is a high significant relationship between psychological Impact (depression, anxiety and stress) and the most socio-demographic data.
5. There is a non-significant relationship between Depression, Anxiety and Stress with socio-demographic data (Residential, Level of education Occupation).

Recommendation:

Based on the previous results of the study, the researcher has recommended that:

1- It's necessary to let this huge class of people go out from their houses and support them financially by lending then loans or small amount of grants to make jobs.

2- Provide media with programs directed to this class of people, as well as enhancing self- confidence to let them feel ambitions and that the future is bright with open doors.

3- Protect civilian infrastructure (women), in particular schools and hospitals, from the impact of the conflict.

4- Ensure that assessments of factors influencing IDPs' mental health informing community and clinical interventions not only include exposure to war-related violence, but also experiences of loss, both interpersonal and material.

5- Therapists and facilitators for psychosocial services need extensive training for working with women and they need meaningful staff care measures.

6- Therapeutic interventions need to be combined in a meaningful way with psychosocial services and efforts for fostering societal participation.

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