BÖLÜM 49

COVID-19 SALGININININ ÇOCUK VE ERGEN RUH SAĞLIĞI ÜZERİNE ETKİLERİ

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GİRİŞ

Pandemiler, bireyleri fiziksel olarak etkilemekle birlikte ruh sağlığı üzerinde de olumsuz sonuçlar doğurmaktadır. Bu tür dönemler toplumda yarattığı psikososyal yan etkilerden dolayı insanlarda çeşitli ve karmaşık travmalara neden olmaktadır. Çocukluk ve ergenlik döneminde yaşanan travmalar, bazıları acil olmakla birlikte müdahale edilmedikleri zaman yaşamında kalıcı hale gelebilecek sorunlara yol açmaktadır. Karmaşık travmalara maruz kalmak, öz denetim ve kişilerarası ilişkilerde bozulmalarla sonuçlanabilmektedir. Ayrıca travmanın çeşidi, şiddeti, maruz kalınan gelişimsel dönem ve süresine göre depresyon, anksiyete bozuklukları, yeme ve uyku bozuklukları, iletişim ve bağlanma bozuklukları, dikkat eksikliği/hiperaktivite bozukluğu (DEHB), karşıt olma karşıt gelme bozukluğu ve madde bağımlılığı gibi psikiyatrik rahatsızlıklar şeklinde karşımıza çıkabilmektedir (1).

Çocukların olayları anlamlandırma ve baş etme becerilerinin sınırlı olması, duygularını ifade etmede zorluk yaşamaları nedeniyle ruhsal olarak erişkinlere göre daha farklı tepkiler vermektedirler. Kriz durumlarına verilen tepkiler, kişinin önceki yaşantılarına, fiziksel ve ruhsal sağlığına, ailenin sosyoekonomik durumuna ve kültürüne göre değişebilmektedir (2). Çocukların ise travmaya verdikleri yanıtta ebeveynlerin vermiş olduğu tepkiler büyük önem arz etmekte, özellikle üç unsur fark yaratmaktadır:

1. Ebeveynlerin çocukların yaşadıklarına inanması ve onaylaması
2. Çocuğun tepkilerini tolere edebilmesi
3. Ebeveynin kendi duygu ve davranışlarını yönetebilmesi

Eğer bakım veren çocuğun yaşadığı travmayı reddederse çocuk hiç travma yaşamamış gibi davranmaya zorlanabilir ve bakım verene olan güveni sarsılır. Verdiği tepkiler tolere edilemediğinde çocuk kendi duygu ve davranışlarından kaçınarak onları bastırabilir, ebeveynden uzaklaşabilir. Ebeveynlerin duygularını yönetemediği durumlarda çocuklar onlar yerine "ebeveynlik" yapmak zorunda kalarak kendi sorunları yerine onların sıkıntılarını azaltmaya çalışabilir (3).

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