

Comprehensive Post Disaster Psychological Assistance System Based on Sociology

Hongyang Lin

*Fuzhou Sunshine International School, Fuzhou 350015, China
linhy2002@163.com*

Abstract: *When the novel coronavirus pneumonia occurred in early 2020 in China, and then to the heavy rain event in Henan in July 20, 2021, more and more private individuals realized the importance of psychological relief after natural disasters. From the perspective of sociology, according to the current situation of post disaster reconstruction in China, this paper comprehensively and scientifically discusses the necessity and importance of psychological assistance after natural disasters and emergencies, and puts forward some suggestions in order to give some inspiration to other research scholars.*

Keywords: *Sociology; natural disaster; Psychological assistance; Psychology*

1. Introduction

China's party and government have always been concerned about and attached importance to disaster reduction, and paid attention to disaster relief and resettlement after disaster relief. At the same time, our party and government are also aware that natural disasters will not only lead to heavy casualties and property losses, but also make private individuals who have experienced natural disasters suffer serious psychological trauma, especially the private individuals who have lost their loved ones in natural disasters and the private individuals who have suffered serious physical trauma. For them, they need not only effective psychological intervention, but also long-term positive psychological assistance. However, it is worth noting that the research on post disaster psychological assistance in China started late, and there are few relevant research results. At the same time, for a long time, our private individuals' cognition of psychological assistance is relatively weak, which makes it a great challenge to further carry out post disaster psychological assistance. Moreover, how to allocate the national psychological intervention expert resources and how to scientifically and efficiently carry out post disaster psychological assistance are all worth thinking about at present. At present, the severe rainstorm in Henan Province on July 20, 2021 not only highlights the progress and development of China's post disaster psychological assistance, but also exposes some problems worthy of our in-depth thinking, that is, China's post disaster psychological assistance still lacks specific and careful plans and relevant basic supporting measures.

2. Comprehensive Post Disaster Psychological Assistance System

2.1 Importance of Psychological Assistance

The comprehensive post disaster psychological assistance system is an indispensable part of post disaster reconstruction. At the same time, we should also be aware that after natural disasters, the number of private individuals with serious psychological trauma will be much higher than the number of casualties. When natural disasters occur, in the face of sudden natural disasters, residents will have a strong sense of pressure, depression, sadness and other adverse emotions, especially when they and their relatives are injured or lose their relatives, the degree of psychological trauma will be more serious. At the stage of post disaster reconstruction, we should not only provide the most basic material support to the affected private individuals, but also give them long-term psychological and spiritual care [1].

At the same time, after the natural disaster, if the affected private individuals lack the necessary psychological crisis intervention and reconstruction, then the psychological trauma will likely continue to affect the psychological status of the private individuals in the disaster area for a long time, and even lead to some malignant events. Obviously, in the post disaster reconstruction work, the recovery and reconstruction of private individuals' psychological trauma is particularly indispensable. Fig. 1 highlights the content of post disaster psychological assistance.



Fig. 1 Contents of post disaster psychological assistance

2.2 Characteristics of Post Disaster Psychological Assistance

Different from ordinary psychological assistance, post disaster psychological assistance has three characteristics, as illustrated in Fig. 2.



Fig. 2 Characteristics of post disaster psychological assistance

2.2.1 Universality and diversity

Post disaster psychological assistance has multiple characteristics, among which the diversity and universality of post disaster psychological assistance is its remarkable symbol. Specifically, post disaster psychological assistance is one of the indispensable links in post disaster reconstruction, and its universality and diversity are also reflected in post disaster reconstruction. In addition, psychological assistance needs to serve not only the affected private individuals, but also the private individuals [2]. Therefore, when a disaster occurs, there are a large number of private individuals who need psychological intervention and psychological assistance, which not only puts forward higher requirements and standards for the professionalism and quality of psychological assistance, but also requires psychological assistance workers to have patience and love and be able to give more care to the affected groups and disaster relief private individuals. Therefore, the post disaster psychological assistance staff not only need to have professional psychological assistance knowledge and psychological intervention knowledge, but also need to put more enthusiasm into the post disaster psychological assistance work [3]. In addition, in addition to the disaster victims, there are a large number of disaster relief private individuals and a wide range of distribution, which undoubtedly puts forward higher requirements for post disaster psychological relief workers. Figure 3 analyzes the characteristics of the three types of private individuals in detail, and points out the task focus of different object-oriented psychological assistance, which also reflects the diversity and universality of psychological assistance.

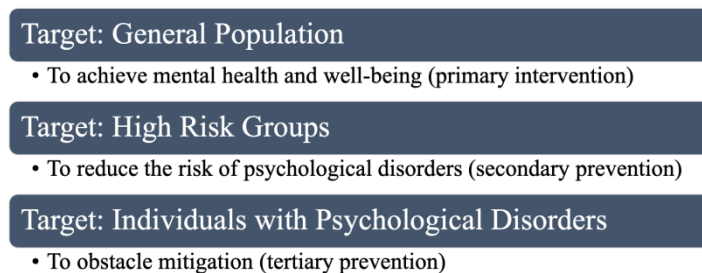


Fig. 3 Task focus of psychological assistance for different objects

2.2.2 Complexity and continuity

Post disaster psychological assistance is not a short-term temporary work, but a long-term systematic work. Such disasters have strong destructive power and can cause the loss of private individuals' lives and property in a short time, which will undoubtedly lead to a variety of bad emotions, such as powerlessness, frustration and vulnerability. Moreover, the victims of sudden natural disasters lose their relatives in an instant, resulting in a series of adverse emotional reactions, such as depression, sadness, self blame and so on. Moreover, this psychological trauma will also be manifested through physical discomfort, such as insomnia, fatigue and so on [4].

As private individuals pay more and more attention to psychological problems, there are more and more research literature on psychological problems. In these research literature, post-traumatic emergency disorder is regarded as a chronic psychological problem. This kind of psychological problem can not be cured in a short time. If patients can not receive active and long-term treatment, it may accompany patients for decades or even a lifetime, and even lead to a series of serious mental diseases. Some patients will also make some behaviors harmful to society.

2.2.3 Specialization and comprehensiveness

The post disaster psychological assistance work also has specialization and comprehensiveness. Specifically, the staff not only need to provide effective psychological assistance to the affected private individuals, but also need to adopt professional technologies and methods. Especially for the youth groups in the affected areas, the psychological assistance workers need not only patience, enthusiasm and love, Professional psychological assistance knowledge is also needed to help teenagers rebuild healthy psychology for a long time. Moreover, post disaster psychological assistance is also a multi-party systematic project, which means that post disaster psychological reconstruction is highly comprehensive and systematic.

3. Construction Method of Comprehensive Post Disaster Psychological Assistance System Based on Sociology

Based on the above analysis and research, it is necessary and urgent to build a comprehensive post disaster psychological assistance system. This paper will discuss the construction method of the comprehensive post disaster psychological assistance system from the perspective of sociology.

3.1 Establishment of the Effective Mechanism for Government Macro-coordination

At present, many countries have included post disaster mental health services in the national emergency plan. It can be seen that all countries have gradually begun to pay attention to the psychological status of disaster victims and provide effective and scientific medical and health services and professional mental health assistance to disaster victims. This paper holds that if we want to build an effective mechanism of government macro overall planning, we must cultivate more excellent psychological assistance talents.

At the same time, by inquiring and thinking about the psychological assistance in post disaster reconstruction at home and abroad, this paper believes that countries should coordinate relevant non-governmental organizations and professionals to build a sound psychological crisis intervention emergency mechanism together with the state and government agencies. This will not only cultivate more post disaster psychological relief workers, but also build a perfect and sound comprehensive psychological relief system [5].

3.2 Enhancement of Theoretical Research on Post Disaster Psychological Assistance

There is no doubt that learning from foreign relevant post disaster psychological assistance theories and post disaster psychological assistance work can not only give a lot of enlightenment to China's psychological assistance work, but also promote the rapid development of China's psychological assistance work.

At present, the research on disaster psychology by Chinese researchers is still insufficient, and most of the post disaster psychological assistance technologies and methods used in China come from other countries. This article holds that novel coronavirus pneumonia in early 2020 and the rainstorm in Henan in July of this year should be the key point for China to carry out the related research on psychological

assistance work and to sum up experience in the practice of psychological intervention and rescue work. This paper believes that through the summary and thinking of natural disaster events, Chinese experts and research scholars can summarize a set of practical and feasible psychological assistance model in line with China's national conditions through research and analysis.

3.3 Constitution of a Multi-level Professional Psychological Assistance Team

At present, countries such as the United States, Britain, Australia and Canada have established national disaster psychological assistance research centers, and the governments and non-governmental institutions of these countries have invested a lot of money in improving and perfecting psychological assistance services.

However, it is worth noting that there are many groups in need of psychological assistance services, and it is far from enough to rely on professional psychological assistance workers. Therefore, this paper believes that we should build a professional psychological assistance team, in which the members should have both professional workers and volunteers. At the same time, we should also strengthen the organic cooperation of different types of personnel in psychological intervention services, such as mental health professionals, psychological counseling professionals and volunteers from all walks of life.

3.4 Construction of the Long-term Mechanism for Training Professionals in Post Disaster Psychological Crisis Intervention

In essence, psychological intervention in post disaster crisis requires staff to have professional psychological intervention knowledge, high enthusiasm, enthusiasm and calm mind. At present, China's psychological assistance professionals are relatively scarce. In the evening, the author believes that major universities in China should set up relevant psychological crisis intervention majors as soon as possible to cultivate more psychological assistance talents for the society, so as to cultivate and reserve high-quality professional teams for China's psychological assistance departments. Fig. 4 points out the basic values of post disaster psychological assistance, which is the literacy that every post disaster psychological crisis intervention professional must have.



Fig. 4 Basic values of post disaster psychological assistance

As the affected private individuals have suffered mental and psychological trauma to varying degrees, it requires psychological relief personnel to quickly judge the mental status and the severity of psychological trauma of the affected private individuals. For ordinary minor psychological disorders, psychological rescuers only need professional psychological counseling to alleviate their mental status. For the affected private individuals who have suffered from mental illness, psychological relief personnel shall hand them over to professional psychiatrists [6].

Facing the shortage of professional psychological treatment teams in China, this paper believes that China's national psychological research institutions should formulate and print relevant psychological assistance teaching materials according to the specific situation of domestic psychological staff, psychological counselors, psychiatrists, volunteers and relevant personnel of designated institutions, and regularly train these personnel, Build a long-term and scientific training and assessment mechanism, so as to establish a professional rescue team for post disaster psychological crisis intervention.

4. Conclusion

To sum up, psychological assistance is not only psychological counseling for the affected private individuals, but also a systematic project at the social level. Therefore, this paper believes that China needs to build an efficient and comprehensive psychological assistance system. Moreover, the psychological relief system is not a temporary relief project, but an indispensable institutional system that should operate normally and play its expected function after the disaster.

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