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巨灾后幸存者心理恢复力初步探究——以1976年唐山地震为例(PDF)

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Title: Preliminary study on psychological resilience of survivor after a catastrophe: a case study of 1976 Tangshan earthquake

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关键词: [幸存者](#); [心理恢复力](#); [唐山大地震](#); [灾后救助](#)

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摘要: 地震巨灾灾后幸存者如何恢复正常的生产、生活,是灾后救助的重点。在唐山地震30周年之际,对地震幸存者进行了实地调查访问,结合个体的灾情背景与城市重建、生产生活恢复的过程,分析了地震巨灾幸存者灾后心理恢复力的影响因子。调查结果显示,灾害影响具备整体共性与个体差异性的特点。通过分析实地调查数据,亲人伤亡程度、个体损伤情况、住房恢复状况是对灾民心理恢复力影响较大的3个因子。以家人平安为对照组,对家人轻伤、重伤和死亡3个研究组进行了比较;以自身安全者为对照组,对受压埋者和逃出建筑物者两个研究组进行了比较;以灾后6

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个月内搬进简易房为对照组,对六个月内尚未搬进简易房的研究组进行了比较。分析认为,家庭破裂、亲人失散会造成心理恢复极大的障碍,社会需要关怀失去亲人的灾民,尤其是孤儿;灾民消极态度与自身受伤程度明显正相关,随着身体的康复,灾民心理也能较快恢复;从地震棚搬入简易房的时间长短直接影响着灾民的情绪稳定。对幸存者的灾后恢复研究有助于灾后救助和社会安定,为灾害管理提供依据。

Abstract: How to recover normal life after devastating earthquake is key in the post disaster relief. After 30 years past Tangshan Earthquake, survivors were surveyed about their perception of disaster, with questionnaires relative to psychological resilience after earthquake, psychological change during the citys' reconstruction, and their impression of the disaster. Result shows universality and individuality in response to earthquake. According to the analysis, principal factors in psychological resilience are injury of family members, personal variables, and housing restoration. The breakdown of family or the loss of relatives is huge obstacles to emotional recovery, so the society needs to care for this kind of survivors, especially the orphans. The negative attitude towards disaster is to individual injury. As the body gets well, their psychology recovers. The time length from the shelter to the simple house directly influences the stability of survivors' emotion. This survey about psychological resilience, which is helpful for stable development of a society, can be a reference to policy makers, insurance officials, and those interested in disaster management.

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