

Effect of Life Events on Career Choice: Trauma Sampling

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Abstract

This research aims to compare the relationship of natural disasters with childhood mental traumas from the chance factors that are effective in the choice of people in the choice of profession. In this study, the importance of the effect of a past life as factors affecting people's professional preferences will be revealed. It is also aimed to ensure that individuals who experience natural disasters can manage their professional selection processes. Natural disasters affecting trauma and Turkey's position at the point of natural disasters will be examined and a prediction will be made about the future career choices of individuals who experienced the Izmir earthquake in 2020. In this context, individuals' orientation to the health sector will be looked at. However, as a result of all this research, it is ensured that there is not enough literature on the subject.

Key Words: Career decision, Natural Disaster, Trauma, Decision-making, Earthquake, Health Sector

Introduction

According to the explanation of the Turkish Language Association, the word profession is "a job whose rules are determined, based on systematic knowledge and skills gained through a certain education, to produce useful goods, to provide services and to earn money in return." [1]. The ways people meet their basic needs have changed over the years. Today, it is seen that people provide economic resources to continue their lives by developing products and services for the needs of others. Therefore, it is seen that professions appear as an economic activity. However, professions do not only exist in people's lives on an economic scale. Sigmund Freud stated that healthy individuals are actually individuals who can love and work, and that the basis of having a profession is not only meeting physiological needs by earning money, but also meeting the social and psychological needs of the individual [2]. There is also an aspect of humanity that produces and develops something by using its capacity and provides psychological satisfaction from it. For this reason, it is seen that people who do not need money to continue their lives acquire and work, and some people prefer low-income professions to professions that can provide more income. In addition, the profession is the most important source of a person's identity, and it is the field that allows him to be respected from around, to establish relationships with others, to have a place in society, and to experience the feeling of being useful. Thus, the profession goes beyond the purpose of earning

money, it also serves self-realization [3].

The choice of profession, which is the first step of the career development process, is an important stage in the lives of individuals. As a result of the choice of profession, many areas of an individual's life will be affected, such as whether they will have a permanent job throughout their life, whether they love their job, the process of choosing a spouse, their income level, and livelihood, the environment they will live in, their satisfaction with life and their happiness [4]. It will be a healthy decision for people to choose the profession in which they can express themselves in the best way, they will not get bored of dealing with them throughout their life, and the most suitable for their personality structure, and thus, important gains will be obtained both personally and socially. Various factors such as socio-demographic characteristics, job advantages, talent, and interest affect people's choice of profession. In addition, role models such as family, friends, teachers, and events and traumas can also be effective in choosing a profession. When a scan is made on the factors affecting the choice of profession, it is seen that Super and Knasel; biological (age, gender, physical characteristics, etc.), sociological (emotions, values, pressures, social class, etc.), economic (economic level of the family, the economic situation of the country), political (opportunities to start the profession, education and development opportunities) and luck (natural disasters, unexpected events, etc.) [5]. From this point of view, the

purpose of this study is to compare the relationship between natural disasters and childhood psychological traumas, which is one of the factors that affect people's career choices. Besides, this research will reveal the importance of the effects of past life experiences as factors affecting the professional preferences of individuals. Also, it is aimed to ensure that individuals who experience natural disasters can manage their professional selection processes. Finally scrutinized position in trauma and natural disasters affecting Turkey's point of disasters that occurred in 2020 in Izmir will be made a prediction about future career choices of individuals living in the earthquake.

Literature Review

Childhood lives contain many experiences that people have influenced in the following years. While some of these experiences and life events are positive, some involve traumatic situations. Childhood traumas are negative behaviors that are shaped by physical, emotional, sexual abuse, neglect, and other forms of exploitation that negatively affect the physical health, life safety, physical development, mental health, or feelings of children who have not reached the age of 18, which affect the safety-bonding in interpersonal relationships and are life events [6]. In addition to these, natural disasters, wars, migration, accidents of any kind, injury, loss of a person with a close relationship, witnessing a negative life that happened to someone other than himself, or negativity in social environments such as a school may also be included in this scope [7-10].

Mental Trauma is the experiences that undermine and threaten the vital integrity and perception of this integrity in many different ways, disrupt the daily routine, activate the feelings of fear and horror, and interrupt the interpretation processes of the person [11]. The word trauma, which means "wound" in Latin origin, is used for events that damage the mental and physical existence of the person, hurt and cause psychological effects [12]. That is, it neutralizes its resources [13]. Psychological trauma can be mentioned when a threat to the existence of a person from the outside world causes an effect that may make the person insufficient to cope with this threat [14]. In addition, these traumas can accompany the person throughout his life and can manage his choices.

Irresistible disasters have caused the loss of life and property for centuries. Every year, millions of children and adolescents in different parts of the world are exposed to natural and man-made disasters and are affected by these disasters in various ways. At this point, the first studies investigating the effects of disasters on children and adolescence in our country started with the 1992 Erzincan and 1995 Dinar earthquakes. Studies have also accelerated with the Marmara earthquakes of 17 August and 12 November 1999 [15]. Most of the studies on the effects of natural disasters on children and adolescents, especially in the world and in our country, have focused on the symptoms of Post Traumatic Stress Disorder, which is one of the psychological effects of disasters. However, the effects of disasters on children and adolescents are not limited to behavioral disorders. For experts, natural disaster experiences are beyond the experiences expected to be experienced in childhood. The fact that children have not fully developed cognitive and verbal abilities and that they cannot express their emotions like adults does not mean that they are not affected

by natural disasters. On the contrary, children and adolescents are the most vulnerable and vulnerable victims of disasters. In the face of these situations, some people lose their functionality and their physical and mental health is difficult, while some people experience negative emotions, but they can cope with this situation by adapting and developing solution strategies. However, the negative feelings and thoughts (despair, anxiety, fear) about the world and their own future after the natural disaster trauma experienced by children aged 13-18 will affect their university and high school choices indirectly.

The fact that these traumas have an important place in the formation and shaping of the personality structure has been one of the occupations of psychology science in terms of meticulously examining and evaluating the effects of traumas. Childhood traumas, natural disasters experienced unexpectedly, accidents or loss of any kind, or witnessing any of these can have consequences that affect the entire life of the individual. This configuration causes the child to create internal maps on the basis of the brain circuits of how he and the world around him relate. The relationship he establishes with life, life events, and people he is in contact with begins to take shape on this axis [16]. For all these reasons, the chance factor is also effective in the job choices of traumatized individuals.

According to the "Child and Trauma Bulletin" published by the American Psychiatric Association in 2008 for mental health professionals, although the rate of being traumatized by exposure to natural disasters and wars is lower than all other traumas, approximately 2.5 billion children and adolescents have been traumatized by natural disasters and wars. It is very difficult for the child who does not yet have a thought system that can make sense that disasters are an uncontrolled natural event, to cope with intense anxiety and fear and accompanying negative feelings about security [17]. It determines the degree to which children are affected by natural disasters, how the disaster affects their daily lives, whether it causes losses in their families, and how it affects their economic and social issues. Moreover, how their parents cope with this situation and the emotional reactions they give to determine the level of children's experience and interpretation of this situation [18]. Natural disasters cause emotional differentiation in children and adolescents and intense anxiety about themselves and their relatives being harmed [10]. Post-traumatic stress disorder, depression, anxiety problems, or different psychopathological symptoms may occur in some children and adolescents after disasters. With a natural disaster and its destructive effects, as a person in the early stages of their life, children or young people can develop negative beliefs that the world is not a safe place [9].

Among the most important global problems of today are natural disasters affecting all humanity and the damage of people as a result of these natural disasters. As a concept, disaster can be defined as the consequences of natural, technological and anthropogenic events that directly affect people and cause physical, economic, social and environmental losses on human settlements, and that affect communities by stopping or interrupting human activities in normal life [19]. As a result of natural disasters that can be seen in different processes, more and more people are affected, both biologically and psychologically. On a voluntary basis, consisting

of 189 countries and the world's largest provider International Red Cross and Red Crescent Societies Federation (IFRC) 2015 World disasters report of the number of people affected by natural disasters between 1995 to 2014 years, according to some information related to Turkey 5,744,534 people [20]. The number of individuals affected by natural disasters increases with each passing year like 2020. According to the information obtained from the Health Disaster Coordination Center (SAKOM), 116 people died in the earthquake after the 6.6 magnitude earthquake that took place in İzmir on October 30, and 1034 people were injured. In the damage assessment studies, 90 thousand 813 buildings and 484 thousand independent sections were examined. In this context, the number of emergencies demolished, heavily damaged, and demolished buildings were 384, while the number of independent sections reached 4 thousand 489. In this context, statistics show that many people are affected by the situation. Also, the Marmara earthquake in 1999 negatively affected many people across the country, apart from those in the center of the crisis, psychologically at the point of economic damage, human losses and unemployment. In addition, it has also indirectly affected foreign countries with which there is commercial relations. In this context, the disaster management process is seen as a separate area of expertise and it is thought to be an area that needs to be studied more today [21]. In this context, many studies are carried out to protect the psychological strength of earthquake victims. The most important of these are with children because it is more difficult for children to deal with events alone.

In addition to all these studies, individuals who have lost their family can become healthcare workers in order to mourn the loss of individuals [22], or someone who has been abused may choose to act as a lawyer to ensure justice. However, according to [23]. No relationship was found between the professional choice of the students of the psychology department and their childhood psychological traumas. When the literature is scanned, it is seen that childhood traumas explain many psychopathological processes (depression, bipolar disorder, etc.). But it's about choosing a profession. There is no research done. On the other hand, in a study about the professions desired by seventh-grade students, it was observed that the elements that define professions such as aprons, uniforms, surgical tools, and safety equipment were in the first place in the choice of profession. In addition, when students are asked to associate these concepts with other concepts, associating them with the Van Earthquake and the Red Crescent is an indication that the agenda is followed and these events affect children's choice of profession. In this context, although there is no study that determines the effects of trauma and natural disasters on the choice of profession, there are many studies showing that the individuals in the country change their view of life [24-27].

Conclusion

Job is a set of activities that a person does to earn a living, whose rules are determined by the society and based on the knowledge and skills acquired through a certain education. Choosing a profession is one of the important decisions we make in our lives. Considering that a large part of today is spent in business environment and business-oriented activities, we can better understand how important the choice of profession is. Choosing a profession is not only about what to do, but also about how to lead a life. The

profession chosen by the individual plays a determining role in the future life standard, style and social life. Therefore, the decision we will make regarding the choice of profession is, in a sense, an important decision we will make about our future. The choice of profession is the most important decision affecting the lives of individuals. The factors in making this decision and how to manage the decision-making process are guiding individuals. Personal career plans are created, as well as the monitoring of current developments in Turkey and there are also benefits for the research of the new career field to the forefront in the world. For this reason, studies about the factors affecting the choice of profession are frequently encountered in the literature. However, it should be noted that the sources in the literature examining the career choices of traumatized individuals are limited. This research is thought to be an important study in revealing this deficiency.

In conclusion, although there is no literature study showing that natural disasters and trauma directly affect the choice of profession, it is seen that health services departments are among the popular departments preferred by individuals in recent years. Especially epidemics, natural disasters, disasters and increasing health problems direct individuals to this area. Today, the increase in the investments made in the health sector and the serious employment potential it carries have brought the need for qualified personnel. In order to meet this need, individuals have started to turn to this area. Due to the increasing number of professions and the need for expertise, it is important to focus on the factors that affect the choice of profession, and thus, individuals' choice of profession [28]. From this point of view, in this study, factors affecting the choice of profession of individuals who were traumatized by literature review were investigated. Then, the factors that may affect the decision of the students who prefer the service sector, which is one of the popular areas of today, were determined. Choosing a profession and the process, which is an extremely important issue in the lives of individuals, is an issue that should be examined with great importance about its causes and results. The specialization of the individuals who suffered loss as a result of the İzmir Earthquake in the health sector and construction field can be considered according to the trauma effect they experienced. However, there is no study in the literature about natural disasters, which are known to have an effect on the choice of profession and are mentioned as the factors of choice of profession.

Turkey, a country that experiences frequent natural disasters. All the people, young and old, are affected by these disasters that occur every year and cause loss of life. In this context, the studies in the literature with traumatized individuals due to earthquakes are limited or the subject has been reduced to the concept of post-traumatic stress disorder. The career choices of individuals who have been exposed to earthquakes such as the Van Earthquake, İzmir Earthquake, Gölcük Earthquake, and Simav Earthquake should be examined. Failure to reach the victim of trauma and not investigating the effects of events can be shown as the main factors for this situation. For this reason, this research should create an idea for future research and support should be given to individuals exposed to natural disasters in career counseling by working in this field. In addition, it should be considered that planning psychological support services before and after disasters such as earthquakes can be effective in preventing problems that may arise after disas-

ters. However, it is also a fact that there are people who lose their workplaces and therefore their jobs as a result of natural disasters. Although they cover their shortcomings with state support, career and life planning is essential for these people. For this reason, researches on the shaping of natural disasters are also important for problem determination. Any study in this field will actually support the psychological resilience of individuals.

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