

MARIANNA SCHILD¹**New faces of stress today****A stressz új arcai napjainkban****Abstract**

The pursuit of safety is as old as mankind itself, with the aim of achieving the status free from threat and risk, and creating harmony in our environment. The accelerated pace of the XXIst century life present increasing and more and more specific challenges to each person and community, which appears in the civil service work as well. In addition to the daily stressors, extreme loads may occur and transforming into emergency or crisis, affect the individual's psychological reactions, thus changing the behavior. These special situations can be caused by nature or human activity. Is it possible to prepare for them? Is there a scientific method to adapt even better to these unexpected situations? The professional and moral aspects of these complex processes require new strategies, to which, modern examination of the psychological processes are essential.

Keywords: emergency situations, new kinds of stressors, terror threats, cyberbullying, migration crisis, global warming

Absztract

A biztonságra törekvés egyidős az emberiséggel, melynek célja a veszély- és kockázatmentes állapot elérése, és harmónia megteremtése közvetlen környezetünkkel. A XXI. század felgyorsult élettempója egyre nagyobb és speciálisabb kihívásokat állít minden ember és közösség elé, ami a közszolgálati munkában is megjelenik. A napi stresszorokon kívül előfordulhatnak olyan extrém terhelések, amelyek veszélyhelyzetté, krízissé alakulva befolyásolják az egyén pszichés reakcióit, megváltoztatva ezzel viselkedését. Ezek a különleges helyzetek lehetnek a természet vagy az ember által előidézettek. Fel lehet-e ezekre készülni? Van-e tudományos módszer arra, hogy az ilyen váratlanul előálló helyzetekhez még

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jobban alkalmazkodjunk? E bonyolult folyamatok szakmai és morális kérdései új stratégiákat igényelnek, amelyhez a pszichés folyamatok korszerű vizsgálata nélkülözhetetlen.

Kulcsszavak: *vészhelyzeti szituációk, újfajta stresszorok, terrorfenyegetettség, cyberbullying, migrációs válság, globális felmelegedés*

Human beings are in an attempt in all their lives to reach equilibrium with the least risk to the environment. Today's recent stressors and the scope of the concept of security are inseparable, it is important to examine them together. Stress can be caused by anything, even if it is a positive event (eg. marriage ceremony, winning). In everyday life, when we mention the stress, we usually think of things that - according to our judgment - threaten our physical and mental well-being. There are certain events that cause stress for almost everyone. In recent years, for almost everyone in the world, new kinds of stressors arose that are closely related to our sense of security. In this paper we learn about these phenomena and are looking for answers, what short- and long-term impacts they have on people's mental health.

The population and material possessions today are threatened by many dangers. Besides the already existing disasters, accidents, crimes, conflicts and wars, new stressors have appeared that are unexpected and poignant by their very nature, and helpless we stand before them. These include, but are not limited to global warming, terrorism, migration crisis, cyberbullying.

The present study is intended to approach the range of phenomenon of these new stressors from several different perspectives, particularly the psychological aspects.

THE RELATIONSHIP BETWEEN STRESS AND SECURITY

The security, that is, the exclusion of danger and threat, and fight against this, is an existing phenomenon from prehistoric times to the present day. Today, it has become a complex system with many elements by the globalization, which is a goal that ensures the standard of living. Security itself is incomprehensible, it can only be interpreted in human, social, political, economic, geographic environment; a constantly changing situation, expressing a constellation of things, circumstances and events at a certain moment. During its investigation the environmental impacts, the people's behavior and intentions, and any other effects of the human environment should also be considered. Idyllic state can never be expected because there is no absolute security, but comfortable (or just reasonable) social existence. Security can be examined in micro (small-scale environment) and macro (large, wide area) level. Ensuring security is a state responsibility, when national values

and interests in political, economic, military, humanitarian and environmental fields are protected.² In order to explore this issue, a multidisciplinary approach is required.

Everyday life situations said to be extreme, undermine our security and we feel not only physically but psychologically stressed. This is especially true for the members of the defense sector.

Normal behavior includes an efficient perception of reality, that is, the individual can properly assess his/her reactions, abilities, and all that is happening around the world. He is able to regulate his behavior voluntarily and therefore is confident of being able to control himself. If he acts impulsively, he is able to hold his aggressive impulses back. *Abnormal behavior* can be acute and temporary - such as emergency behavior. To learn more about it, it is essential to provide a brief overview of the phenomenon of stress.

The concept of stress is associated with Janos Selye, who found that this is the body's non-specific response to any requisition.³

The stress-inducing factors are stressors that may arise from any stimulus or situation, and will make use of the people in different ways. The extent of how certain situations load a person's adaptability is determined by subjective evaluation of the conditions. However, there are situations virtually endangering the individual's well-being, inner balance, and smooth body functions from every aspect. The main feature of stress that it is uncontrollable, unpredictable, testing our abilities and may cause internal conflicts. The most obvious sources are the relatively rare, but extremely devastating and traumatic events, among them the most serious ones are called **disasters**, which could be man-made (war, nuclear accidents, acts of terrorism) or natural disasters (earthquakes, floods).

"After traumatic events, almost everyone goes through the different stages of a kind of severe psychological reaction necessarily (Horowitz, 1986)."⁴

Carson and Butcher⁵ consider certain characteristics of the stressors decisive. They believe the more significant the circumstances, the more time it takes to endure its impacts, the less chance you have to avoid them, the worse the stress will be. As we get closer to the impact occurred by the stressor, the more it increases the severity of stress.

² dr. Hadnagy Imre József: A biztonság mai felfogása, gondolatok napjaink népvándorlásáról <http://www.vedelem.hu/hirek/0/2057-a-biztonsag-mai-felfogasa-gondolatok-napjaink-nepvandorlasarol>
letöltés: 2015.05.06

³ Selye János: Stressz distressz nélkül, 1978. Akadémiai Kiadó, Budapest, 1983. ISBN 963 05 3432 0 p:25

⁴ Atkinson & Hilgard Pszichológia, Osiris Kiadó, Budapest, 2005, pp:524-536

⁵ Carson, R.C. és Butcher, J.N. (1992) *Abnormal Psychology and Modern Life*

⁶ Cotton, D.H.G. (1990) *Stress Management. An Integrated Approach to Therapy*, New York, Brunner/Mazel Publishers

⁶ dr. Bolgár Judit – Csomós István: A rendőrségi bevetési feladatokhoz kapcsolódó kiválasztási eljárások fejlesztése, különös tekintettel az extrém stressz reakciókra, *Hadtudományi Szemle*, 2012. 2. szám

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In Cotton's view, a stimulus can be stressed by setting limits on individual autonomy and preventing it from access to the reserves that would ensure the recovery in a tight situation.⁶ The role of chronic stress is determining from the aspect of deterioration of human health, especially the early, so-called premature deterioration of health and death in terms.⁷

Coping with stress is a process by which a person makes cognitive and behavioral efforts to manage the stress source of **conflict**. The question of selecting the way of coping depends on the person's family socialization. There are two known types: one is the *problem-oriented*, focusing on the situation and the problem in order to be able to avoid it next time, the other is the *emotion-focused* to relieve the emotional reactions.

These days continuous social and economic changes take place that require rapid adaptation. Sudden changes of the environment pose a threat and an opportunity at the same time. Scenes of stress situation may be the working place, school, family, and intermediate factors such as transportation, offices etc. Scenes of emotional resources are also the working place, school, family, or recreation, leisure, sports, relaxation.

Holmes and Rahe have developed the significant events that matter the most important stressors, and can happen to anyone. However, there are extremely threatening life events that make "slow-healing wounds" to the human spirit and fortunately rare in human life: these are psychotraumas. These events can be for example: serious bodily injury, rape, robbery, taking of hostages, accidents, acts of terrorism like a bomb blast, being a burn victim, or a witness to murder and other events.⁸ In case of certain people, facing these events may lead to psychological disorders of varying severity, even to acute and post-traumatic stress disorder.

When defining stress, Lazarus and others considered essential whether we evaluate a situation as a threat or challenge, and called this process a cognitive evaluation. Sometimes stress can even occur without it, typically in emergency cases, in extreme emergency, when the individual's response is rather be perceived as a reflex reaction. While Zajonc evaluates stress as a pure cognitive process, the perception that emotion has at least as important role as cognition, has spread just due to him.⁹

There are different degrees of hazard situations. It may start with a simple *trouble* that is a disturbing, difficult to deal with issue, and it is a state of mind as well. The *problem* is an unpredictable thing, a question to be resolved, while the *danger* is a possibility that somebody or something would be damaged or destroyed. The *crisis* is a serious disorder

⁷ Atkinson & Hilgard Pszichológia, Osiris Kiadó, Budapest, 2005, pp:524-536

⁹ Atkinson & Hilgard Pszichológia, Osiris Kiadó, Budapest, 2005, pp:524-536

⁸ Kovács Daniella: A fanatizmus és a terrorizmus pszichológiai szempontú elemzése. Rendvédelmi füzetek, 12. (2002), Rendőrtiszti Főiskola, Budapest

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affecting the individual, or social life, its turning point is the crisis. The *disaster* is a sudden, catastrophic event.

The following outlines the most important stressors that have appeared in recent years in the world and seriously affect our mental health.

Let's start with the most dramatic one!

TERROR THREAT

Today, the greatest international problem is the spreading of *terrorism*, which is always perceived as a crisis. Based on the conceptual definition, it is an intentional and involuntary manslaughter, causing permanent damages, and the targets of bombings are mostly civilians.¹⁰

Terrorism is a frightening, violent crime, committed by individuals or organizations for various social, political, religious, or ethnic reasons. A phenomenon which has always been throughout history, but terrorism in the modern sense appeared in the 19th century and the number of acts is continuously growing.

| Types of terrorism | | |
|--------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------|
| <i>Ideological motivation</i> | <i>Ethnic terrorists</i> | <i>State terrorism</i> |
| Far-left (Red Brigades) Far-right (Grey Wolf) | Religious, ethnic and nationalistic reasons (IRA, ETA) | State manifestations (Israel, Libya) |

1. Table: Types of terrorism, By the Author¹¹

Szilveszter Póczik's study explains how people become terrorists and that belonging to such groups is the result of a slow process of socialization. Among the motives we find the possibility of active action, the desire of belonging, the need of social status and financial reward (Crenshav, 1985).¹² Motivation can be classified into 3 groups and related to the susceptibility. These are as follows:

¹⁰A terrorizmus, <http://tudasbazis.sulinet.hu/hu/tarsadalomtudomanyok/tortenelem/az-i-vilaghaborutol-a-ketpolusu-vilag-felbomlasaig/a-tokes-oroszagok-fejlolese-a-hatvanas-evektol/a-hetvenes-evек-nagy-problemaja-a-terrorizmus> letöltés: 2016.05.23

¹² Póczik Szilveszter: A terrorizmus biológiai és pszichológiai elméletei, Világosság 2007/5, pp: 25-41

¹¹ Indokolatlanul félünk a terrorizmustól http://index.hu/tudomany/2016/04/05/indokolatlanul_felunk_a_terrorizmustol/ letöltés: 2016.05.23

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- The perception of injustice and needs of restoring moral order.
- The crisis of personal identity and self-consciousness when searching for identity, causing extreme behavior under the given circumstances. In this case, the individual picks up the group identity.
- It may satisfy the need to belong, as the group replaces the family, friends, and acquaintances. These ties and solidarity help in the fight against the world that seems hostile. (Johnson-Feldman, 1992)

In general we can say, that certain points, personal or ideological disappointments or failures, imprisonment -, harassment -, murder of family members, relationship with extremist ideologies may increase the likelihood of this form of political violence.¹³

The variety of stressors we experience day by day, can be categorized in different ways, from various aspects: by importance, by frequency, or by the degree of danger. Based on unexpectedness and hazard, terrorism is the most worrying factor not just in Europe, but in the whole world. The recent horrific acts of terrorism (Paris, Brussels, Sousse, etc) beyond human and other losses, have launched a wave of fear and hatred around the world, which in itself can be daunting. Some of these people are fearful of going out into the street, visiting the variety of events; they feel travel anxiety, watching their fellow men suspiciously, frustrated from helplessness.¹⁴

It should be noted that causing excessive anxiety can be triggered by the news media, also by the rapid exchange of information, as news arrive to the people from too many locations simultaneously and quickly, due to the global expansion.

Despite the fact that there has not been a terrorist attack in Hungary, news get into our homes by the media, we read it on the net, and we want it or not, come under the psychological effect of all these horrors. Man has always been afraid of losing control, a variety of disasters, from misfortune. Essential and usual things like travelling by plane, has become questionable due to the terrorist threat for many people. There are people whose fundamental anxiety is greater than the average, regardless of the various life situations, and they are able to worry about anything, in a variety of ways. There might be several reasons for this so-called *neuroticism*. It can be a thinking and behavior pattern brought from the family or a genetic determination, a life story with unpleasant personal experiences, a lack of social support, and also a badly chosen mode for coping with stress. Sensory environment, and accepting support is very important for these people.¹⁵

¹³ Indokolatlanul félünk a terrorizmustól,

http://index.hu/tudomany/2016/04/05/indokolatlanul_felunk_a_terrorizmustol/ letöltés: 2016.05.23

¹⁵ dr. Kopácsi László: Katasztrófák árnyékában

http://www.stresszdoktor.hu/blog/Katasztrofak_arnyekaban.print letöltés: 2016.05.20

¹⁵ Internetes zaklatás, <http://okosdigitalis.hu/zaklatas-internetes-zaklatas/> letöltés: 2016.05.23

¹⁶ *Bullying Definition*. (dátum nélkül.). (U.S. Department of Health & Human Services) Letöltés dátuma: 2016. 05 27, forrás: stopbullying.gov: <http://www.stopbullying.gov/what-is-bullying/definition/>

CYBERBULLYING

Besides its significant benefits, the world of internet hides certain disadvantages as well; one of them is the abuse of using the internet. Harassment is a crime against human dignity, in which the offender intended to interfere in the private lives of other people, control or affect it. Various perpetrator behaviors occur, such as a regular molestation, harassment, SMS, threats, relentless e-mails, outbursts, make-believe, fake profiles on social networking sites.¹⁶

The word *bully* means fighting, violent and degrading, which mainly occurs in school environment, between schoolmates. An aggressive behavior that is based on perceived or real power difference, and has the potential to be repeated again from time to time. As a final outcome, it can cause serious psychological problems for both the victim and the perpetrator.¹⁷ *Verbal* abuse can be manifested in a number of ways: teasing, gibing, writing obscene sexual remarks, reference to possible physical abuse. It is possible in the *social* field, when someone's reputation or relations are prejudiced or harmed. In case of *ignorance*, they want him to set aside or persuade him not to make friends with someone. Spreading different rumors and publicly embarrassing are common. In case of *physical bullying* someone's bodily integrity or possessions are hurt, which can be anything that is violent: spitting, hitting, kicking, different body gestures, breaking, etc. The verbal and social types have shifted to the internet world, using a variety of devices that include social media pages or messaging programs, chats, and websites. These are now easily available, because almost everyone has a smartphone or tablet, or personal computers, which have become parts of our daily lives.¹⁸

Cyberbullying is often followed by bullying also in real life, noted that it is harder to get rid of the online harassment than of the injuries of real world. In case of young victims of cyberbullying, the likelihood of suffering from different addictions (alcohol, drugs, etc) is greater; he may become a truant and experience bullying early as a child, his school results decline, having low self-esteem and various physical and mental problems. 7 % of upper primary school pupils and 15 % of secondary school students have been harassed in this way. The cyberbullying Research Center study of 2010 laid down as follows: 20% of respondents are concerned with serious thoughts of suicide. The bullying in all its forms show significance with the growth of suicidal intentions. Among the victims of cyberbullying

¹⁶ Raúl Navarro, S. Y. (2016). *Cyberbullying Across The Globe*. Spain: © Springer International Publishing Switzerland.

¹⁷ Sameer Hinduja, P. a. (2010). *Cyberbullying Research Center*. Forrás: Cyberbullying Research Summary: Cyberbullying and Suicide:

http://cyberbullying.org/cyberbullying_and_suicide_research_fact_sheet.pdf

¹⁸ Patricia Wallace: *Az internet pszichológiája*, Osiris Kiadó, Budapest, 2004, ISBN 963 389 592 8, pp: 14-15

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twice as many people committed suicide attempts than those who have not undergone such harassment.¹⁹

The Internet gives people a kind of false sense of security, so some of them feel that they can do anything behind the guise of anonymity, as the source is not easy to find. Examining the psychological point of view we can say that people who consider themselves the most level-headed as possible, in certain situations they also lose their temper. Probably the people who hurt others, have undergone something similar experience, or simply feel that the Internet is a democratizing wonder weapon that finally gives way to their voices as well. This feeling is special, releasing, in fact, it can even reduce anxiety: the internal conflicts are projected. In the online space hating and humiliation happen often. In this case there is not just one person who picks out "a victim" for himself but entire communities are organized for someone's discrediting or harassment. Anyone can be taunted for: his body, style, communication, behavior, personality, etc.

We can say that the signals used in cyberspace to make an impression are different from the ones used in real life. Group dynamics, group conflicts, and co-operation of groups operate in quite different ways online.²⁰

As this phenomenon, historically looking back is not too old, we cannot have much information about the examination results of its long-term psychological effects. All information on the Internet is forever, and no one can be safe. If you think your data has been deleted - it might be earlier saved and misused by anyone.



2. Picture: Help!²¹

²⁰Forrás: https://www.google.hu/search?q=online+zaklat%C3%A1s&client=firefox-b&source=lnms&tbn=isch&sa=X&ved=0ahUKewiCwLjSt-jMAhUF6RQKHbUHDAKQ_AUICCGc&biw=1280&bih=864#imgrc=E8vKktKGgKGFm%3A letöltés: 2016.05.20

²¹Stressz: Meglehető egészségügyi hatások, <http://www.infovip.hu/index.php?menu=magazines&mainId=3&view=12948> letöltés: 2016.05.20

PSYCHOLOGICAL CHALLENGES OF THE ECONOMIC CRISIS

The effects of the ongoing processes in the world, affect the psychological state of the people, and can cause existential crises. The question arises, how they behave in a situation when they are unemployed, what happens to their families, their children. What kind of solutions and coping strategies do they chose?

In a study published in February 2015, the stress levels of 3068 Americans had been evaluated. It turned out that 72% of the people feel stress because of financial concerns, moreover, 22% of them reported extreme stress because of financial difficulties.²²

According to a research carried out in the University of Southampton in 2013, people who have their debt are three times more likely to struggle with mental health problems, as others with no debt. These problems can be life-mood disorders, for example. depression, drug addiction, psychosis or suicidum. The study was carried out involving 34 thousand participants. It is difficult subsequently to determine which came first: the mental illness, or the debt, which phenomenon causes the other.²³

The global economic crisis and the events related to bank loans associated with it affect a lot of people's lives. These economic moments on a daily basis affect the psychological well-being of the people. If economic events turn negative, it can influence the psychological state of people in different ways: from depression over anxiety, all the way up to the final stage of an existential crisis. Everyone tolerates it in different ways, depending on whether the expedient mental (cognitive), or the emotional coping mode is selected.

The fear of unemployment is a serious stress factor, endangering people's mental and physical health. Chronic stress can be caused by insecurity, forced compliance, and the need to meet high standards under unpredictable circumstances. The sense of falling behind and non-compliance, and the relative deprivation experience related to the job loss, coupled with the lack of social support may contribute to the development of various diseases (musculoskeletal, cardiovascular and cancer).²⁴

²² *The relationship between personal unsecured debt and mental and physical health: A systematic review and meta-analysis.* Richardson, Tomas. 8, December 2013, Pages 1148–1162, Department of Psychology, Kingston University, UK : Professional Training Unit, School of Psychology, University of Southampton, UK, 2013., Volume 33. kötet. doi:10.1016/j.cpr.2013.08.009.

²⁴ Gombás Judit: A gazdasági válság pszichológiai vonatkozásai
http://elib.kkf.hu/okt_publ/tek_2010_33.pdf letöltés: 2016.05.20

²⁴ Ladonyi Zsuzsanna: Migránsok lelki egészségét befolyásoló tényezők vizsgálata elsőgenerációs németországi magyarok körében,
http://szociologia.btk.pte.hu/sites/default/files/Acta_Sociologia/10_Ladonyi_Zsuzsanna.pdf letöltés: 2015.12.05, p:141

²⁵ Forrás: Bárdos Tamás fotóművész, készült: 2015 nyarán

MIGRATION CRISIS

International migration is in the focus of world attention. It means not only a change of residence, but also the change of social and cultural environment as well. This is a strong adjustment process, which could result in identity crisis. In order for an individual to remain in harmony with itself, a high degree of change is forced in the following fields: interpersonal relationships, life instinct, will of life, and languages. It is a process that can take several years, while it is a major challenge, which can go up to the most powerful spiritual pain, and can manifest in physical symptoms as well.²⁵ Civil and professional public service experts must adapt to these psychological changes of high levels and manage diversity dealing with migrants.



3. Picture: At the Keleti Railway Station, Budapest²⁶

In her study, Ildiko Lowine Kemenyeczki argues that international migration would continue to be strongly influenced by the demographic situation in the world, strengthening urbanization and increasing difference in people's income and quality of life. Migration will appear as a new global risk, thereby creating a new challenge for the national security services. The culminating population growth, the dwindling supplies of food and raw materials, pollution, multiculturalism, big-city-terrorism pose a serious threat, provoking concern and anxiety in people, making them mentally confused. The refugee problem is a multidisciplinary phenomenon, requiring a serious collaboration and strategy in military,

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national security, law enforcement and civilian field as well. The protection against migration-associated trafficking in human beings and drugs is becoming increasingly acute with every passing day. The integration of migrants in the host country requires great financial and mental effort. It is expected that there will always be some people among the uneducated ones to turn against the values of civilization of the host country, generating new problems. Migrants might be ideal "scapegoats" for the host country in order to divert attention from social and economic problems. If they do not want to fit in, in that case processes of negative effects may begin, and as a result, xenophobia may appear.²⁷

Managing health and psychological problems of the refugees is a particular problem for the European health authorities. UN experts say that a significant proportion of the members of the groups from Syria, Iraq and Afghanistan are struggling with complex physical and psychological problems that have to be rectified in order to settle in the European Union. The United Nations High Commissioner for Refugees (UNHCR) reports that many migrants have diabetes, high blood pressure, respiratory tract infection, digestive diseases, and lack of immunization is a major problem in case of children. Most of thousands of migrants are coming from war zones to Europe, saving their lives, so they all carry a major burden in the field of mental health. These include post-traumatic stress disorder (PTSD), mood disorders, anxiety disorders, panic attacks, etc. These can be aggravated by the tasks in connection with establishment, or ongoing insecurity surrounding the legal status. „The UNHCR²⁸ study shows that 21.6 per cent of Syrians refugees housed in Jordanian camps suffer from generalized anxiety disorders, while 8.5 per cent have reported PTSD." It should be taken into consideration when dealing with them that they worry and are distrustful even of people who help them. It is important to encourage healthcare professionals to create a safe and supportive atmosphere for those in need, in order to be able to open up and report about their lives, physical and spiritual needs. Talking about their trauma is extremely hard for women who suffered sexual violence as they are afraid of being stigmatized.²⁹

The article written by Slavoj Žižek explains why we fear of refugees. He recommends to separate two dimensions: one is the atmosphere of fear, of the struggle against the Islamization of Europe, the other is the humanitarian idealization of refugees. This dismisses every attempt to openly confront the difficult issues which arise when those who follow different ways of life cohabit.³⁰

²⁷ Lőwiné Kemenyecski Ildikó: A migráció, mint biztonságpolitikai kockáza várható alakulása és hatása a biztonság dimenzióra 2030-ig

²⁸ Az ENSZ menekültügyi intézménye

²⁹ Migráció: Migráció: Fertőzések és poszttraumás stressz <https://sg.hu/cikkek/114575/migracio-fertozesek-es-poszttraumas-stressz>, letöltés: 2016.05.23

³⁰ Slavoj Žižek: Miért félünk a menekültektől? <http://mno.hu/kulfold/slavoj-zizek-miert-felunk-a-menekultektol-1331174> letöltés: 2016.05.23

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The study of the Median Public Opinion Research Institute in 2014 revealed the emotional attitudes of the society to migration-related events. Interviewing 1,200 people, 58% of them found migrants more demanding and violent than peaceful and cooperative. Also a significant majority of them indicated the need to treat them humanely. Let's see what's so scary in this situation? ³¹

It is primarily the sudden, unforeseeable, unpredictable amount of people that makes local residents feel threatened. Their foreign faces, incomprehensible language, different culture and religion may give rise to panic. This is the phenomenon of culture shock. It can be strange for us to be threatened with danger again after 70 years of peaceful period. This requires a new kind of behavioral attitude for all of us.

GLOBAL WARMING

The phenomenon of global warming is the trend of rise in the average temperature of the Earth's climate, during which the level of the oceans and the air temperature near the ground rise. Climate change is perhaps the biggest challenge today we must face. Most scientists agree, that it is a result of human activity. Global warming is caused by the emission of greenhouse gases, mainly carbon dioxide and methane, remaining in the atmosphere for a long time. It may lead to the deforestation of rain forests. Mediterranean summers may scorch in Hungary, and the Earth is warming above the safe level. ³²



4. Picture: New York is under water. Image from the future. ³³

³⁰ Medián: Rendkívül erőssé vált a migránsokkal szemben idegenkedés a magyar társadalomban <http://magyaridok.hu/belfold/median-rendkivul-erosse-valt-a-migransokkal-szembeni-idegenkedes-a-magyar-tarsadalomban-42359/> letöltés: 2016.05.24

³² Globális felmelegedés, klímaváltozás, <http://www.globalisfelmelegedes.info/> letöltés: 2016.05.24

³³ New York víz alatt <http://www.maszol.ro/index.php/hatter/33973-ezeket-hozhatja-a-vilagra-a-globalis-felmelegedes> letöltés: 2016.05.20

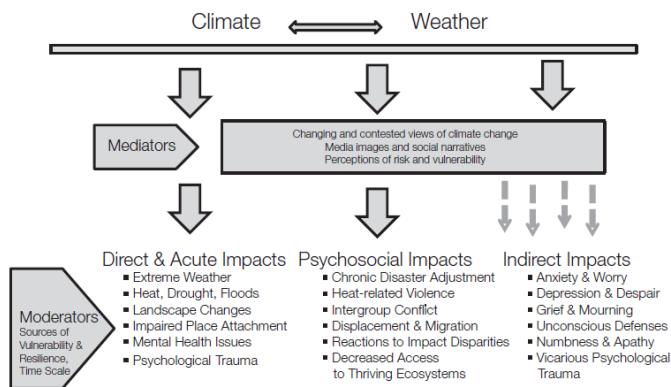
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In the climate summit conference in Paris, the first truly global climate agreement has been reached with 195 participants. It stated that from 2018, the results of the countries to reduce emissions will be checked per 5 years. The goal is to keep the temperature rise below 2 degrees Celsius by 2100. If this is not possible, due to sea level rise, even entire islands may disappear or coastal cities, coastlines may rearrange. Various natural disasters, drought, larger migratory flows than the current one, and the resulting social conflicts are expected.³⁴

In his essay, Laszlo Teknos stated that with the help of information and communication technologies, it is necessary to help and prepare the public emergency information.³⁵

In Thomas J. Doherty's and Susan Cayton's study, psychological impacts of global warming are classified into three classes. The first one is called direct due to its acute or traumatic effects caused by extreme weather events. The second is the group of indirect impacts including future risks and observation-based effects that threaten the emotional well-being. All these are combined with a high degree of sense of uncertainty. The third is the psychological class of conflicts and chronic social and community impacts, resulting from subsequent disasters of climate change.



5. Picture: The effects of global warming³⁶

³⁴ Párizsi klímacsúcs eredményei, <http://www.168ora.hu/globusz/megis-lett-eredmenye-parizsi-klimacsucsaknak-141488.html> letöltés: 2016.05.13

³⁴ Teknős László: A rendkívüli időjárás okozta veszélyhelyzetek és a kárterületeken végzendő polgári védelmi feladatok rendszere Magyarországon, http://kvi.uni-nke.hu/uploads/media_items/teknos-laszlo-a-rendkivuli-idojaras-okozta-veszelyhelyzetek-es-a-karteruleteken-vegendo-polgari-vedelmi-feladatok-rendszere-magyarorszagon.original.pdf letöltés: 2016.05.13

³⁵ Forrás: The psychological impacts of global climate change. Doherty, Thomas J. és Clayton, Susan. Washington, DC : American Psychological Association, May-Jun 2011., American Psychologist, Vol 66(4). kötet, old.: 265-276. <https://www.apa.org/pubs/journals/releases/amp-66-4-265.pdf>. doi: 10.1037/a0023141

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In May 2015, an international survey was conducted (by Pew Research Center) involving 45 thousand people about problems that affect the whole world, problems the people are most concerned about. 40 countries have been involved in the research. Evaluating the results revealed that by 19 countries, climate change was identified first as the greatest fear of the future. These countries were mainly from Africa and Latin America. It is noted that most of the European countries identified the fear of ISIS in the first place. The results show that concerns are defined by regional or local problems, for example, in hot climate countries the people fear of climate change, while in states facing economic bankruptsy people fear instability the most.³⁷

BEHAVIORAL MANIFESTATIONS OF STRESS EFFECTS

A wide range of psychic phenomena might be experienced in emergency situations from mild anxiety to suffering from psychotic symptoms, from decision-making or risk-taking to mass panic or hysteria. In such cases, the mental apparatus will be rearranged to create new, relevant laws in accordance with the situation. The people's sense of danger is subjective, unique, and large individual differences appear when considering the situation. Some of them have a weak and others have a strong or overreacted / unrealistic sense of danger. It is even possible that what appears as an average event to one person, might be shocking or traumatic to someone else. During the evolution, fear is a final emotion and people's fear response is associated with stress. In an emergency, on the basis of human behavior, people can be separated to the *normal* type who are deliberate, calm, realistic, rational actors, or *inhibited*, who are shocked, and can be mobilized to act automatically, and there are *overproductive* people whose confused reactions are exaggerated, their actions are irrational.³⁸

According to Hirschowitz's crisis model, crisis may have two possible outcomes. The negative outcome is finding balance through dysfunctional operation. Appearance of adaptation disorder, symptoms of anxiety, posttraumatic stress, depressive symptoms, emergence of addictions (alcohol, medicine, drugs), or psychosomatic disorder, psychotic state, suicidal crisis may be the outcome. The outcome of a crisis situation can be seen as the possibility for reaching a developed balance state: more developed coping techniques come into prominence, learning to handle losses, gaining new self-expressive techniques,

³⁶ Jill Carle: Climate Change Seen as Top Global Threat, <http://www.pewglobal.org/2015/07/14/climate-change-seen-as-top-global-threat/> letöltés: 2016.05.24

³⁷ Margitics, Ferenc és Pauwlik, Zsuzsa: Megküzdési stratégiák preferenciájának összefüggése az észlelt szülői nevelői hatásokkal, www.magyarpedagogia.hu/document/Margitics-Pauwlik_MP1061.pdf letöltés: 2016.03.03

³⁸ Hajduska Marianna: Krízislélektan, ELTE, Eötvös Kiadó, 2008, p:24

while the differentiation of personality begins, self-confidence increases. These are creative or positive crises.³⁹

The emotional (fear, panic, anxiety, aggressiveness), cognitive (impaired consciousness, mental, moral loss of control) and behavioral (haste, crying, shouting, freezing) reactions are affected by special situations and emergencies different from the everyday life, and these require adequate prevention and crisis intervention strategies.

For emergency analysis of risks it is important to know the sources of danger (hazard) - which is a specific factor that potentially could cause injury or death. We have to mention the risk, which is the probability that a given element of a given system, during a fixed period of time gets damaged as determined. The danger: is a combination of specific hazards and associated risks as a system state that can lead to damage to some extent.⁴⁰

In case of emergency behavior, the existence of psychic equilibrium is very important because the lack of self-control, and auto- and hetero aggressive personality traits predispose risky behavior.

Everyone experiences disaster situations differently. According to M.C. Daniel (1978), the disaster temporally can be divided into three phases: during the first phase of the strike, in case of 10-25% of the victims panic, depression, various emotional reactions may occur. In this acute phase of shock, only 15-25% of people are able to face the danger and act accordingly. In the second phase, after the strike, life is getting restored. In the last, post-traumatic phase everything that has happened becomes clear.⁴¹

SUMMARY

Overall, the security as a fundamental element of human needs, is now increasingly coming to the fore all over the world. Our physical, psychological well-being depends on how we cope with stress day by day. The stressors may be the already known ones but may be quite new, unusual, unexpected stressors, typical of the modern world. Dangers may be natural disasters, such as global warming; and may be man-made hazards, some of them are mentioned in the paper, such as online bullying, terrorism, migration and the economic crisis.

Terrorism is one of the most serious problems and it is the main threat in Europe and around the world. Even the signs of preparedness against terrorism can cause anxiety, people carry fear of it in their minds, hence too afraid to leave their homes, their secure environment. There are places, countries that are already intentionally avoided.

⁴⁰ dr. Bolgár Judit: Viselkedési kockázat veszélyhelyzetben

http://www.repulestudomany.hu/kulonszamok/2013_cikkek/2013-2-02-Bolgár_Judit.pdf

⁴⁰ Hárdi István: Lelki egészségvédelem, 1997, Medicina Könyvkiadó Rt., ISBN 963 242 330 5, p: 97

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The *Internet* has almost the greatest impact on the communication and economy of the world; but unfortunately, some people use it for disregarding human dignity, that is, for harassment, threatening, humiliating, shaming others, causing by these serious psychological manifestations to the very last extremities. These acts of harassment are often begin in the online space, but will continue in real life. It is very difficult to get rid of this form of violence since it seems to be endless.

Large-scale changes in the world economy are also affecting the psychological state of the people, and may even cause serious existential crisis. This may be due to bank loans, unemployment, unrealistic increase of prices, or any extreme changes occurring in the financial world.

The European refugee crisis can also be a stressor in people's everyday life, especially for those who come into direct contact with migrants. The fact that people must flee their homeland, already carries the fact of psychological loss experience, added to this, they experience the culture shock in the respective countries and the high degree of insecurity. These processes are extremely shocking for even those who have the most powerful psychic apparatus and effective coping mechanisms. Their mental harmony loss affects the people dealing with them, policemen, soldiers and other public service workers.

The main natural change that concerns the whole humanity is the problem of global warming. It generates a high degree of uncertainty and fills people with anxiety, even if these cataclysmic events would happen in the future. Global warming is a common result of several human activities: smoke emissions, livestock farming, overconsumption, international shipping. The frequency of heat waves, extreme changes in rainfall patterns, and flooding force people to escape the impacts of climate change - thereby creating the "climate refugees" concept.

Our psychical apparatus will be completely restructured in all emergency situations and will have different laws than in its standard state. Therefore, an event may be ordinary for one man, and extraordinary or unbearable for the other person. Some of the new types of stressors listed in this paper are uncontrollable, but there is a controllable part as well. Studying the effects of all these new types of stressors in professional and psychological approach, is essential for the future, particularly in the respective professional fields.

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