

# American Journal of Psychology and Brain Studies

<https://urfpublishers.com/journal/american-psychology>

Vol: 2 & Iss: 1

## Impact of War Crime on Gaza Young Women

Dr. Nadia Ali, MSC\*

Clinical Psychology diploma in clinical psychology from Peshawar University Pakistan, Pakistan

**Citation:** Ali N. Impact of War Crime on Gaza Young Women. *Am J Psychol & Brain Stud*, 2025;2(1):78-79.

**Received:** 02 March, 2025; **Accepted:** 07 March, 2025; **Published:** 09 March, 2025

**\*Corresponding author:** Dr. Nadia Ali, MSC, Clinical Psychology diploma in clinical psychology from Peshawar University Pakistan

Copyright: © 2025 Ali N., This is an open-access article published in *Am J Psychol & Brain Stud* and distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

### Introduction

Gaza War crime is considered as a perfect violence and crime against humanity and beyond the limits and boundaries laws.

Due to the conflict between Israel and Gaza had never stopped Israel in their cruel attacks on Gaza to show their powers of control.

In showing their power of control, their target are religious educational places hospitals and their homes and people of all ages. Targeting Gaza peoples in such cruel way that every time they are facing displacing from homes loss of family members due to constant bombarded Gaza's peoples specially young women are physically and emotionally sick.

"War is hell". "War is horrible. It's hard to forget the scenes of bombardment bullets for the human mind. Impact of war on mental health is long lasting and sometimes remains till death.

To study the impact of war on mental health is always the first priority. All studies have proved a strong relationship between war and mental health.

In a study conducted in 2020 shows that due to Gaza's constant War crime situation citizens of Gaza are in combat stress also known as battle fatigue and rate of post traumatic disorder ratio is at high. Shell shock was a term used for a type of post traumatic disorder in World War I. The situation of Gaza citizens can be also called war trauma as their disturbed mental health is a result of military conflict. Studies have proved that women experience more severe impact of war then men.

Gaza young female citizens as a result of response to trauma. Gaza people's bodies are now producing fight and flight related

hormone in high amount even if there will be no threatening situation around them. Their high intensity of painful memories of Gaza citizens are now fixed in their minds. Their perspectives of life are changed that they forgot their favorites activities to heal their minds. Every time they are surrounded by flashbacks and dreams of traumatic events. Human mind of Gaza's people second name is magnifying glass for these traumatic events.

Gaza people immunity systems are totally suppressed by noises of bombardment near or far away from them making them to give high responses to any normal sound. Which shows that their anxiety level is quite high and anxiety related disorders are very clear in their responses which leads us to understand the catastrophic effect of war. Any conflict situation have more adverse effects of causing mortality and disability then other.

Gaza citizens wake up every morning without knowledge that they will be provided with food or not. They don't know how long they are able to see and feel their loved ones around them.

A young woman of Gaza who is in experienced with war crime since childhood. What is the self-esteem of this young woman? She is left with no mental strength to make her social standards. Relationships for a strong self-esteem. Her is extremely exhaust twih3ted that young women of Gaza's women are unable to organize their body natural response cycle of stress alarm resistance and due to the extreme violence bombardment bullets loss of her displacement from homes.

Cortisol hormone widely known as "stress hormone" is responsible for our stress hormone. Increase level of cortisol due to stressful situation increase a neurotransmitter Serotonin reuptake.

Brains of Gaza citizen are hyperactive, sending distress signals by the amygdala to the hypothalamus into activate the sympathetic nervous system through autonomic nervous system to activate adrenal glands to produce epinephrine and pore into bloodstream because they are in too much pressure no control of the outcomes of situations due to high alert and excessive activities in amagdela expectation with hippocampus to send msg to amagdela to stay calm become impossible as a result some size changes are expected in hippocampus.

Prefrontal cortex around head deals with emotion and impulses with its important role in our actions. Low activities at prefrontal cortex reign select fear as our dominant emotion keeping our amagdela at high alert instead of bringing its activity down.

Cortisol production is high during fearful experiences life situation of war. Which effect the body functions playing important role to keep us ready for fight and flight situation.

Gaza's tens situation of war crime is explaining extreme mental stress with which young lady of Gaza's constant war crime situation is also responsible for neurochemical changes in specific brain regions and destroying the ability of a young women to fight with situation and find a way for her and her beloved peoples. An imbalance in neurotransmitters can cause many bz vh disorders like depression anxiety panic attacks.

Glutamate is the most common excitatory neurotransmitter

of our nervous system playing an important role cognition and keep stressful traumatic events always fresh in our memory according to flashbulb phenomena explain (MC GAUGH in 2003).

GABA is an inhibitory neurotransmitter responsible for anxiety disorder.

Single and repeated episodes of traumatic event release a neurotransmitter Dopamine.

As we all know that people of Gaza are moving to safe places where they are provided with medicine helps to decrease their stress level like antidepressants benzodiazepine and counseling by professionals using techniques of cognitive behavior therapy. Cognitive processing therapy. Rapid eye movement (EMDR) narrative exposure therapy. And medications like SSRI Sertraline Paroxetine are best for PTSD helps them to forget painful traumatic events and start their life.