<div align="center">Culture & Values</div>

Sense of Community (McMillan and Chavis)
- 1975, Gusfield (in McMillan and Chavis, 1986) noted two major uses of the term (community)
1) First is a geographical notion such as neighbourhood or town
2) Second is concerned with the quality of relationships without any reference to location
- When McMillan and Chavis (1986) developed their theory of community, they thought it applied to both notions
- McMillan and Chavis (1986) "Sense of Community" is a feeling that members have a belonging, a feeling that members matter to one another and to the group, and a shared faith that members' needs will be met through their commitment to be together
- Four criteria:
• Membership
• Influence
• Fulfilment of needs
• Shared emotion connection

Membership
- Provides a feeling of belonging
- Establishes boundaries
- Groups often use dress, rituals and language to indicate a member
- The pranks or worse, performed on new students used to be common in private schools and military establishes were designed for initiation into a group membership
• Boundaries can be important for neighbourhood communities, sometimes obvious or more subtle- as gangs put graffiti on walls to mark their territory
• Boundaries provide a sense of safety separating 'us' from 'them' indicating who can be trusted

- McMillan and Chavis identified 5 Attributes
A) Boundaries: e.g language, dress and ritual, indicating who belongs and who does not, the difference between in-group and out-group
B) Emotional Safety: Willingness to reveal how one really feels, protection of group intimacy, part of the broader motion of security
C) A Sense of Belonging and Identification: Expectation that "I" belong and acceptance by the community, feeling that one belongs in the community and is wiling to make sacrifices for that community. Role of identification- It is my group
D) Personal Investment: Personal time and effort, working for the community leads to feelings that they have earned membership which is valuable and meaningful
E) A common symbol system: Means of identifying who belongs to a community (e.g name, flat, rituals, ceremonies, dress)

Influence
- Based on research on group cohesiveness, McMillan and Chavis proposed that while people are more attracted to a community in which they have influence, community cohesiveness requires members to be prepared to conform
- Research found that people who acknowledge other's opinions and needs are often more influential than those who try to dominate others and ignore their wishes

Integration and fulfilment of needs
- For any group to stay together, membership of the groups must be rewarding
- One rewarding aspect of many groups is status and that group success brings members closer together- needs to be organised
- Members need to know each other's strengths and weaknesses therefore roles must be assigned
- Must make sure they are not competing for resources or status

- 1978, Aronson and colleagues showed that students in cooperative classrooms who work together to achieve group goals and receive their marks on the basis of the class product, actually learn better then students in competitive or individualistic classrooms
- Employers have adopted this type of approach to improve group productivity, they have provided bonuses to employees when group production targets are met

- When McMillan revised his and Chavis' theory in 1996, he proposed that another way in which individuals can have their needs met, is by being members of a group of people with shared values, who think and feel similarly to themselves and with whom they can safely be themselves

Shared Emotional Connection
- Shared emotional connection refers to the feeling that we might have been connected to another person through a common emotional response to a shared activity or event- to a shared history
- This history is not from just being together over a period of time but also by the quality and importance of the integration
• E.g when you have a group of war veterans talk- you are aware that shared experiences in difficult and dangerous times have provided a real sense of community

- 7 important features:
1) Contact hypothesis: greater personal interaction- people become close
2) Quality of interaction: There needs to be positive interaction between members
3) Closure to events: Unresolved tasks inhibit group cohesiveness
4) Shared valent event hypothesis: Increased importance of a shared event (e.g crisis facilitates a group bond)
5) Investment: Community becomes more important to someone who has given more time and energy to it (the more one invests)
6) Effect of honour and humiliation on community members: Someone who has been rewarded in front of a community feels more attracted to that community and if humiliated, feels less attraction
7) Spiritual bond: It is present to some degree in all communities

Impact of Significant events on individuals and communities
- World events are large-scale events that affect more than an individual- however they are often sources of stress for individuals
- Whether the event is negative such as a hurricane, war or stock-market crash or whether the event is positive such as in the Olympic games or a new treatment of malaria

Stress is the determinant of health
- Stress is a singular nonspecific bodily reaction to real or imagined threats/events/change
- It starts off as an alarm reaction, a triggering of the fight/flight response
- Then if prolonged the body starts trying to adapt/resist the ongoing alarm reaction = stress
- Finally the body gives up and exhaustion sets in, no longer stressed, you are burnt /worn out

Trauma
- Defining Trauma: A traumatic event, either witnessed or experienced, representing a fundamental threat to one's physical integrity or survival
• Responses involved intense fear, helplessness or horror
• The meaning of the event may be as important as the actual physical act/experience
- It is the 'individual's subjective experience' that determines whether an event is or is not traumatic
- Key components:
• Is the experience of loss
• Loss of boundaries, safety, trust, power and control, innocence, protection, attachment, possessions, consistency/predictability, sense of self/body image
• Can result in a number of outcomes:
1) Post Traumatic Growth (PTG)
2) Post Traumatic Stress Disorder (PTSD)

Event characteristics contributing to stress
- Predictability of the event: (Katz and Wykes, 1985, in Atkinson et al, 1996) if an event is unpredictable it is more likely to cause more stress on the community than an event that has been predicted such as an eruption of a volcano
- Controllability: Stress is increased when a community or individual has no control over the situation (terrorist attack)
- Experience threat or loss: Whether we experience threat or loss also impacts whether we find an event stressful or not, many people find even when a positive event such as the Olympic Games to be stressful as it involves many changes and unknowns that can be perceived as threatening.
- Will it disrupt public transport or cause traffic problems in our city?
- Will it increase the risk of a terrorist attack?

Positive responses
Resilience
- Kobasa (1979) thought that personality differences could account for the different responses to stress
- She carried out a study in which 600 executives and managers were asked to compete two questionnaires
- One was a personality questionnaire the other measured the stressful events and illnesses that respondent had experienced over the previous three years
- She divided the respondents into two groups: one that had scored above the average for illnesses and the other that scored blow the average
- The number of stressful events experienced by both groups was high- however when she compared the high stress/ high illness group with the high stress/low illness group she found that the latter group saw change as a challenge, felt more in control of their lives and had a sense of direction in both their work and personal lives
- She described this group (high stress/low illness) as having a hardy personality
- She carried out a longitudinal study (Kobasa et al, 1982) in which she followed a group of executives over 2 years as having a hardy personality were less likely to become ill

- Those qualities that Kobasa saw in her 'hardy' types are some characteristics that have in more recent years been identified with the concept of resilience- other qualities seen in a resilient person are:
- The capacity for making the most of small windows of opportunity
- Having a deep-rooted faith in a system of meaning
- Having a healthy social support network
- Having a wide comfort zone

- Challenge-based personal development programs such as Outward Bound are based on the premise that personal growth and resilience can be taught by combining challenges with support
- Recent years the mining boom in Australia, psychologists have been studying reactions to the lifestyle of the FIFO worker to determine what factors in the individual, the family and wider community are implicated in the responses of individuals and their families to the stressors the lifestyle imposes

- Taylor and Simmonds (2009) suggest that families who showed healthy flexibility (neither rigid more chaotic), healthy cohesion (neither emotionally engaged nor enmeshed) and in which communication was good, were most satisfied with how their family was functioning
- Stress levels could be reduced through provision of information during the recruitment process so workers and families have a better understanding of the challenges they will be facing (Meredith et al, 2014)
- Researchers have found that the sense of community is important to the psychological wellbeing of people of all ages within a community , and effect how well they 'bounce back' after an emergency as well as their participation in positive activities

Post Traumatic growth
- Post Traumatic Growth (PTG) is a positive psychological change experienced as a result of adversity and other challenges in order to rise to a higher level of functioning
- The term was described by Tedeschi and Calhoun (1995) where the focus was on the idea of growth as a potential consequence of grappling with trauma
- Typically 30-70% of survivors say that they experience positive changes of one form or another
- Initially 3 domains of PTG:
1) Changes in perception of self
2) Changes in experience of relationships with others
3) Changes in one's philosophy of life

- Later developed into a five-factor approach to PTG
1) Personal Strength – "I lived through that, I can face anything.
2) New possibilities – opening up possibilities that were not present before
3) Relating to others – increase sense of connection
4) Appreciation of life- in general
5) Spiritual Change

- A simple view of PTG is that a decrease in distress and an increase in psychological well-being
- The reality is that PTG may not necessarily be 'good', the presence of PTG may not result in greater wellbeing or less distress.
- "The presence of PTG is an indication that the people who experience it are living life in ways that, at least from their point of view, are fuller, richer and perhaps more meaningful. But that richer life may come at the price of the discomfort that tragedy and loss almost always produce." (Calhoun and Tedeschi, p7)

Negative responses
Post Traumatic Stress Disorder
- Common reactions following trauma:
• Physical symptoms: disturbed sleep, nightmares, exhaustion, restlessness, headaches
• Cognitive symptoms: Poor concentration, disturbances to attention and memory, flashbacks, intrusive thoughts, disorientation
• Emotional symptoms: Fear, avoidance, anxiety and panic, depression, guilt, withdrawal and fearfulness

- Young children may also regress in their behaviour:
• Wetting bed, thumb-sucking and being scared of the dark, they may lose trust in adults who have not been able to protect them from the traumatic event
- For some people the event can be so distressing that the symptoms continue and post-traumatic stress disorder (PTSD) may be diagnosed
- An official diagnosis of PTSD as stated in the Diagnostic and Statistical manual, 5th edition (APA, 2013) requires that people meet the criteria that includes past experience of actual or perceived threats to life violence or serious injury:
• Presence of distressing symptoms such as recurring memories, dreams or flashbacks, persistent avoidance of any stimuli perceived to be associated with the original traumatic event, negative changes in thoughts and mood associated with the traumatic event, and changes in these reactions such as angry outbursts, problems with concentration and sleep disturbance
• PTSD can have a delayed onset years after the event

- There are different neurological explantations as to why some people suffer from PTSD and others don't:
• The availability of social support may contribute to different outcomes
• Others suggest that it could be pre-trauma factors may make some more susceptible than others
• Relief workers from organisations such as the Red Cross have learned the critical incident stress management and provide counselling as part of their attempt to reduce the numbers of PTSD sufferers

- Those who do suffer PTSD are usually treated by a combination of psychotherapy and drug therapy

Impact of negative events on community wellbeing
Vulnerable groups
(Both Positive & Negative)
- Much research on community responses to major events has focused on determining what sections of communities are particularly vulnerable at times of disasters such as cyclones etc
- Hurricane Katrina: the poor, black and elderly were the most vulnerable (Elliot and Pais, 2006)
- Buckle (2001-2002) found that in the 1998 gas explosion at Esso natural gas plant at Longford that the elderly coped better (cold showers and chilly nights) than the younger people- past life experiences with reduced expectations of external help lead them to deal with the crisis more easily

Community Resilience
(Positive)
- WA researchers Julie Ann Pooley (2006) and her colleagues- the concept of "community competence" is used to explain resilience in a community
- Competent communities are ones that are able to identify needs and issues and work to carry out plans and achieve goals
- Have a sense of community- sense of belonging and attachment to the community then it is considered to be resilient
- Effects of community resilience on outcomes following a disaster are not direct- studying the impact of cyclones on communities in the NW of Australia, Pooley found that the competence of the community and individual's feelings of attachment to their community led them to having an increased sense of self-efficacy and social networks
- This lead to reduced stress and increased growth

(Negative)
- To understand the long-term influence of such events on the lives of individuals and communities we need well-designed longitudinal research
- In 1974 Glen Elder reported on a study of just this type which looked at children of the great Depression
- Summary of his findings:
1) For the group that suffered deprivation- life achievement was dependent on effort and accomplishments outside the education system then those from non-deprived families
2) Adult health was negatively related to economic hardship but only from working class homes
3) Values among the offspring of deprived families were conservative - the importance of children in marriage, family and job security