


# Chapter 14

## A Review–Based Theoretical Analysis on Somatization of Psychological Symptoms and Physical Manifestation of Trauma in Youths

**Aastha Singh**


*Department of Humanities and Social Sciences, Graphic Era University  
(Deemed), Dehradun, India*

**Ravindra Singh**

 <https://orcid.org/0000-0003-3062-1812>

*Department of Psychology, Magadh University, Bodh Gaya, India*

**Ajay Kumar Singh**

 <https://orcid.org/0000-0003-0429-0925>

*Department of Humanities and Social Sciences, Graphic Era University  
(Deemed), Dehradun, India*

### **ABSTRACT**

*Early trauma is caused to increase disease among youth. It also has an adverse impact on brain development and impairs the various other facets of daily life functioning of youth. This chapter, thus, provides a systematic outline of physical*

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*manifestations of long-term psychological trauma and the somatization of psychological symptoms among youth. The summary of 50 research articles and book chapters are included in this chapter. A systematic method is employed to collect and synthesize information. The authors have screened open-sourced articles published in English available in the public domain which were published after 2000 using various keywords such as youth, psychological trauma, somatization, and childhood maltreatment. It supports the idea that prolonged exposure to trauma results in physical symptoms like exhaustion, fatigue, high blood pressure, and anxiety among youth. It may also be responsible for increasing various diseases like diabetes and abuse disorders among youth.*

## **INTRODUCTION**

A child undergoes several changes in terms of intellectual, cognitive, and physical development until adolescence. Therefore, stated indicators depend on various internal and external activities. There are many other social-economic activities like parent-child relationship, parent's awareness towards their children, etc. that have significant impact on child's development. For instance, family background, education level of parents and relatives, geographical location, culture, availability of physical resources, income of parents, and social interaction of family are crucial determinants to increase the intellectual, cognitive, physical and mental development of adolescence. The climatic conditions also have a significant reflection on development of children and youths. Teacher and student's relationship also reduce the multiple obstacles among the children. While, early interactions and experiences of a child's life create foundations for learning and personality development later in their life. Although genetics determine the initial development, everyday relationships and experiences significantly affect a child's brain and mind.

Accordingly, children are active to cope with many psychological problems in their life. Furthermore, there are certain other psychological variables like happiness in the family, social interaction, mother and father relationship, social ethics and internal conflict in the family which also have a significant influence on a child's brain. Unfortunately, all children do not get positive experiences from their family or relatives or neighbours. Children, therefore, face childhood trauma in all societies which is a major psychosocial and medical problem that has serious long-term consequences throughout the life of children. Trauma for a child in childhood has severe negative implications on mental and psychological development of child (Colich et al., 2020; Greenman et al., 2024). Childhood trauma is a public health risk and it reduces the physical health of children (Eilers et al., 2023). Sexual, physical and emotional abuse are responsible for increasing complex trauma (Greenman et

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