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Participation in daily activities among adolescents from the Gaza Envelope during the 'Iron Swords' War

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Background

The 'Iron Swords' War, which began in Israel on October 7, 2023, significantly disrupted the daily routines and challenged participation of adolescents in the Gaza envelop

Research Objectives

- 01** Describe the experiences of adolescents in the Gaza Envelope regarding changes in their participation during the war.
- 02** Explore the adolescents' coping mechanisms in adapting to new routines

Methodology

Qualitative research.

Semi-structured interviews.

26 adolescents ($M = 14.2$, $SD = 1.55$) from the Gaza Envelope.

Interviews focused on their daily routines, challenges, and changes in leisure and social participation.

Results

Theme 1: Participation in daily activities at the beginning of the war

“Even when I wanted to do something while we were staying at the hotel... I didn't have the strength to do so... there was nothing to hold on to... It felt like some kind of abyss.” (Neta, 14)

Theme 2: Social participation and coping with displacement

“My friends helped me a lot during this period. The feeling that I wasn't alone really strengthened me and helped me get through those difficult days”. (Eyal, 15)

Theme 3: Participation in daily activities and resilience

“I volunteered as a counselor in the kibbutz education system. Suddenly, I realized that it pulled me out of my private pain and helped me move forward.” (Vered, 15)

Conclusions

Supporting adolescents in reestablishing daily routines during wartime may contribute to coping, wellbeing, and resilience.