

## **Vietnam syndrome problem**

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The aim of my research is studying the problem of «Vietnam Syndrome» and the ways of its solution. For that I collect and systemize information about Vietnam war, the symptoms of Vietnam syndrome, and possible medicines and therapies.

Nowadays, the name of the largest problem of humanity is War. And one of the most scary part of this problem is a posttraumatic stress disorder.

Many centuries ago many warriors of tribe can be banned by their family. It was caused by a very important reason. Many warriors couldn't successfully combine the civil life and a battle experience. They became more aggressive. Some of them had problems caused by panic attacks. These people could be dangerous for their families. This people were collected by the patriarch or the shaman and isolated from the others. The shaman trained them to live among the civilians. But even after that therapy ex-warriors could never come back to a usual life. First time the posttraumatic stress disorder was noted was after the First World War. But at that time it was considered that the problem had been caused by shell-shock, stress and some other factors.

Later the psychologists returned to this problem only after the Vietnam War and called it «Vietnam syndrome». Before the 1970s nobody knew about it. This term was first used by Henry Kissinger and popularized by Ronald Reagan to describe the U.S. reluctance to send troops into combat situations overseas. Many soldiers came back from Vietnam had no chances to live a normal life. Many veterans of the Vietnam war committed suicide during 2-5 years after the war. At least more than three quarters per a million veterans become homeless or jobless or lived in psychological clinics. The symptoms include anxiety, rage, depression, intrusive combat thoughts, nightmares, and flashbacks. Some of soldiers suffer terrible hallucinations with scenes of mass kills, alive burnings, partitions. Some of them see the Vietnamese guerillas in shops, on the streets of their home town. Feeling guilty is also a significant part of the Vietnam syndrome. The soldiers feel guilty not only for having survived while their friends hadn't, but also for the Vietnamese killed, especially women and children.

So, here I can come to the conclusion that the Vietnam syndrome is a very big problem of our world, but it has a solution. All that we need to do is to be attentive to the people who suffer it.