



# PSYCHO CONSEQUENCES OF AIR ACCIDENTS AS RELATED TO THE FEAR OF FLYING



*"My God, I was seated by the window and I was the first one to see that spark.*

*It was ease to see it because it was dark.*

*Than that spark happened again and again, so I called the passenger next to me and I told him that the turbine was in fire and he laugh.*

*He told me to calm down, I didn't want to die in a fire.... how could I calm down?"*



**The psychological practice had to describe the observable forms of PTSD and how it manage to organize it in DSM-IV :**

- Recurrence**
- Avoidance**
- Augmented excitability**
- Losses in social behavior**
- Evaluations of the subjective risks**
- The psycho time on trauma.**



*"I had time to think of it and see that the plane could explode at any moment, I felt fear, weakness and abandonment. People yelled desperately trying to open the door: FIRE! FIRE!"*



*"When some airplane flies over the house I pray to God to protect them. During the first four months I woke up in affliction and now I won't fly evermore".*



*"I travel in agony; I cry and pray, I feel great fear for airports".*



*The fire had started again but no one opened the doors so I stood up, yelled to the stewardesses to open them, I needed to react and survive.*

*My work is of great responsibility. If I'll keep thinking of that moment every time I take off I'll develop a fear, so I try not to think of it.*



*"My reaction was to follow the crew's instructions. Of course that I felt fear, but I think, I reacted well. I've never more had any problem with flying "*





*"There is a mix of fear, resentment and hope that one day I would be able to sue a file against the company. I got traumatized and the company is still there".*



*"I was afraid of dying. The door would not open. Every second seemed a century".*



# 1. The vivency of impotence and the Freudian state of despair

## *Hilflosigkeit*

- *Hilf: help*
- *los: complete absence of the help*
- *Ig: stresses the adjective*
- *Keit: a noun that indicates a state*
- *Hilflosigkeit is a noun that designates the state of somebody that is in a state of no help and abandoned.*



*"I want to register the feeling of impotence, one could do nothing. In a building you could even decide to throw yourself through the window and yet you're in control of your life decision but not in a plane, in this case another being can decide over you".*



## 2. The compulsion toward repetition as an attempt of trauma control against despair

*"What helped was that I talked a lot about the accident".*

*"The dreams about the accident, the roaring and the unpleasant remembrance kept coming back and this last for more or less fifteen days".*



### 3. The airline as a leader to stop panic grow up

1. The passengers of a flight are indeed members of a group.

2. A group becomes united because it develops an emotional tie with the leader.

3. The human being cannot fly by his own means. He accepts to fly because a leader, in this case the airline company, has created this possibility.



## 4. The neurotic element as a contributive factor to trauma

- During a lifetime people traverse many hazardous situations that could precipitate a traumatic vivency.
- Freud doctrine states that if the subject is unable to dominate its initial perils he could face failure in other risk situations and than obstructed by a neurosis.
- At this accident, what betrays the presence of the neurotic element is the fixation of the vivency that projects itself to other flights and the potentialization of the risks.



*“Most of the problems manifest when the individual brings with him an internal predisposition to it.”*

*“In that sense, in an etiological way, we can state that the Fear of Flying has not its cause in trauma but in the break out event itself.”*





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