

SUMMARIES

Taitsiannnguaq Tøndheim, Steven Arnfjord, Mette Fonniks og Peter Berliner
Psychology in Greenland – a Reflection

The article discusses how psychology in Greenland forms part of the overall development of the rapid development in the Arctic, of the vibrant and productive Greenlandic culture, of the migration towards the cities and of the increased inequality between rich and relative poor in Greenland. The majority of children and young people thrive in Greenland, but still the society is not able to grant all children access to basic rights such as security, education and development. The theoretical frameworks and practical methods are still highly informed by the development of psychology in the Nordic countries. We propose that the future development of psychology in Greenland may benefit from applying a community-focused approach with a clear emphasis on diminishing social determinants for mental traumatization, abuse, violence, and depression and also applying out-reach, community-based ways of recovering and building social resilience. Furthermore, we discuss the need for social research, which goes beyond mere descriptions of social challenges and actually produces knowledge useful for promoting rights and well-being for all and thus for diminishing social suffering.

Kamilla Nørtoft & Tenna Jensen: Identifying old age. Political and community based identification of values and identity in old age in Greenland.

The implementation of a Danish welfare state model in Greenland has altered the conditions of life for the Greenlandic population in numerous ways since the mid-20th century. The alterations of the state system has affected the lives of all parts of the population, not least those of older people. In this article, we focus on how 21st century policy documents identify older people. The key interest is to investigate how these identifications corresponds with individual and community based perceptions of values and identity in old age. Our analysis is based on selected municipal and national policies and strategies. Through an analysis of the three themes: Greenlandic values, family, life history, culture and resources; Individuality, co- and self-determination and; Self-care and personal responsibility, we show that the political identifications largely corresponds to the values of older people and their perceptions of health and identity.

Steven Arnfjord & Julia Christensen: Women's homelessness in Nuuk

The article takes a feminist perspective on women's homelessness in Nuuk, Greenland. With a literature review as the place of origin, including inspiration drawn from research on homelessness among women living in the Canadian North, the article analyzes the current situation in Nuuk. We include empirical evidence from a lengthy field work in Nuuk, including interviews that lend diverse firsthand perspectives into women's homelessness. The article problematizes the public social system and its lack of preparedness to accommodate the over 200 citizens who are affected by homelessness, despite being aware of homelessness for decades. There is no special focus on women in this situation. Moreover, women's homelessness in Nuuk casts light on, among other things, the con-

cept of hidden homelessness, which has so far been used to a limited extent in the Greenlandic public debate. Women's lack of voice in social policy can be linked to the fact that the women's struggle in Greenland has been a bit dormant. The article concludes with strategic suggestions for a possible further process with inspiration from initiatives in the Canadian North.

Sheila Jones, Mette Buhl Callesen, Michael Mulbjerg Pedersen, Anja Strunz & Mads Uffe Pedersen: Personal life barriers amongst young people in Nuuk.

In research, well-being typically relates to internalizing problems (e.g. anxiety, depression, and loneliness), whereas externalizing problems (e.g. lack of self-control, impulsivity, and conflict-seeking behavior) are often ignored. Both kinds of problems however, reduce attachment to and possibilities within society and thus constitute significant personal life barriers for the individual. Central to this paper is the link between such personal life barriers, traumatic life events, and use of alcohol and cannabis among youth (15-17 years) in Greenland. The results of the study are based on an anonymous school-based survey (Youthmap) from 2014 including 101 10th grade students from four community schools in Nuuk. The results indicate that 8.91% of participants used cannabis regularly during the last month, while 10.89% reported regular use of alcohol. The findings are discussed in relation to the impact of externalizing and internalizing behavior problems, traumatic life events, and the possible influence of anhedonia and anomy. We conclude that anhedonia appears common among youth in Nuuk and is related to suicide attempts, whereas use of cannabis in this sample is particularly associated with externalizing behaviors and traumatic life events.

Alejandra Zaragoza Scherman: Depression, Post-traumatic Stress Disorder, and Life Satisfaction in Greenlandic Adults

Suicide is a major public health problem in Greenland. Despite the fact that suicide is highly associated with depression, post-traumatic stress disorder (PTSD), and life satisfaction there are virtually no data about the extent to which Greenlandic individuals experience these mental health problems or a sense of well-being. In this study, a group of 137 Greenlandic adults completed measures of depression, PTSD, and life satisfaction. In addition, they also provided memories of traumatic or stressful and positive life events they had experienced during their lives. No sex differences were found in any of the measures. Results showed that 25.8 % of the participants reported symptoms of mild or major depression, while 13% reported high PTSD scores, and 10% of the sample reported being dissatisfied with their lives.

Keywords: depression, PTSD, life satisfaction, Greenlandic middle-aged and older adults, life events.

Rikke Rossen, Lærke Jensen, Rita Thomsen, Mette Sonniks & Peter Berliner: The Family Class in Nuuk – to promote a culture of appreciative solutions in the classroom.

The article presents an analysis of parents' narratives of participating in the Family Class at Kangillinnuguit Atuarfiat in Nuussuaq, Nuuk, Greenland. The Family Class is a classroom for pupils facing emotional, academic or social challenges in the school. The mother or

father of an involved pupil participates in the class in sessions of three hours, twice a week. Our purpose here is to understand how parents experience family-class participation. Through qualitative interviews, parents tell about this. Their stories show that they were happy to join the family class – and that what they appreciated and which they found helpful in supporting their children at school and at home included: (1) Recognition as a parent; (2) Inclusion into a group of parents; (3) Mutual support in the group through encouragement and appreciation – and having fun together; (4) Sharing of ideas and experience; (5) Mirroring, i.e. to see oneself through the eyes of others; (6) Shared reflection and learning, including children, parents, and the staff; (7) Trust and confidence; (8) Nonjudgmental approach; (9) Appreciative and acknowledging attitude; (10) Acceptance; (11) Openness; (12) Tranquility and a peaceful approach; and (13) Self-efficacy and self-esteem.

In the discussion these 13 processes, which are valued by the parents, are compared to current challenges in the schools and the families of present day Greenland and it is argued that the promising outcome of the Family Class could inspire future interventions and policies to grant thriving and social resilience in families and classrooms in Greenland.

Mia Glendos: How the backside is presented – systematic review of the last 40 years of research concerning Children and Youth in East Greenland

The study includes 43 research studies, which were collected systematically through 16 databases and a further search in organizations journals and publication lists of prominent researchers in Greenland. The review discusses how the dominant use of quantitative methods in research results in an overwhelmingly dominant focus on social problems in East Greenland. This focus may have a determining effect on how the place and the people are perceived. Through the impact of the research articles the people of East Greenland might be perceived as a group that needs treatment rather than a group that contributes resources and capabilities in the form of relevant knowledge concerning future development.

Anders Kjærgaard & Jesper Corneliusen: Teams in extreme environments

BACKGROUND: The military special unit Sirius Patrol, established during World War II, has been in existence for over 67 years. At the present time, the primary mission is to maintain Danish sovereignty in Northeast Greenland by patrolling the uninhabited national park consisting of approximately 18,000 km of coastline. The patrol is unique in its way of using dog sledging as the primary way to maintain sovereignty as well as the length of the service: 26 months. The 6 two-man teams are usually composed of one first- and one second-year patrol member; the Year 2 member is the designated leader of the team. The patrollers carry a tent, food, fuel, and all necessary supplies on their sledges weighing up to 450 kg, pulled by teams of approximately 13 dogs. The Patrol headquarters, named Daneborg, is located on the northeast coast of Greenland at 74° latitude.

PURPOSE: The duration of the sled journeys is longer, and the purpose is different, than other analogue polar expeditions, which makes the unit interesting as a case study in relation to what it requires of the individual as well as the team in an extreme environment. The purpose is to describe the members in a general way and to compare the results

with existing research within polar expeditions and possibly contribute with new knowledge about teams in extreme environments. The research questions in the current survey were as follows: What describes the individual soldiers? what kind of challenges do they experience in Northeast Greenland? And how are they handled?

METHOD: Part of the participants completed the NEO PI-R personality test and completed questionnaires during the sled journeys. The same group was subsequently interviewed to give further perspectives to the research questions. In addition, a web-based questionnaire was sent to former patrol members to provide further perspectives

RESULTS: The soldiers are in some ways comparable to other high performing teams, however differences occur. These can be shown by the personality test NEO-PI-R where patrol members distinguish themselves from other high performing team individuals with higher scores in following facets; positive emotions, feelings and straightforwardness, as well as lower scores in irritability. The effectiveness of the different sledge teams was related to factors within communication processes and conflict management. In spite of the challenges, however, most soldiers and teams experience a positive development in a number of areas during the service.

CONCLUSION: The study is relevant to other analogue groups operating in extreme environments. Critical factors are the importance of adequate and continued communication within the team and the individual's social skills in relation to that interaction. It is therefore important that the selection and training prior to the service/mission for future long-term missions/expeditions include a significant focus on communication efficiency and conflict management in order to reduce interpersonal challenges.

Taitsiannguaq Trøndheim og Peter Berliner: Social resilience in Nanortalik

This article presents the results of a questionnaire survey with young people in Nanortalik in Greenland. The study encompassed social support, values and emotions as reported by the young people. 68 students in the public school and in the Majoriaq school filled in the questionnaire. The study was conducted in Kalaallisut (Greenlandic). Results show that about 20% of the young people have a low level of self-esteem; approximately 20 % never or rarely felt happy; and similarly, about 20% responded that they never or rarely feel calm. Just a bit more than half of the young people have someone, whom they often or always can trust and reported challenges in feeling relaxed when with people. For almost all of the young people, mutual respect, safety and trust in between people as well of love and caring for children and cooperation are seen as the most important values in the local community. They see the general level of mutual trust, security and respect in the local community as very high, but still they want especially mutual respect and trust to be even higher. The survey indicates that generally, there is a high level of well-being and social resilience among the majority of young people, but still it is seen as important to strengthen this so that it covers all young people and not just 4 out of 5. The study shows that this strengthening can apply the already high levels of respect, trust and safety to extent these to include all young people. The study indicates that the social resilience can be strengthened through being even more respectful and respectful towards each other and thereby creating more areas of security and safety for all.

Taitsiannnguaq Trøndheim og Peter Berliner: Young people's narratives about social resilience in Nanortalik, Greenland

The article presents the results of a qualitative, semistructured interview study of 10 young people in Nanortalik. The age of the interviewed is between 14 and 18 years with an average of 16.2 years. The interviews examine the informants' experiences of social relations, values and well-being, and resilience. The results of the study is that death and losses, alcoholism, violence, loss and boredom are widely met adversities. All the interviewed see social support and dialogue as the core of resilience. Social relationships are seen as essential to joy and well-being, and open and trustful dialogue with others are seen as a means for solving problems. Thus, resilience is social as social support and dialogue involve at least two people and often more, i.e. a number of people. The young people mention four ways of promoting social resilience: (1) Supportive parenting, which provides a safe environment for children for learning mutual trust and respect as well as dialogue. (2) A high level of values of caring for others, social support, and collective self-efficacy in the local community. (3) A high level of shared activities in the local community such as sports, jobs, education and arts. (4) Options for participating in hunting, fishing and living on the land.

Peter Berliner, Ellen Bang Bourup og Jeppe Kiel Christensen: Social resilience: transformative resources in two towns in Greenland.

Current theories of resilience indicate that resilience emerge from supportive social networks and spring from dynamics in complex systems. We discuss this understanding from results of qualitative empirical research in Nanortalik and Tasiilaq in Greenland. Based on the descriptions, we discuss what characterizes social resilience in Greenland and how it can be promoted through concrete projects carried out by local forces as a contribution to the strong and innovative culture that develops in Greenland these years as part of the global world. Our results indicate that solidarity, mutual respect, and trust are significant to social resilience in Greenland today.

Nanna Schröder & Dion Sommer: Father attachment in the explorative space – a correction of attachment theory

Based on theory and recent empirical evidence this article examines how Bowlby's attachment theory can be revised and expanded by the inclusion of father-child-attachment, so that the theory reflects the contemporary child's attachment relationships. We criticize attachment theory's hierarchical idea of the child's attachment relationships with the mother on top. Instead multiple attachments, structured integrated and/or independently in the child's mind, are suggested to be the typical pattern. This argument is based on new post-Bowlby epigenetic and hormonal explanatory models and studies. Although evolution attunes attachment figures through a 'classical channel' of past evolutionary characteristics, as Bowlby theorized, a powerful epigenetic mechanism is in play also. This new paradigm holds that environmental factors in important ways can overrule the classical channel by actively switching genes on and off. Furthermore growing research now indicates that attachment sensitizing hormonal changes also takes place in fathers and they

reach the same levels as in mothers (raised prolactin and oxytocin level, reduced testosterone level). Contrary to mothers (and attachment theory), however, this happens during paternal vigorous stimulating play and explorative activity with the child. Interpersonal styles that are excluded from the secure base realm of true attachment. In other words, a whole new attachment space has now been identified by research. As a consequence we conceptualize this unique attachment building activity as the father-child “explorative space”. Building on that we further propose a complementary construction of the child’s attachment development: In an ongoing temporal commuting between the child’s maternal (and paternal) secure bases and the explorative space ontogenetic attachment development is constructed through an ascending spiral.