

## SALUD MENTAL EN NIÑOS SOBREVIVIENTES DEL CONFLICTO ARMADO EN EL DEPARTAMENTO DEL ATLÁNTICO

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### RESUMEN

**Antecedentes:** Colombia tiene uno de los mayores conflictos armados del mundo. Los niños expuestos directa o indirectamente a los conflictos armados viven las huellas emocionales que deja la guerra y estas pueden persistir incluso en las nuevas generaciones.

**Objetivos:** Conocer la salud mental en niños sobrevivientes del conflicto armado en el departamento del Atlántico.

**Materiales y Métodos:** Se realizó un estudio transversal con (n=80) niños de 7 a 11 años (M=9.8 años; SD= 1.4). Se utilizó el Child Behavior Check-List (6-18), APGAR familiar, Adaptación a niños del cuestionario - MOS y se recogieron datos sociodemográficos relevantes.

**Resultados:** Se encontraron niveles clínicos de problemas emocionales y de comportamiento en el 56,3% de los niños. Los problemas de interiorización (63,7%) fueron más comunes que los de exteriorización (51,2%). Se encontraron relaciones entre los problemas emocionales y de comportamiento, el apoyo social percibido y el funcionamiento de la familia. Los niños con mayor apoyo social tuvieron menos problemas de exteriorización.

**Conclusiones:** Este estudio incluyó una muestra que enfrenta múltiples riesgos y utiliza un enfoque holístico para considerar los recursos familiares y sociales que pueden apoyar a los niños que son sobrevivientes del conflicto armado del departamento del Atlántico en Colombia. Estos resultados proporcionan una base para futuros programas de promoción y prevención relacionados con los problemas de salud mental de los niños con el fin de apoyar la construcción de la paz en el marco del proceso de posconflicto colombiano.

**Palabras clave:** Salud mental; Problemas de salud mental; Funcionamiento familiar; Apoyo social; Problemas Internalizados; Problemas Externalizados; Niños, Conflicto armado, Colombia

## ABSTRACT

**Background:** Colombia has one of the largest armed conflict in the world. Children exposed directly or indirectly to armed conflicts lives the emotional footprints left by war which can persist through new generations.

**Objective:** To identify mental health problems among children survivors of Colombia's armed conflict.

**Materials and Methods:** A cross-sectional study with (n=80) children aged 7 to 11 years (M=9.8 years; SD= 1.4) was conducted using the Child Behavior Checklist, Family APGAR, and MOS - adaptation to children.

**Results:** Clinical levels of emotional and behavioral problems were found in 56.3% of children. Internalizing problems (63.7%) were more common than externalizing problems (51.2%). Relations among emotional and behavioral problems, perceived social support and family functioning were found. Children with higher social support did have fewer externalizing problems.

**Conclusions:** This study includes a sample facing multiple risks and uses a holistic approach to consider family and social resources that may support children who are survivors of the armed conflict in the Atlantic department of Colombia. These results provide a foundation for future promotion and prevention programs related to children's mental health problems in order to support peacebuilding within the framework of the Colombian post conflict process.

**KeyWords:** Mental health; Mental health problems; Family functioning; Social support; Internalizing problems; Externalizing problems; Children, Armed conflict, Colombia

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