

Assessing the Psychological Effects of Terrorism on Individual and Communities in Quetta District, Balochistan:

By

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Abstract:

Balochistan is paying a huge price in the war against terrorism since last two decades. However, not much work has been done on the subject specifically in tabulating the losses of human lives and psychological effects of this war. This study tries to fill that gap by assessing the psychological effects of terrorism on individuals and communities in Quetta district. This study is based on primary sources of data collected from 150 individuals effected by terrorism following structured questionnaire. In addition, data have also been collected from two highly targeted communities following focus group discussion. The results indicate that terrorism has effected both individuals and communities at a greater extent during the last two decades. Respondents indicated that terrorism effected their lives in many ways that include job loss, education, fear of going outside, health issues, stress, depression and social life. However, terrorism appears to have failed to produce the attitudinal change desired by its perpetrators. In order to reduce the psychological effects, actions taken by the responsible authorities are not enough and needs proper attention and safety measures to prevent such incidents in the future.

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Introduction:

Word terror is the wide feel, the purpose of intentionally extensive fury as means which create terror, or dread, to reap a political, spiritual and ideological goal. It is utilized in three ways mainly to refer to violence towards peace time goals or in war against noncombatants. The terms "terrorism" and "terrorist" originated throughout the French revolution of the past during 18th century. Terrorism is about killing of innocent people and spread fear in them through different forces (Steel and Phan, 2003). Terrorism is not only a view like communism and capitalism. Terrorism is a tactic which is used to achieve a goal. Such planning is always used on a less powerful person or group who is fighting against a strong enemy. Such attacks aim to create fear in the population. Ideologically motivated terrorism attacks are an ongoing problem all over the world. The aim of such attacks is to target the psychology of the focus populations to bring fear, anxiety and possible large punishment response that would further that ideological aim of the attackers (Atran, 2003). Terrorism about psychology it makes the people feel unsafe, afraid, nervous it is sure that psychological results follow dread full events which affect the mental and physical health of humans. Still there is a huge gap in our studies about the long term effect of terrorism on our mind, health and attitudes (Martin, 2016). The risk of such factors for forecasting which will be more affected by terrorism and involvement may promote resilience at an individual and population level. Even working girls have been killed anywhere and any time so this delivered constant mess that affects inside the shape of blood strain, psychic issues, intellectual upset and heart illnesses.

The maximum common place situation are despair, tension, psychometric evils as insomnia returned or stomach aches and difficulty in sleep. (Philip Zimbardo, 2003)

Almost of the deaths in every 12 months or each year are in the middle-east countries but not the Iraq, Nigeria, Syria, Pakistan and Afghanistan combine account for 3 quarters of the world wide.

Since 2000, there had been over a five-fold increase in terrorism incidents around the world that killed hundreds of innocent people. From 2011-2017, 8258 incidents of terrorism took place in Pakistan which lead to 11330 deaths and 17912 people got injured (Maqbool khan 2013). Terrorism has effected both intellectual as well as physical fitness of people of all ages. In phrases of people losses greater than 52,000 humans which along with citizen, personnel of regulation enforcement college students, commercial enterprise and troops had been killed in terrorist assaults among 2002-2017 (Fried & Merari, 2017). Balochistan which is the largest province of Pakistan and covers almost 44 percent land area has been severely effected by terrorism. The capital city Quetta which is near to Afganistan border had faced a lot of terror incidents during the war against terrorism. The social set up of the province in particular capital city has been destroyed after the Afghan War. In absence of research, it is miles difficult to position a determine to quantify the quantity of harm achieved to human intellectual fitness in a province wracked by manner insurgency, militancy and sectarian violence (Ahmed & zeb 2015). However qualitative belief amassed from treating patients of hysteria and melancholy in the province factors to the long-term debilitating out comes of living with absence of peace, in Quetta Over the last 15 years, incidents of violence such consists suicide attacks, bombings and sectarian killings have left deep psychological effect on human beings and on the society shape second on social lifestyles (Hizbullah Khan, 2016).

Data and Methodology:

Selection of the Study Area:

Quetta (the word derives from kwatta, Pashto for fort) is the capital city of the province which is surrounded by hills on all sides. The encircling hills have the resounding names of Chiltan, Takatoo, Mordar and Zarghun. According to latest census of Pakistan 2017 population of Quetta district is 22,75,699. Out of which 11,93913 are male and 10,81755 are female. Average annual growth rate is 5.83 from 1998 to 2017. Quetta is the capital city of Balochistan where the psychological effect of terrorism has been increased from last 10 to 15 years more than 2345 people has been the victim of terrorism. Incidents of violence such as suicide attacks, bombing

and sectarian killings have left deep psychological impact on the people of Quetta. The numbers of patients from cities and town have been hit the worst and they have been relatively safe, there has been 10 to 25% increase in psychological disorders like stress, anxiety and depression.



Questionnaire Survey:

In order to achieve the desired objectives of the current study a comprehensive field survey was conducted in 2018. The sampling unit for this study is the individual household who or any family member of that household is ever effected by the terror incident. A total of 150 terror effectees were chosen using simple random sampling technique and interviewed personally during the field survey. A semi-structured questionnaire was used to collect data from the respondents. Sample size of the study was determined by arkin and coltan formula which is given below.

$$n = \frac{Nz^2PQ}{Ne^2 + z^2PQ}$$

Where; n = Sample size
 N = Total number of households
 Z = Confidence interval (1.96 for 95%)
 P = Expected rate of occurrence (15%)
 Q = (1 – P) i.e. Complement of P
 e = Error limit (5% = 0.05)

So, Sample size, n = 150

Apart from this, two communities that include lawyers and hazara communities which were severely effected and targeted by the terrorist have also been selected for focus group discussion. Finally, primary data was processed and statistically analyzed with the help of statistical package for social science (SPSS). Descriptive statistics such as frequencies, percentages etc have been used to assess respondent's perception regarding terror incidents effects on their social life, mental health, stress, depression etc.

Profile of the Respondents:

Table 2.3 shows the profile of respondents amongst the total 150, 11 respondents (7.0%) were females and 139 (93.0%) were males. Female respondents ages were 15 to 30 years. Male were from 25 to 60 year.

Respondents were having different education careers. High school from 45 (30.0%) respondents who were bachelors they were from 35 (23.0%) master and diploma holders they were from 30/25 (20.0%/ 17.0%) and the respondents who were uneducated they were 15 (10.0%) respondents were having different jobs. Government employees 30%, lawyers 27.0%, bank employees 7.0%, shopkeepers 17.0%, and drivers 10.0%.

Table No.2.3 Characteristics of Respondents.

Variables	Response	Frequency	Percent
Age	15 to 30	75	50.0
	30 to 45	62	41.0
	45to60	13	09.0
	Total	150	100.0
Gender	Male	139	93.0
	Female	11	7.0
	Total	150	100
Highest qualification	High school	45	30.0
	Bachelor	35	23.0
	Master	30	20.0
	Diploma	25	17.0
	Uneducable	15	10.0
	Total	150	100.0
Job description	Government employes	45	30.0
	Lawyers	40	27.0
	Bank employes	10	7.0
	Shopkeeper	25	17.0
	Drivers	15	10.0
	Jobless	15	9.0
	Total	150	100.0

Field survey (2018)

Results and Discussion:

Terrorism Effects on Respondents:

Table 3.1 has been compiled from the data of respondents who were psychologically effected by terrorism 25% of the respondents were highly effected and majority of them were moderate 2nd question was asked from respondent about their house memebers who were ever effected by terrorism 11.5% of them said yes their family memebers are effected. When the respondents were asked about their job 70% of respondent's job was effected. The last question of the table was about education progress in which 86% of respondent's education was badly effected due to terrorism.

Table 1: Terrorism Effects on Respondents' Soci-Economic Life

Variables	Response	Frequency	Percent
Terrorism effects on Respondents	Less	12	8.0
	Moderate	88	44.0
	High	50	25.0
	Total	150	100.0
House hold ever effected by Terrorism	Yes	23	11.5
	No	127	84.5
	Total	150	100.0
Psychological effected by terrorism	No	147	98.5
	Yes	3	1.5
	Total	150	100.0
Terrorism effected your job/occuption	Yes	110	70.0
	No	40	30.0
	Total	150	100.0
Terrorism effected your academic progress	Yes	130	86.0
	No	20	14.0
	Total	150	100.0

Source: Field survey (2018)

Perception of Respondents on Psychological Effects of Terrorism:

Table 3.2 describes the perception of respondents about psychological effects of terrorism as shown in the first table, 83% of the respondents say that they are hurt due to terrorism while 17% deny it. In the 2nd question respondents were asked about their feelings 87% of them were worried about terrorism activities in their cities. In the 3rd part of the table respondents were asked are they feel safe when they come out of their home 22% of the respondents say that they never feel safe and 30% said Some time they feel safe. The last question was about social life (parties, clubs, bars local councillor) affected by terrorism 83% of respondents perceived highly affected due to terrorism.

Table 2: Respondents Perception on Psychological Effects of Terrorism:

Variables	Response	Frequenc y	Percent
Possibility of Family might be Hurt	Yes	1 2 4	83. 0
	No	2 6	17. 0
	Total	1 5 0	100 .0
Worried about Terrorism in your City	Yes	1 2 5	87. 5
	No	2 5	12. 5
	Total	1 5 0	100 .0
Feel Safe Going out of your Home	Always	4 2	28. 0
	Sometime	4 5	30. 0
	Mostely	3 0	20. 0
	Never	3 3	22. 0
	Total	1 5 0	100 .0
Terrorism Social Life Effectted	Yes	1 2 4	83. 0

	No	26	13.0
	Total	150	100.0

Source: Field survey (2018)

Psychological Health of Respondents:

Table 3.3 is about the psychological health of respondents in the first question respondents were asked about their health status effected due to terrorism 79.5 say that they feel mentaliy effected due to terrorism. While 2nd part of the table respondents was asked about the factors effected psyshological health due to terrorism almost 38% of the respondents say that they are felling ‘Depression’ due to terrorism similarly 23% of the respondents say that they are feeling ‘Stress’ due to terrorism and 15% were worry due to terrorism. In 3rd part of the table respondents was asked about posttraumatic stress in which 20% were felling very highly and just 17% of the respondents were felling no stress. The 4th part of the table respondents were asked about their depression level after terrorism 37% of the respondent’s depression level was very high 23% of them were felling medium and 6% of the repondents depression level was low. The last part of the table was about of drug incidence after the victum of terrorism 8% of the respondents were found very highly 34% were medium and 20% of the respondents were not invoule in such things.

Table 3: Respondents' Psychological Health Related Issues due to Terrorism:

Variables	Response	Frequency	Percent
Terrorism Effects Mental Health	Yes	119	79.5
	No	31	15.5
	Total	150	100.0
Factors Effected Psychological Health	Stress	40	23.0
	Anxiety	35	24.5
	Depression	55	37.5
	Worry	20	15.0
	Total	150	100.0
Post Traumatic Stress Disorder	Very High	30	20.0
	High	25	17.0
	Medium	50	33.0
	Low	20	13.0
	Not at all	25	17.0
	Total	150	100.0
Depression Level of Respondents	Very High	55	37.0
	High	50	34.0
	Medium	35	23.0
	Low	10	6.0
	Total	150	100.0
Alcohol or Drug Incidence	Very High	12	8.0
	High	32	21.0
	Medium	51	34.0
	Low	25	17.0
	Not at all	30	20.0
	Total	150	100.0

Source: Field survey (2018)

Risk Factors of Terrorism:

Table 3.4 describes the main risk factors of terrorism all of the respondents have different thoughts about the main risk factors of terrorism 22.0% of the respondents say that according to them religious is main risk factor of terrorism 21% of the respondents say unemployment 20.0% respondents said poor education and 17% of the respondents said that low income is the main factor. The last question of the table was to know about the wish of people to live in Balochistan or not 86% of respondents said yes and just 14% of the respondents said no.

Table 4: Respondents' Perception Regarding Risk Factors of Terrorism:

Variables	Response	Frequency	Percent
Associated Risk Factors of Terrorism	Religious	35	22.0
	Political	30	20.0
	Income	25	17.0
	Poor education	30	20.0
	Unemployment	30	21.0
	Total	150	100.0
Wish to live in Balochisatn/Quetta	Yes	130	86.0
	No	20	14.0
	Total	150	100.0

Source: Field survey (2018)

Conclusion:

The way where in terrorism has psychologically affected the lives of hundreds of thousands, both without delay and in a round about way, in Pakistan is a mere reflection of the gravity of the problem. There have been common terrorist assaults in principal towns like Karachi, Peshawar, Quetta, Islamabad and Lahore; therefore, a wellknown feeling of lack of confidence has unfold through out the loads. The take a look at's different unique objective to find out the psychological effect of terrorism at the people of Balochistan/Quetta through the findings that a few residents had been frightened of attending non secular occasions, public gatherings and visiting public locations including pubs and eating place because of the

worry of terrorist attacks human beings try to break out from their social and expert duties through appearing their obligations in a state of worry. human beings in popular, are feeling powerless and stressed with the aid of aggregate of factors like terrorism, poverty, unemployment, corruption and others. The pressure ranges had been visible a few of the young people who're finding a remedy in faith for addressing their psychological problems. The lives of religious minorities have been immediately affected by direct terrorist assaults on them across the Balochistan. Finally, a mixture of each direct and indirect impacts of terrorism is having lengthy-lasting developmental impacts on Balochistan, which is likewise obtrusive by a large brain drain inside the country. Considering the truth that the country is home to a large part of kids, there may be a pressing want of devoting greater consideration to the unique needs of youngsters below the present scenario, that's dominated with the aid of substantial terrorism. Our look at confirmed that majority of humans perceived that terrorism had profound effects on their teachers, intellectual nicely being and social life, yet majority changed into positive and enthusiastic to conquer this problem with dedication, their recommendations and by way of taking appropriate steps. The researcher finds that the people who were invole in different psychological problems such as stress, deperation and anxiety. They were too much afraid from their lives even some onf them left their jobs, business, work people were not felling save them selives in such inveroment.

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