

Optimism and Emotional Stability of the Youth in Armed Conflict Zone of Poonch

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ABSTRACT

Optimism is very important to understand in order to know the vulnerability of mental disorders and how they cause disturbance to the daily routines and lives of the people living in Armed Conflict zones. Emotional stability is an important part of our Mental Health. Our habitual emotional patterns certainly have an impact on almost every domain of our lives, mental health and well-being. The purpose of this research was to study the levels Optimism and Emotional Stability of the youth in Armed Conflict zone of Poonch. The statistical techniques used in this research were Independent Sample T test and Pearson Correlation. The objectives were to examine the gender differences with regard to optimism among young adults. To examine the gender differences with regard to emotional stability among young adults. To investigate relationship between the optimism and emotional stability among young adults. A sample of 100 individuals of age group 18-35 was selected. 50 males and 50 females participated in this research. All the participants were the residents Poonch, Jammu & Kashmir. The method used for sampling was Purposive Sampling. Results were H₁ There will be high level of Optimism in males than compared to females among young adults. H₁ that states there will be high level of Optimism in males than compared to females among young adults does not stand true. Hence, H₁ is rejected. H₂ There will be high level of Emotional Stability in males than compared to females among young adults. Hence H₂ which states that there will be high level of Emotional Stability in males than compared to females among young adults stands true. Hence H₂ is accepted. H₃ There will be a high correlation between the Optimism and Emotional Stability among young adults. Hence H₃ which states that there will be a moderate correlation between the Optimism and Emotional Stability among young adults has been supported.

Keywords: *Optimism, Emotional Stability, Armed, Zone of Poonch*

Optimism is basically a mental attitude characterised by confidence and hope in a positive and successful future. It is an important aspect of our lives wherein it enables a human being to focus on the brighter side and positivity.

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Optimism and Mental health

Optimism is responsible for influencing physical health, mental health, risk perception, quality of life, health and lifestyle. Optimism is very important to understand in order to know the vulnerability of mental disorders and how they cause disturbance to the daily routines and lives of the people living in Armed Conflict zones. Studies have shown that lack of Optimism brings out psychological symptoms and deteriorates quality of life.

Emotional Stability

The term “emotions” refer to basically a feeling and the distinctive thoughts, biological, physical and psychological states and it’s range of propensity to act. Emotional Stability refers to the ability to withstand various difficult situations, handle the adverse circumstances, remain capable and productive throughout. Emotional stability is to have the willingness and strength in order to accept the uncertainty. It isn’t the only determinant of personality patterns but also helps to control the normal emotional development.

Emotional Stability and Mental health

Emotional stability is an important part of our Mental Health. Our habitual emotional patterns certainly have an impact on almost every domain of our lives, mental health and well-being. Mental health also focuses on how well the mind is able to process the experiences and understands the information. Having an emotionally stable mind enables one to have the ability to express and manage the various emotions arising from experiences and the learning. Constant conflict and armed unrest leads to emotionally unstable minds and affects the mental health.

Symptoms and Disorders caused due to Armed Conflict

Symptoms

Psychological symptoms and the consequences that are associated with the conflict zones are usually:

- Fear
- Sleeplessness
- Palpitations
- Intrusive thoughts
- Paranoia
- Identity crisis
- Lack of positivity or optimism
- Nervousness
- Cultural aggression
- Depression
- Substance abuse
- Domestic and sexual violence
- Lack of emotional stability
- Suicidal thoughts

Disorders

Most of the people that are living amidst the rages of the conflict are suffering from disorders such as:

- PTSD
- Depression
- Bipolar Disorder

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- Personality Disorders
- Anxiety
- Schizophrenia
- OCD etc.

Psychological health refers to the mental and emotional well being and health of an individual. There can be various factors that can have an effect on the psychological health of the people such as:

- biological
- social
- emotional
- life experiences
- environmental factors etc.

Armed Conflict

Armed Conflict can be defined as the immense use of armed violence to resolve the local, national or international dispute between the groups, individuals or countries that can have an effect on the psychological, physical, social, environmental and emotional state of well-being of the people.

Poonch Conflict History

Jammu & Kashmir, the most militarised zone in the world has been a conflict zone since the partition of India and Pakistan in 1947. India and Pakistan both claimed the entirety of the princely state, Jammu & Kashmir which further escalated a dispute that led to three wars and other armed skirmishes between both the countries, India and Pakistan.

Poonch in particular has witnessed a very chronic socio political insecurity and unrest for 3 decades now. Poonch being a border area makes it more vulnerable to such incidents and political unrest. Since the conflict in Jammu & Kashmir is basically a flashpoint between the two nuclear powers in the South Asian region, therefore it has resulted in immense damage and distress to the psychological health and well being of the people in Jammu & Kashmir.

Effect on the Optimism and Emotional Stability due to Armed Conflict

War always damages the very fabric of the society.

You cannot call it a paradise and cage it in barbed wires at the same time.

It not only damaged its physical structure but disrupted the entire social tissue. Conflict in any of its form has always an effect on human beings. In the active conflict zones, people have an adverse effect on their psychological health and well being.

The WHO estimated that in the armed conflict situation around the world, the people who experience such traumatic events have serious mental and psychological disorders and some develop such behaviour that it hinders the ability to function in an effective way. Such exposure to armed conflict often impairs the ability to function properly so the access to proper treatment and care isn't just about improving their psychological or mental health, it is a matter of survival.

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The youth lost hope and the will to lead their life due to the Armed Conflict. The lack of positivity caused various psychological disorders and also lead to the emotional unstability.

Mental and psychological disorders, educational backwardness and deterioration of standards of education, disorganisation of daily routine, uncertainty of business, career progression in private sector, the deterioration of physical and mental health, mass psychological depression and post-traumatic stress disorder among the population, mass humiliation and the extreme case of helplessness along with the degenerated cultural aggression are usually an offshoot of the Psychological Trauma.

The youth of any country is known as the future of the nation and a source of development. Therefore, the constructive development and growth of youth of the nation is extremely important to progress and evolve. And in that case, the growth and development of the youth in Jammu & Kashmir has been destroyed by politicians through illusionary dreams and allurements for independence.

In Poonch, there's a check point in every 500 metres along with zigzag barriers. The most terrifying of all are the Cordon and Search Operations (CASO) where people are taken into custody on the basis of zero evidence. Frequent curfews, bandh calls and closure of educational institutions for months have had an enormous effect on their Psychosocial development that deters the youth to go out and do away with stress. This kind of environment with constant conflict and zero exposure can undoubtedly lead to various psychiatric and psychological morbidities.

The ceaseless vulnerability to such a distressing environment of torturing and terrorising events that are filled with turmoil and conflict has lead a huge number of the youth to participate in the ongoing struggle of Poonch. This very combat resulted in:

- Enforced disappearances
- mass killings
- torture
- rapes and sexual abuse by armed forces

The conflict has had an enormous effect on the lives of the people of Jammu & Kashmir. Indeed there has been a colossal damage and destruction to the infrastructure and property but its impact cannot be compared to the catastrophic destruction the conflict has caused to the mental and psychological health of the people of Jammu & Kashmir.

This suppression and turmoil has been experienced by people of all ages irrespective of their genders and locality who lost their loved ones and family relatives in enforced disappearances, torture, and mass killings. Loss of property and disintegration deteriorated the future of the generation and caused the social, cultural and emotional starvation among people due to the fear and there was an enormous destructive impact on the development of the youth and the society.

This period of violence and threat to people in their very own homeland has had a significant impact on their psychological and mental health and well being and has caused some serious medical issues. The psychosocial development of the youth was adversely affected by the bloodshed and conflict as the youth was the most vulnerable to these episodes and also to the various psychological disorders.

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Any exposure to the armed conflict has always been a traumatic event in the history and has left potentially long-lasting effects on psychological, physical, social and emotional well-being of the people.

The human suffering caused by the conflict has not only demanded the lives of thousands and orphaned them but also induced unmitigated and totally unleashed violence on children and women. Indeed, the alarming increase in the psychological and psychiatric morbidity is among the worst possible forms of suffering that one can imagine.

REVIEW OF LITERATURE

Kaz De Jong et al., (2008) conducted a study on Conflict in the Indian Kashmir Valley I: exposure to violence which stated that the civilian population of the Kashmir valley was highly exposed to the levels of violence that took a great toll on their health, household and other daily activities or routine. It was found that there were the deliberate occurrence of torture, detention and torture. It affected their psychological health and level of optimism on high levels due to which it became difficult for them to carry on their chores. As a result, Males actually reported high confrontations with almost all the violent occurrences on their psychological health.

Kaz De Jong et al., (2008) conducted a study on Conflict in the Indian Kashmir Valley II: psychosocial impact which stated that due to the unsettled disputes between India and Pakistan on the ownership of Kashmir valley that has been going on for years resulting in the exposure of violence among the civilians and locals of Kashmir. It was a two-stage cluster household survey in the two districts of Kashmir valley by using the questionnaires that were adapted from various other conflict zones. The result was high level of psychological toll that troubled their daily routine, emotional stability, health and household.

Hassan & Shafi (2013) conducted a study on Impact of conflict situation on mental health in Srinagar, Kashmir which stated that there's a deeper and much wider impact of conflict upon all the sections of the Kashmir valley. The conflict not only affected their psychological being but also people of all the ages experienced and suffered the loss of loved ones, property, the sudden enforced disappearances of relatives and family members. This affected the lifelong economic, social and psychological traumatic outcomes and consequences which affected their emotional stability. This research paper basically highlights the miserable effect of the conflict that has occurred to the people of Kashmir Valley and how various Ngo's have extended a helping hand to the affected families.

Khan (2013) conducted a study on Armed conflict: Changing instruments and health outcomes: a study of urban households in Kashmir" which was an attempt to actually track the effect of the armed conflict in Kashmir valley on the basic health prospects at a very urban household level. This paper deals with the various armed operations that were carried out in Kashmir Valley which eventually turned out to affect the health of the people of Kashmir. 32.05% of the survey respondents reported physical violence in 2010-11 and 58.46% of the survey respondents reported verbal violence. The adverse effects of both physical and verbal violence turned out into various psychological problems and decreased the level of optimism in the general population of Kashmir Valley. As a result, 45.60% of the respondents reported and complained of anxiety and 31.73% of the respondents reported of depression in 2010-11. The whole situation and conflict has affected the psychological and physically health of the population of Kashmir Valley and showed the decrease in the savings of the population as they had to increase the borrowings for the treatment.

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Amin & Khan (2009) conducted a study on Life in conflict: Characteristics of Depression in Kashmir which was an attempt to basically track the effect of armed conflict on the psychological well-being and emotional stability of the population of Kashmir valley that how the conflict adversely affected the mental health of the people of Kashmir of all ages. Due to the ongoing conflict in Kashmir valley since the last 18 years, there has been a tremendous increase in the psychological morbidity. As a result, the actual prevalence of the depression is 55.72%. It showed higher results in the age group of 15-25 than in 26 to 35 years of age group. Depression showed much higher results in the rural areas than in urban areas. And the females of rural areas resulted in higher number than the males

Banal et al., (2010) conducted a study on Psychiatric morbidity in adult Kashmiri migrants living in a migrant camp at Jammu. Hundreds of families were chosen for this very study or research work. The psychopathology was measured by using Mini International Neuropsychiatry Interview Schedule (MINI). The reported data was then organised in education, sex and age. As a result, the psychiatric morbidity was present in the migrants with the depression or major depressive episodes being the very common diagnosis among the population and were found emotionally unstable.

Kaz de Jong et al., (2006) conducted a study on Kashmir's Violence and Health which was an attempt to basically track the effect of the armed conflict on the psychological and physical health of the population of Kashmir Valley. The population has been a victim and witness to the ongoing violence in Kashmir Valley. As a result, it was found out that it had adverse effect on the psychological health and their level of optimism and had left them with traumatic life events and memories.

Chouhan & Gupta (2015) conducted a study on Effect of resilience on the psychological well being of Kashmiri Pandits which was an attempt to basically track the effect of the ongoing conflict and its effect on the Migrants of Kashmiri Pandit community. As a result, the respondents of the survey showed decline in emotional stability, happiness, joviality and self esteem due to the psychological problems and its effect on their well being.

Bhat & Khan (2018) conducted a study on the Mental health issues in Kashmir valley due to the armed conflict that had an effect on their social, physical, psychological and environmental well being. This research paper highlighted the health issues that prevailed in Kashmir Valley due to the ongoing conflict. As a result, higher number of respondents resulted decline in emotional stability and had psychological problems and traumatic events that were faced by them during this conflict period. Males reported higher number of psychological problems than the female population.

Mushtaq & Fatima (2016) conducted a study on Psychological Impact of Human Rights Violation on the People of Kashmir which stated that due to the armed conflict situation in Kashmir, the human rights violation have become an ongoing issue. The human rights abuses actually range from disappearances, mass killings, torture, rape and sexual abuse to the political repression and the suppression of the freedom of speech of the people of Jammu & Kashmir. This suppression and turmoil has been experienced by people of all ages who lost their loved ones and family relatives in disappearances, loss of property and disintegration. This period of violence and threat to people in their very own homeland has had a significant impact on their psychological health and mental well-being. As a result, the respondents of the survey reported that the torture led to various mental disorders, educational backwardness, disorganisation, the deterioration of the physical and mental

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health, mass psychological depression among the population, mass humiliation and the extreme case of helplessness along with the degenerated cultural aggression among the people of Kashmir Valley. As a result, it was found out that the violence had a huge negative impact on the emotional stability and psychological health of the people of Kashmir Valley.

Roberts & Browne (2011) conducted a study on A systematic review of factors influencing the psychological health of conflict-affected populations in low-and middle-income countries which was an attempt to track the systematic factors that influenced the mental health and emotional stability of the people. This research paper very well explained the ongoing turmoil and dispute in the Kashmir Valley which not only affected their psychological health but also their physical, social and emotional well-being. As a result, the respondents of the survey reported with mass psychological depression, emotional instability and post traumatic stress disorder among males and females where the males were found to be on the higher number.

Naik (2016) conducted a study on the Impact of the conflict on mental health with a special reference to Kashmir Valley which was an attempt to track the ongoing armed conflict which has had a very negative impact on the minds and lives of the people of Kashmir Valley and it has deteriorated their psychological, physical, social and emotional well being experienced by all ages irrespective of genders, age , career or locality. It has brought up a sense of insecurity among people in their very own home lands and lead to the breakdown of their social lives and social relations with families. It lead Kashmir youth to take up drugs and anti social activities. Very little has been done in order to guard the mental illnesses of the people. As a result, it stated that this very situation of turmoil and distress has caused each on of the person some sort of psychological problem and affected their level of optimism along with the struggle of less facilities provided to the people of Kashmir Valley.

Dabla (2011) conducted a study on Social Impact of Militancy in Kashmir which was an attempt to track the ongoing armed conflict which lead to militancy in Kashmir Valley. It brought a catastrophic impact on the people and population of Kashmir Valley as it resulted in mass disappearances and parting of the family members and relatives and the mass psychological depression, loss of optimism and other disorders caused nu the turmoil and dispute. The conflict left an educational backwardness among the youth and other age groups and also the physical abuse has had a never ending effect on the lives of the people and their families.

Bodha & Sheikh (2015) conducted a study on Conflict and Psychological health of People: A study of Jammu & Kashmir which stated that mental health is always the balance between the attempt to reach the psychological resilience and the daily activities. Since the conflict in Jammu & Kashmir is basically a flashpoint between the two nuclear powers in the South Asia region, therefore it has resulted in immense damage and distress to the psychological health of the population in Kashmir Valley. As a result, this study assessed the negative impact of the psychological trauma, loss of optimism and mass depression that crossed the thresholds of immense torture among the people due to ongoing armed conflict in Kashmir Valley.

Manzoor & Beigh (2018) conducted a Psychosocial Study on Half Widows In Kashmir which stated that the due to the enforced disappearances of people by the armed forces after which the whereabouts of the disappeared individuals became unknown. The wives and mothers of the disappeared people were called half widows and half mothers as they never

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heard from them and kept waiting all their lives. As a result, the respondents developed various psychological problems and distress over time. Majority of the respondents reported anxiety, depression, emotional instability, lack of optimism, palpitations and sleep disorders.

Maghroob & Ahmad (2006) conducted a study on Community prevalence of Adult Post Traumatic Stress Disorder in South Asia: experience from Kashmir which stated that due to the disturbed and distressed environment the population of Kashmir Valley has experienced immense torture and distress due to which the individuals suffered from psychological problems. As a result, 15-24% of the population that has been exposed to the traumatic and terrorising events have reported PTSD and decline in emotional stability.

Bhat & Moorthy (2016) conducted a study on Psychological impact of Armed Conflict in Anantnag, Kashmir which stated that the consequences of the armed conflict and the turmoil that has been going on since years has had adverse effects on the daily lives of people. There have been traumatised events that caused psychological problems to the people and health related problems. As a result, 200 respondents who were faced by any traumatic event or incident and was found out that they were highly affected by the terrorising events and had a negative psychological impact on their minds and their emotional stability to cope up with the turmoil.

Bhat & Shah (2017) conducted a study on Religion and Mental health: A correlation study of family members of the disappeared people of Kashmir which stated that the conflict that affected the people of Kashmir and went through a turmoil of psychological distress and well being and other medical conditions that affected their emotional stability and level of optimism. As a result, the intrinsic religious orientation was negatively related to the mental and psychological health in contrast to the extrinsic religious orientation.

Naqshb & Amin (2013) conducted a study on Conflict zone and Developmental issues faced by youth: A study from Kashmir which stated that armed conflict has caused developmental issues in the youth and early age group in Kashmir Valley. It not only affected their development but their psychological well beings and creates mental health issues in the youth of Kashmir. Future leaders of any nation are from the its youth population and the efficiency and efficacy of the work and thinking gets hampered by the conflict zone that arose by infiltration in 1989. This study was conducted on the age group of 15 to 30 which resulted in high developmental issues in the youth of Kashmir along with the lack of optimism to move on in life.

Bhat & Shah (2015) conducted a study on Mental Health Status of the family members of Disappeared People of Kashmir which was an attempt to track the mental status of family members of disappeared people that how hard it is to lose a loved one and then to understand the psychological turmoil of the family member of that person who doesn't even know if the person is dead or alive, whether he/she will come back or not. There were various psychological issues such as sleeplessness, anxiety, depression, fear, loss of emotional or behavioural control. As a result, there was higher number of psychological cases found out through research of 217 family members of disappeared people in Kashmir. There were very high negative dimensions.

Khan (2016) conducted a study on Psychosocial Consequences due to the Conflict in Kashmir which stated that the people of Kashmir have been a victim of this ongoing armed

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conflict and it has affected them in every way and in every aspect. This paper basically brings into the focus to the wretched condition of the people in Kashmir and how their daily lives, emotional, physical and psychological health have been affected. As a result, there were high negative dimensions.

Firdous (2015) conducted a study on Alarming Mental Health Consequences due to the Conflict in Kashmir which stated that the mental health of the people of Kashmir has been affected adversely and the destruction caused by the conflict be it infrastructure, property or the mental health, people have really been affected by this bloodshed and turmoil. As a result, the females have been affected less than the males and both have been affected physically, mentally and emotionally.

Housen et al., (2017) conducted a study on the Prevalence of Anxiety, Depression and post traumatic stress disorder in Kashmir Valley which stated that people suffered from Post traumatic stress disorder, depression, anxiety, lack of optimism and other various disorders due to the combat and ongoing unrest in the Kashmir Valley. As a result, the respondents reported complaints in high number in depression, PTSD than in anxiety.

Bhat et al., (2017) conducted a study on the Conflict Exposure and PTSD implications among young adult students in Kashmir stated that due the conflict exposure the Post Traumatic Stress disorder has increased immensely and has affected the lives and emotional stability of young adult students in Kashmir Valley. As a result, the students showed a high dimension in terms of PTSD and every 3rd student was affected by the ongoing turmoil of Kashmir.

Varma (2012) conducted a study on Counsellors as Psychiatrists in Indian Administered Kashmir which stated that even during this situation of conflict which obviously has an effect on the minds and psychological health of people, the facilities and doctors are not up to the mark. There was a lack of optimism in the patients. There is so much of chaos of people that want help but there is lack of administration and doctors that can actually look after these people.

Parveen & Shafiq (2014) conducted a study on Implications for Psychological and Mental Health and Coping among Youth in Kashmir which stated that the youth of Kashmir has been affected the most and psychological and mental conditions have affected the youth adversely which obviously has made them concentrate on the future or their career. As a result, the respondents reported various psychological issues and negative effect on their emotional stability, psychological and mental health.

Shekhawat (2009) conducted a study on Displacement of the Pandits of Kashmir due to the Conflict which was an attempt to track the displacement of Kashmiri Pandits due to the Conflict Situation in Kashmir that demanded many lives and made orphans and caused psychological and mental problems to the people who lost their family members, their properties and had to shift from one place to another as a refugee. As a result, the respondents reported high level of anxiety, depression, lack of optimism and PTSD among the Kashmir Pandits.

Dhillon & Hafiz (2016) conducted a study on the Relationship of Coping Strategies with Psychological Distress in Kashmiri Migrants which stated that Kashmiri Migrants had to migrate in distress and due to conflict situation of Kashmir then. They had to leave their

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properties and some of their family members died while shifting from one place to another in order to seek refuge. As a result, the respondents reported with high levels of anxiety and PTSD and psychological distress along with lack of optimism among the Kashmiri Pandits.

Housen et al., (2019) conducted a study on the Dua Ti Dwa Ti: Understanding of Psychological distress in the ten districts of Kashmir and Mental Health Services which stated that due to the combat and conflict there has been psychological distress among the people of Kashmir and the mental health services lack in utmost facilities that should be there for the people of Kashmir. As a result, the respondents reported that there was poor availability of the mental health services which has increased the anxiety, loss of optimism and depression levels in people as there is very less help.

Rhat (2017) conducted a study on the psychological and mental impact of the militancy in Kashmir which stated that the people suffered due to the ongoing conflict, women became widows and children lost their parents. This havoc in Kashmir took millions of lives and destroyed many families. Militancy then resulted in breakdown of daily life routine and peace and harmony which lead to the increase of militarisation of Kashmir. As a result, the respondents reported an increase in anxiety, fear, loss of optimism and PTSD.

Ganie & Chouhan (2018) conducted a study on the Mental Trauma that insurgency has generated in Kashmir which stated the negative consequences and effects of the insurgency in Kashmir and its effect on the people. Due to the unrest, mental trauma and illness has shown a shirking rise in Kashmir. It has caused anxiety, emotional instability, loss of optimism, depression and other disorders as well. As a result, the respondents of the survey reported a state of anxiety and constant fear.

Nisa et al., (2013) conducted a study on the Emotional Stability and Mental Health among Kashmir University Students which stated that due to the conflict zone the mental health of the students of Kashmir University has been affected. They showed fear, anxiety and depressive symptoms as well as loss of optimism. As a result, the respondents of the survey reported positive correlation between mental health and emotional intelligence and the adverse effect of the conflict on their mental health.

Malik (2020) conducted a study on the Prevalence of Psychological Trauma among the Youth of Kashmir at an alarming rate which stated that the psychological trauma among the Kashmir youth is increasing on an alarming rate which has lead youth to face various issues of mental health and psychological health due to the unrest and turmoil. As a result, the youth showed a adverse effect of the conflict on psychological health and many respondents reported psychological trauma and emotional instability in the survey.

Wani et al., (2016) conducted a study on the Impact of Prolonged Deprivation on Mental Health of Widows and Half Widows in Kashmir Valley which stated that the an individual's mental health is affected due to various factors and the disappearances and killings of the husbands of Kashmiri women by armed forces has caused immense distress and anxiety to these women. As a result, research shows that one out of every two adults has been affected by the conflict and 45% of the population in Kashmir is going through mental distress and emotional instability.

Bhat & Majeed (2015) conducted a study on the A study of Mental Health Status and level of Optimism of College Going Youths Of Kashmir which stated that the mental health status

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of college going youth is not normal as there are distress and constant unrest due to the conflict zone which has affected their psychological and mental health. As a result, 300 respondents of the survey reported increase in anxiety, loss of optimism, depression and constant fear.

METHODOLOGY

Aim

To investigate the level of optimism and emotional stability of youth in Armed Conflict zone of Poonch

Objective

Based on the above mentioned rationale, following objectives are formulated:

- O₁ To examine the gender differences with regard to optimism among young adults
- O₂ To examine the gender differences with regard to emotional stability among young adults
- O₃ To investigate relationship between the optimism and emotional stability among young adults

Hypothesis

Based on the above review of literature following hypothesis are proposed:

- H₁ There will be high level of Optimism in males than compared to females among young adults.
- H₂ There will be high level of Emotional Stability in males than compared to females among young adults.
- H₃ There will be a high correlation between the Optimism and Emotional Stability among young adults.

Sampling and Sample Size

A sample of 100 individuals of age group 18-35 was selected. 50 males and 50 females participated in this research. All the participants were the residents Poonch, Jammu & Kashmir. The method used for sampling was Purposive Sampling.

Research Variables

- Optimism
- Emotional Stability

Research Design

- This empirical study is quantitative in nature. Descriptive Correlation Design was used.
- **T test** is used to determine whether there's any significant difference between the means of two groups. It is basically used to test hypothesis in statistics.
- **Pearson Correlation** was used to find out the relationship between two variables

Tools

S.No.	Name of the Tool	Author	Year	No. of items
1	Optimism and Pessimism Instrument	William N. Dember	1989	56
2	Emotional Style Questionnaire	Pelin Kesebir	2019	24

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Tools Description

Optimism and Pessimism Instrument (OPI): A 56 item questionnaire developed by William N. Dember. The optimism and pessimism scale (O & P) proposes to assess an individual's optimism levels. This questionnaire has 4-point likert scale from 1 (Strongly Agree) to 4 (Strongly Disagree).

Reliability: Test-retest reliability for Optimism was .75 and for Pessimism was .84

Validity: Construct Validity

Emotional Style Questionnaire (ESQ): A 24-item self-report measure developed by Pelin Kesebir that captures how people vary across six dimensions that make up a healthy emotional life. This 24-item ESQ has 7 point likert scale ranging from 1 (Strongly Disagree) to 7 (Strongly Agree). This questionnaire measures 6 dimensions: Outlook, Resilience, Social Intuition, Self-Awareness, Sensitivity to Context and Attention. ESQ presented high reliability and psychometrically solid. The coefficients of the individual sub-scales Outlook, Resilience, Social Intuition, Self-Awareness, Sensitivity to Context and Attention were reported .89, .88, .78, .73, .75, .85

Reliability: The test-retest reliability coefficient for Healthy Emotionality was .89, $p < .001$, suggesting high reliability.

Validity: Convergent Validity

Procedure

For the study, Consent form, Brief about the Research and Questionnaires were made on Google Forms. The Google Form link was shared with the desired population online through which they were able to fill the form. The participants were also ensured about the confidentiality of their form and the results, that it shall be used only for the research purpose. A network was created in order to reach the desired population for the research. The participants were thanked for their patience, cooperation and precious time.

For the study, a sample of 100 people, male and female between the age range of 18-35 was taken. The Google Form link was shared with the desired population online through which they were able to fill the form. After accepting the consent form, the participants were also ensured about the confidentiality of their form and the results, that it shall be used only for the research purpose. The google form contained 2 questionnaires OPI of 56 items and ESQ of 24 items. After the data collection, the data was then evaluated and interpreted based on the respective manuals. Finally, the results were compared and analysed by using SPSS Version 20.0.

Statistical Analysis

T test has been applied in order to determine whether there's any significant difference between the variables and Pearson Correlation was applied in order to find the relationship between two variables by using the software, SPSS Version 20.0.

RESULTS

This chapter consists of data collected through the collection instruments that are u mentioned in the chapter 3. The hypothesis and objectives are discussed this chapter. The purpose of this study was to assess the levels of optimism and emotional stability of males and females under the young adult group and in doing so the following tools have been used: Optimism and Pessimism Questionnaire and Emotional Style Questionnaire.

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Table 4.1: Represents the Descriptive Statistics and comparison of Male and Female group on the below mentioned variable.

Variable	Group	Mean	Standard Deviation	Std. Error of mean	Std. Error of difference	T value	P value
Optimism	Male	129.42	30.573	4.324	5.148	-.816	.417
	Female	133.62	19.757	2.794			
Emotional Stability	Male	116.62	21.272	3.008	3.799	3.233	.002* *
	Female	104.34	16.404	2.320	3.799		

**t is significant at the 0.01 level (2-tailed)

- According to the T test, the result came out to be significant for the level of Emotional Stability in Male and Female group
- According to the T test, the result came out to be insignificant for the level of Optimism in Male and Female group
- The p value of Optimism and Emotional Stability came out to be .417 and .002 respectively
- In the variable Optimism, the mean for Male group came out to be 129.42 whereas the mean for Female group came out to be 133.62, hence it is higher for the Female group.
- In the variable Emotional Stability, the mean for Male group came out to be 116.62 whereas the mean for Female group came out to be 104.34, hence it is higher for the Male group
- Since the p value is less than .05 it makes it significant for the variable, Emotional Stability
- Since the p value is more than .05 it makes it insignificant for the variable, Optimism
- H_1 which states that there will be high level of Optimism in males than compared to females among young adults does not stand true. Hence, H_1 is rejected.
- H_2 which states that there will be high level of Emotional Stability in males than compared to females among young adults stands true. Hence H_2 is accepted.

Table 4.2: Represents the Correlation between Optimism and Emotional Stability among Male and Female group.

Variable		Mean	Std. Deviation	Optimism	Emotional Stability
Optimism	Pearson Correlation	131.52	25.696	1	-.316**
	N			100	100
Emotional Stability	Pearson Correlation	110.48	19.880	-.316**	1
	N			100	100

**Correlation is significant at the 0.01 level (2-tailed)

According to the Table 2 Pearson Correlation between Optimism and Emotional stability, $r = -.316$ (Significant at 0.01 level) which means it shows negative correlation i.e., if Optimism increases, Emotional Stability will decrease. Hence H_3 which states that there will be a high correlation between the Optimism and Emotional Stability among young adults has been supported.

DISCUSSION

Optimism is very important to understand in order to know the vulnerability of mental disorders and how they cause disturbance to the daily routines and lives of the people living in Armed Conflict zones.

Emotional stability is an important part of our Mental Health. Our habitual emotional patterns certainly have an impact on almost every domain of our lives, mental health and well-being.

The purpose of this research was to study the levels Optimism and Emotional Stability of the youth in Armed Conflict zone of Poonch. The statistical techniques used in this research were Independent Sample T test and Pearson Correlation.

For the study, a sample of 100 people, male and female between the age range of 18-35 was taken. The Google Form link was shared with the desired population online through which they were able to fill the form. After accepting the consent form, the participants were also ensured about the confidentiality of their form and the results, that it shall be used only for the research purpose. The google form contained 2 questionnaires OPI (Optimism and Pessimism Instrument) of 56 items and ESQ (Emotional Stability Questionnaire) of 24 items. After the data collection, the data was then evaluated and interpreted based on the respective manuals. Finally, the results were compared and analysed by using SPSS Version 20.0.

Roberts & Browne (2011) conducted a study on A systematic review of factors influencing the psychological health of conflict-affected populations in low-and middle-income countries which was an attempt to track the systematic factors that influenced the mental health and emotional stability of the people. This research paper very well explained the ongoing turmoil and dispute in the Kashmir Valley which not only affected their psychological health but also their physical, social and emotional well-being. As a result, the respondents of the survey reported with mass psychological depression, emotional instability and post-traumatic stress disorder among males and females where the males were found to be on the higher number.

Firdous (2015) conducted a study on Alarming Mental Health Consequences due to the Conflict in Kashmir which stated that the mental health of the people of Kashmir has been affected adversely and the destruction caused by the conflict be it infrastructure, property or the mental health, people have really been affected by this bloodshed and turmoil. As a result, there has been lack of hope, optimism, resilience and the females have been affected less than the males and both have been affected physically, mentally and emotionally.

- H₁ There will be high level of Optimism in males than compared to females among young adults
- H₂ There will be high level of Emotional Stability in males than compared to females among young adults
- According to the T test, the result came out to be significant for the level of Emotional Stability in Male and Female group
- According to the T test, the result came out to be insignificant for the level of Optimism in Male and Female group

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- The p value of Optimism and Emotional Stability came out to be .417 and .002 respectively
 - In the variable Optimism, the mean for Male group came out to be 129.42 whereas the mean for Female group came out to be 133.62, hence it is higher for the Female group.
 - In the variable Emotional Stability, the mean for Male group came out to be 116.62 whereas the mean for Female group came out to be 104.34, hence it is higher for the Male group
 - Since the p value is less than .05 it makes it significant for the variable, Emotional Stability
 - Since the p value is more than .05 it makes it insignificant for the variable, Optimism
 - H_1 which states that there will be high level of Optimism in males than compared to females among young adults does not stand true. Hence, H_1 is rejected.
 - H_2 which states that there will be high level of Emotional Stability in males than compared to females among young adults stands true. Hence H_2 is accepted
- H_3 There will be a high correlation between the Optimism and Emotional Stability among young adults

According to the Table 2 Pearson Correlation between Optimism and Emotional stability, $r = -.316$ (Significant at 0.01 level) which means it shows negative correlation i.e., if Optimism increases, Emotional Stability will decrease. Hence H_3 which states that there will be a moderate correlation between the Optimism and Emotional Stability among young adults has been supported.

CONCLUSION

Conflict in any of its form affects human beings. Jammu & Kashmir has always been trapped and traumatised due to the armed conflict between the Indian armed forces and Kashmiri insurgents. There have been adverse consequences of these terrorising events in Poonch that affected the social, physical, emotional and psychological health and well-being of the people.

The WHO estimated that in the armed conflict situation around the world, the people who experience such traumatic events have serious mental and psychological disorders and some develop such behaviour that it hinders the ability to function in an effective way. Such exposure to armed conflict often impairs the ability to function properly so the access to proper treatment and care isn't just about improving their psychological or mental health, it is a matter of survival.

The purpose of this research was to study the levels Optimism and Emotional Stability of the youth in Armed Conflict zone of Poonch. The statistical techniques used in this research were Independent Sample T test and Pearson Correlation.

A sample of 100 people, male and female between the age range of 18-35 was taken. The Google Form link was shared with the desired population online through which they were able to fill the form. After accepting the consent form, the participants were also ensured about the confidentiality of their form and the results, that it shall be used only for the research purpose.

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H₁ There will be high level of Optimism in males than compared to females among young adults

•H₁ that states there will be high level of Optimism in males than compared to females among young adults does not stand true. Hence, H₁ is rejected.

H₂ There will be high level of Emotional Stability in males than compared to females among young adults

•Hence H₂ which states that there will be high level of Emotional Stability in males than compared to females among young adults stands true. Hence H₂ is accepted.

H₃ There will be a high correlation between the Optimism and Emotional Stability among young adults

•According to the Table 2 Pearson Correlation between Optimism and Emotional stability, $r = -0.316$ (Significant at 0.01 level) which means it shows negative correlation i.e., if Optimism increases, Emotional Stability will decrease. Hence H₃ which states that there will be a moderate correlation between the Optimism and Emotional Stability among young adults has been supported.

People of all ages irrespective of their genders, age, locality experienced this tribulation and agony that arose due to the daily conflict situation. This very combat led to the loss of family members, enforced disappearances, rapes and sexual abuse by armed forces, torture, educational backwardness, mass humiliation and extreme case of helplessness that lead to various disorders like PTSD, Depression, Schizophrenia, Personality Disorders, Anxiety, OCD etc.

All this agony caused various psychological and mental health issues that lead to the destruction of their lives and future. It affected the youth which is known as future of the nation. The turmoil made hundreds and thousands of people to participate in this struggle. The mental health, emotional stability and the level of optimism of the people of Poonch has been adversely affected and the insufficiency and inadequacy of facilities have made the situation much worse.

The yearning and hope of peace and harmony is still a dream for every single person in Jammu & Kashmir. The struggle has seen many martyrs, disappearances and the loss of loved ones and has demanded many lives even as young as 3 year olds.

Limitations of the Study

The limitations that I found while researching were:

- The sample size was too small
- The collection of the study research sample consumed a lot time
- The research was conducted on limited variables
- The sample was selected from a particular place in Poonch, Jammu & Kashmir.

Implications of the Study

The implications of this research study are given below:

- These findings can be used for anybody researching about armed conflict zones
- There must be regular psychological camps in order to keep a check on the mental health of such affected population

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- With proper support and Mental health awareness, many people can overcome such psychological issues.
- These people in conflict zones desperately need to be taken care of and be able to obtain proper treatment and care.
- The people should be provided proper resources as it is not just about mental health, it's a matter of survival.

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Conflict of Interest

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