

Research Paper

## Exploring Psychosocial Issues among Terrorist Attack Victims in North Waziristan

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### ABSTRACT

The study's purpose was on the psychosocial problems faced by Waziristani victims of terrorist attacks. Terrorism is an evil and hazardous activity that harms all living things, including humans, animals, and property. Because of this, a study on those who have experienced terror-inducing incidents or actions. The author traveled to the terrorist attack victims' area (North Waziristan), where data was collected through open-ended interview questions. The sample was recruited by using the Snowball sampling technique. The question was asked from different domains like psychological, social, and physical domains. Also, the author asked questions about the coping strategies of the individual user to overcome the traumatic incident. Eventually, after successful data collection, the data were analyzed by using envoi software, and also IPA method was used. After successful analysis various psychological, social, and physical issues were reported during the interview and the author also explored the coping strategies which people use after suffering from a terrorist attack incident.

**Keywords:** *Psychological Issues, Social Issues, Terrorist Attacks Victims*

**T**errorism In addition to defining a disorienting, horrifying, and psychologically devastating event, the term "terrorism" has political connotations (Abbasi & Khatwani, 2014). The concepts of terrorism include normative judgments, which hinder empirical study. According to several experts, the word "terrorism" connotes judgments, which inevitably implies illegitimacy; the word is virtually always used negatively. The fact that many social scientific subfields contain normative undertones is acknowledged here. For instance, normative human rights academics typically contend that governments shouldn't violate people's rights. Any topic's research must eventually advance into testable hypotheses, though. It is said that scholarly study on the causes of global terrorism has almost entirely eluded rigorous empirical analysis because of the normative aspect of terrorism, the definition's ambiguity, and the lack of agreement on what constitutes terrorism (Jenkins, 1980).

O'Brien (1998) contends that serious empirical analysis has largely escaped academic studies on the roots of international terrorism. We use the definition of terrorism as "any act of violence intended to influence a government's political policies or acts that target those

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who do not have the personal authority to alter governmental policy" in light of these inherent issues. Terrorism is therefore intended to "create dread and worry (terror) among a society so that it will, in turn, exert pressure on its leaders to change policies in a way that is favorable to terrorists." (Bruce, 2013).

### LITERATURE REVIEW

One can find long-lasting answers to the effects of Pakistan's war on terror by knowing, acknowledging, and addressing the psychosocial aspects contributing to terrorism in Pakistan. Innocent lives have been lost in this battle, and the survivors have suffered severe psychological wounds that will probably last for many generations. The only means of preventing retaliation assaults and more brainwashing of young, impressionable youngsters is a sustained, determined effort to promote peace and security in the area. The psychological factors that determine terrorism in Western nations, where it appears that a separate set of psychological laws apply, contrast sharply with these (Leon & Polusny, 2004).

Particularly in 2009, terrorism has become a serious issue in Pakistan and a social ill. Even though Pakistan is a front-line state in the fight against terrorism, the nation is constantly dealing with significant terrorist strikes. The social structure, economy, and political system of the nation have all been severely damaged by these terrorist assaults. In Pakistan during the past few years, suicide bombers have been a significant problem in terms of terrorist activity. An estimate shows that over the previous five years, the shameful method used by terrorist organizations has claimed the lives of almost 10,267 innocent people. Pakistan was the nation with the most fatal suicide bombings in 2008 (Irshad, 2015).

Asthma, gastroesophageal reflux disease (GERD), posttraumatic stress disorder (PTSD) and depression have each been linked to exposure to September 11, 2001, World Trade Center (WTC) terrorist attacks (9/11). We described the prevalence and patterns of these conditions and associated health-related quality of life (HRQOL) fifteen years after the attacks. The influence of terrorism on Pakistan's economic development is examined in this essay. Identifying the factors that terrorism affects economic growth includes foreign direct investment (FDI), domestic investment, and government spending (Zakaria et al., 2019).

The results indicated that the main long-term health effects, apart from those associated with traumatic amputations, were hearing loss and psychological disorders. While these findings provide a degree of reassurance of the absence of long-term effects, the low response rate limits the extent to which this can be extrapolated to all those exposed to the bombings. Given the importance of immediate assessment of the range and type of exposure and injury in incidents such as the London bombings, and the difficulties in contacting individuals after the immediate response phase, there is a need to develop better systems for identifying and enrolling exposed individuals into post-incident health monitoring.

(A key research conclusion revealed that, compared to when the same teenagers were examined years before the attacks, those examined after September 11, 2001, terrorist attacks displayed a higher level of dread of mortality from straightforward natural causes such as a tornado or earthquake. Beyond the adolescents now perceive themselves as more in danger of dying from a variety of separate hazards that are sufficiently unrelated to include terrorism Felsher & Millstein, 2002).

## **METHODOLOGY**

### *Research Setting*

A research interview was conducted e.g., by visiting homes, hospitals

### *Sample*

- **Sampling Technique**

Data was collected from the participants by snowball sampling method.

- **Sample Size**

The sample size was a total of 5 participants of male and female terrorist attack victims

### *Inclusion criteria*

All those participants included in these studies were victims of any type of terrorist attack. This was of the age range from 25 to 50.

### *Exclusion criteria*

The remaining unaffected population was excluded from this study.

## **DATA ANALYSIS**

Using interpretative phenomenological analysis, the data was examined after it had been gathered. The main emphasis of IPA is on participants' perspectives on their lives and investigating how people perceive different people. When compared to experiences at an objective level, the IPA places more emphasis on the individual's subjective experiences. A key component of the interpretative phenomenological analysis is the researcher's ability to make sense of his or her own experiences during the personal interview that was conducted for that purpose (Shinebourne, 2011). First, the recorded interview was written by carefully listening, and then it was translated into English. It was read aloud again after being written down to glean themes from the interviews. Following the creation of concepts, the key themes were assembled. The interviewer's spoken words were then examined about the topics. The analysis of those data then yields conclusions on the psychosocial problems that Waziristani victims of terrorist attacks deal with.

The final task was to create a large table for each interview. All of the major, supporting, and minor themes from the full interview are listed in the major table. All experiences were analyzed and displayed in a master table together with the data in the tables in the form of themes.

After that major theme was created from all the sub-themes which were categorized and finalized. The major themes were based on the sub-themes, like behavior, emotion, and thoughts were put down in the category of psychological issues, and similar financial issues, interpersonal, and intrapersonal were put down in the category of social issues.

## **DISCUSSION**

This study looked at the biggest psychosocial issues that people in North Waziristan are dealing with. Numerous psychiatric and social issues were discovered. Due to our connection to a few extremely important persons who can provide us with information on this crucial subject, we are the first to conduct a study on these important challenges facing the people of North Waziristan. The psychological and social issues that Waziristan terrorist attack victims may be dealing with, whether they were directly or indirectly affected, are clarified by this study. Generalization, though, is very likely. Although such conclusions are

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previously evident in the literature on terrorism, a comprehensive and in-depth analysis of Pakistan was lacking.

Throughout this study, a variety of psychological, social, and physical issues were exposed. The study's catchment areas range from individual cities and neighborhoods to entire nations. In the first month following the 9/11 attacks, those who lived far away from the initial tragedy began to exhibit signs of stress, and depression symptoms nationwide in the USA increased for 4 weeks before returning to pre-attack levels (Knudsen et al, 2005). Schuster et al (2001) indicated a negative correlation between distance from the September 11 attacks and the percentage of people who reported feeling a lot of stress.

Both short-term and long-term effects on public health may result from terrorist incidents. Numerous experts have distinguished between short-term diseases like acute stress disorder (ASD) and long-term disorders like post-traumatic stress disorder (PTSD). A rise in substance usage is one of the additional occurrences (Danieli et al., 2005). Other occurrences include depression, anxiety, and others.

### *Findings*

All people directly or indirectly impacted by tragic terrorism incidents experience psychological, social, and physical problems as a result of terrorism. When reported during the trial, physical problems appear suddenly.

## **CONCLUSION**

The victims of terrorist attacks who reside in North Waziristan are the subject of the current case study. Terrorism continues to be a very serious problem for the residents of Waziristan. Although terrorism is a major problem, the people of Waziristan also face other problems. For this reason, the author examines the psychological and social problems faced by those who are victims of terrorism in the twenty-first century. To gather information from the victims of terrorist attacks, research interviews with the participants were undertaken. The subject reported a variety of psychological and social concerns during the research. Psychological problems included those mentioned above in detail, as well as stress, tension, anxiety, overthinking, self-harm, loss of interest, and many others. Comparable social problems like illiteracy, money troubles, family conflicts, and many more were also documented.

The terrorist assault victims also spoke of physical issues like headaches, stomach issues, joint issues, and a loss of desire for sexual activity. These problems surfaced as motifs, subthemes, and the main theme. Coping strategy were like praying to Allah to end their agony. Others have mentioned using sports as a coping method, helping their mother with chores so they may maintain their mental peace, and giving to the less fortunate. The focus on the mental health of those affected by terrorism is one application of this approach. This study will assist local government in focusing on the mental health of everyone affected by terrorism, whether directly or indirectly. Local government will also assist in addressing the issue of financial instability in the affected area and those who were directly or indirectly impacted by terrorism. Local government would contribute by facilitating non-governmental organisations' efforts to improve the lives of those affected. This research will also aid medical professionals in understanding the cause of any physical issues, which may be any psychological trauma. Also, it will contribute some fresh information to the world of literature.

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### **Conflict of Interest**

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