

Impact of Terrorism on the Psychology of Working Women in Pakistan: A Case Study of Sindh

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Abstract: *The impact of terrorism is dangerous and creates a number of problems for working women and demolishes possessions, autonomy and brings monetary problems and destroys human psychology. Working women in Pakistan are very much afraid and disturb because of sudden suicide bomb attacks, assassinations, and planned armed robberies. Now- a- days it is very difficult for working women to move from home to workplace because of uncertain security situations. They feel insecure and their motivational working capabilities are weakening day-by-day as they suffer psychologically, socially, economically, ethically and religiously. This study is based on this issue and to study the intensity of terrorism on psychology of working women in Pakistan. In our study, primary and secondary research methodology is used and sample is Karachi, Sindh province of Pakistan. A schedule as open ended questionnaire of 10 questions were asked by 100 working women from different sectors such as; education, health, multinational organizations, NGO's, daily wage earners, working women in beauty parlors, tuition centers etc. This study is based on qualitative and quantitative research and results are tabulated and analyzed with the help of statistics.*

Keywords: Anxiety, Terror, Psychology, Psychologically ill health, Depression

1. Introduction

The meaning of terrorism is bomb blast, suicide terror, firing at innocent, killing masses on no reasons and harassing by any mean. These are the fierce acts and harm working women activities and create a sense of uncertainty. This state demoralizes and de-motivates the working women and its working environment. Working women sense fear of being killed at any time and this caused steady mess that results in the form of blood pressure, psychic problems, mental disorder and heart diseases. Currently Pakistan is facing biased terrorist's attacks. Pakistan is handicapped because of distressed financial state of affairs. The economic growth of the nation depends on monetary aid time-honored from worldwide fiscal organizations. Pakistan is facing discriminating sticky situation because of mounting financial stress on family head especially worsen due to corruption, inflation, and power shortage. Because of terrorist activities foreign investors are reluctant to invest in Pakistan, domestic harmony, and stability is threatened, suicide bomb attacks create insecurity among people that deteriorate their confidence in the government. At present Pakistan is facing the problem of domestic safety and threats [Pakistan Press Review, 2010, p.21]. The terrorist attacks in Karachi are giving intimidation on inhabitants

and terrorist set-up is becoming stronger in the cities [Pakistan Press Review, 2010, p.65].

2. Literature Review

Terror is the aim of terrorism [Sandman & Lanard, 2003]. Work tension has pessimistic impact on the psychological and corporeal fitness of the personnel [Cooper & Marshall, 1976]. The feeling of nervousness and restlessness at job can be in the shape of dysphoria [Olff, Sijbrandij, Opmeer, Carlier & Gersons, 2009]. The name fear described as sadistic world-shattering events [Kurtz, 1987]. Freedman [1983] said that brutal society need biased profits via terrorism at the same time as Long in 1990 said that features terrorism exist in this ear. Benjamin [1996] admitted that Pakistan and Afghanistan are not in a situation to support any terrorist activity. Terrorism is a form of aggressive rebelliousness [Sondhi, 2000]. Terrorism is the fact of this epoch. This expression is derived from Latin word Terror which means horror [Mishra, 2004]. According to Mishra, current terrorism originated from the French revolution. This term was considered as aggressive activities made by labor organizations in 1800s and early 1900s [Gutteridge, 1987]. After World War II, the term was used for prejudiced groups [Combs, 1987]. According to Eilliot [1978] the expression was used by unkind left wing group.

In 1970s there was a staged increase in terrorism all over the world [Kurtz, 1987]. Terrorist groups at present apply computer know-how to ease actions [Combs, 1987]. It is not only leads serious psychological health problems but also capability to destroying manners. It builds up such a mind-set in character that holds back capacity to function efficiently. The most common state of affairs are depression, anxiety, psychometric evils as insomnia, back or stomach aches [world health organizations, 2001]. Terrorism planned and designed actions that are used to attain politically enforced targets [Ruby, 2002]. global use of violent behavior in real or just warning ensuing unsympathetic health effects ranging from loss of well being or security to injury, illness or health [Arnold, Ortenwell, Binbaum, Sunda and Anantharaman, 2003]. It effects and creates depressive psychological disorder, nervousness, heart ache reactions [Bleich, Gelkopf and Solomon, 2003]. Terror creates tension, posttraumatic stress disorder, anxiety, depression, regressive behavior, separation problems, difficulties in sleep [Wanda, 2004]. It badly affects girls in the shape of depression than boys [DiMaggios and Galea, 2008]. It also creates psychological poor health [Steel, Silovo, Phan and Bauman, 2009].

3. Problem Statement

Working women in Pakistan are very much frightened and upset because of unexpected suicide bomb attacks, assassinations, and intended armed robberies. Now- a-days it is very hard for working women to travel from home to workplace because of uncertain security situations. They feel insecure and their motivational working capabilities are weakening day by day as they suffer psychologically, socially, economically, ethically and religiously. Terrorist activities sabotage the working environment in this city. The ultimate effect of terrorism on the psychology of working women and damage her personality plus weaken her abilities.

4. Purpose of Research

The main aim of this research is to find out the problems faced by working women who are working in different capacities at different working places but facing the same fears and threats in today's insecure world. No matter whether they are executives in reputable organizations or worker at beauty parlor, maid at home, or street cleaner, factory worker or sales girls. Their contribution to develop the country is not negligible.

5. Objectives of the Study

The main objective of this research is to the make the working environment protected and safe and sound for every working woman no matter where they are working. The additional step must be taken by the organizations as to provide secure transportation facility. After that there is a need to fit hidden electronic cameras from street to organization not only at main gate or entrance but also inside the organizations. The next one is to appoint private security guards who must have commando training. The

other one is to provide safety training to every working woman where they can learn how to face uncertain situation but also can hit the one who can be dangerous or can catch the person who is suspicious.

6. Limitations of study

Few limitations must be considered when involves in this research study and that is only focused on working women whose age start from 20 to end at 40. Karachi is the selected area for study in which, Clifton, Gulshan-e- Iqbal, North Nazimabad, Malir, Suhraab Goth, are selected.

7. Research Methodology

Primary and secondary research methodology is used and sample is Karachi, which is selected in Sindh region in Pakistan. A schedule as open ended questionnaire of 10 questions were asked by 100 working women from different sectors like education, health, multinational organizations, NGO's, daily wage earners, working women in beauty parlors, tuition centers etc. this study is based on qualitative and quantative research and results are tabulated and analyzed with the help of statistics.

8. Findings

In this research study ten open ended questions were asked as a schedule. The respondents who are in 100 in numbers were interviewed face to face from working women in different sectors. As teachers from academic institutions especially school and colleges, doctors and nurses from health sector executives and administrators from public and private organizations/NGO's/daily wage earners/beauty parlors /tuitions centers. The focused research areas are Clifton, Gulshan-i-Iqbal, North Nazimabad, Malir and Suhraab Gouth. The focused age group range is 20 to 40.

Working women plays very important role in the economic development of the country. Working women are major supporters of their families as economic conditions becoming worst day by day. As terrorist activities hit Pakistan, it is very difficult for working women to contribute their potential for the economic development.

In Sindh, Karachi is the business hub where terrorist activities sabotage the working environment. Because of terrorism working women feel insecure that results many psychological problems in female such as blood pressure, depression, anxiety, insomnia, back ache, stomach ache, nervousness, heart ache, aggressive attitude, tension, post traumatic stress, mental disorder, regressive behavior, damage of organs, separation problems, allergy, sleeping disorder, feeling of fright, upset attitude, disorganization, insecurity and also deterioration in social relations. It is hard point that most of the working women are unable to get complete treatment to be healthy because of financial problems as doctor's fees high and medicines are expensive while in government sector hospitals medicines and doctors are not available and if doctors are available

then the patients are not properly treated.

The respondents inform that they are facing terrorism in the form of sudden suicide bomb attacks, sudden firing, robberies, snatching of cars, mobiles, money etc. these terrorism activities effects badly on the performance of the working women that is declining at work results decrease in the productivity of the organization that ultimately effects the economic conditions of the country. It causes economic turn down as well as investment and GDP of the county decline. Less investment means fewer jobs available in the market and that ultimately create stress. It also causes stress at work place that disturbs the overall working environment. Following table shows the Impact of Terrorism on the Psychology of Working Women in Sindh (Effects on Psychology that results ill health).

Table 1: Impact of Terrorism on the Psychology of Working Women in Sindh [Effects on Psychology that results ill health in Percentages

S. No	Effects on Mental Health results ill health	Percentage
1	Nervousness	2%
2	Tension	5%
3	Mental disorder	2%
4	Fright	10%
5	Insecurity	1%
6	Blood Pressure	5%
7	Depression	3%
8	Back Ache	10%
9	Stomach Ache	8%
10	Insomnia	5%
11	Heart Ache	1%
12	Aggressive Attitude	8%
13	Posttraumatic Stress	1%
14	Damage of Tissues	1%
15	Regressive Behavior	8%
16	Damage of Organ	3%
17	Separation Problems	5%
18	Allergy	5%
19	Sleep Problems	7%
20	Breathing Problems	5%
21	Disorganization	3%
22	Anxiety	2%

Source: Survey study

Survey Note: The above table shows the different diseases and its percentages of the suffering working women who mental health as deteriorate that effects their physical health badly. Working women now feel less motivated at work place that is the loss of not only economy but they are also facing financial problems as they are the major financial supporters of their families.

Table 2: Consequences of Terrorism on Working Women

S. No	Item	Percentage
1	Women Lost their job	6%
2	Women voluntarily left the Job	20%
3	Advised by doctor to Rest at home	18%
4	Mentally absent during work	13%
5	No dream for future, not sure about tomorrow	10%
6	Preparing to leave the Job	22%
7	weekly visiting physician/ Psychology doctor	11%
	Total	100%

Source: Survey study

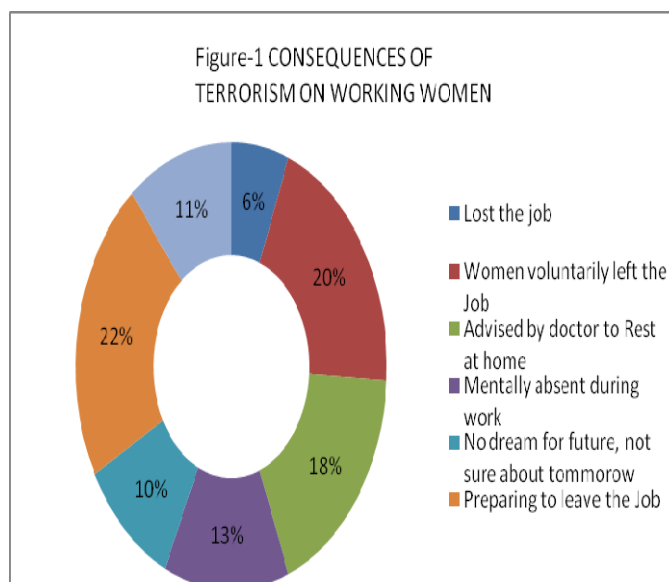


Figure 1: Consequences of Terrorism on Working Women

Source: Table-2 (Survey Study)

The above table-2 and pie chart show a very desperate situation and it is an alarming bell for the policy makers and governments. Out of the survey the women lost their jobs is 6%, though 20% women voluntarily left the jobs. Although 22% women came under survey have opined to prepare to leave the job with the advice of their doctors and 13% are not mentally present at the job. The 10% women show no hope for future and 20% prefer to be at home for rest. This study has brought very crucial state of affairs regarding working women and terrorist act in the city particularly and country generally.

9. Conclusion

Terrorism hit Pakistan destructively caused miserable death in different incidents. This has badly damaged the confidence of working women and the working women is now afraid of the situation and this has caused a blow to

the economic activities of women in Pakistan. The psychologically disturbed and economically damaged half portion of the society ultimately is not a favorable condition therefore, it is concluded that looking at the severity of problem the policy makers and powerful sections of society and governments must address this problem properly.

10. Recommendations

It is recommended that there is a need to make the working environment protected and safe and sound for every working woman no matter where they are working. The additional step must be taken by the organizations as to provide secure transportation facility. After that there is a need to fit hidden electronic cameras from street to organization not only at main gate or entrance but also inside the organizations. The next one is to appoint private security guards who must have commando training. The other one is to provide safety training to every working woman where they can learn how to face uncertain situation but also can hit the one who can be dangerous or can catch the person who is suspicious. Table talk would be fruitful to rectify grievances and negotiations must be fruitful. Effective dialogue is a need of time with political / religious parties and with superpowers and neighboring countries also. Try to bring investment in the country and start up new projects that generate employment opportunities in the country in different areas that can reduce disparity, hopelessness that leads reduction in terrorism activities.

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