

Impact of Terrorism on Psychological Well-Being of the People of Khyber Pakhtunkhwa

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Abstract

Pakistan has been facing this menace of terrorism since its inception. It has deteriorated each and every fabric of the society. This problem has become directly and indirectly reason for the current dismal situation of Pakistan. It has lasted its effect on Governance, and increased psychological fear within public. The study aimed to analyze the impacts of terrorism on psychological well-being. A sample of 300 respondents selected through multi-stage sampling from Khyber Pakhtunkhwa (KPK). The educational institutes were selected through simple random sampling students were taken according to the strength of these institutes through stratification and data was collected by convenient method. The analysis showed that the development of country was suffering a jolt by terror attacks. In the current study it was concluded that the nerves of people had become weak and the level of endurance had also become weak. The power of making decision and handling situation in people had destroyed they were unable to combat the serious situation of their daily life. It had increased anxiety, depression, stress, and uncertainty in society. People did not feel comfort and secure in society even in their homes. This study revealed that the cognitive functioning of people had shattered. They had become rigid and anxious in every situation of their daily routine of life.

Key words: Terrorism, psychological, fear, terrorists, depression

Introduction

Pakistan has been facing this menace of terrorism since its inception. It has deteriorated each and every fabric of the society. This problem has become directly and indirectly reason for the current dismal situation of Pakistan. It has lasted its effect on Governance, and increased psychological fear within public. Not only Pakistan but the whole world is also facing this problem. But its impact on Pakistan is more because Pakistan has been taking part directly in this war on terror to eliminate. The predicament situation of Pakistan is due to different factors which are fueling the terrorism. These factors are injustice and inequality of basic human rights, economic disparities between rich

and poor classes, political instability, misinterpretation of religious teaching, and other foreign hands and conspiracies from different countries. There is a group that has a vicious objective to deteriorate the real image of Islam through their baseless and misinterpretation of religious ideology especially on sectarian basis. They want to impose their ideology through dreadful and heinous attacks on common people. These attacks are lasting its fearful results on the mind of people. These attacks have affected the common life. People are psychologically impaired. Pakistan has become economically dependent on foreign countries because no country is willing to invest in Pakistan due to terrorism. Many businessmen are

transferring their capital to neighboring countries due to terrorism. Suicide has become a custom of the day. Due to these attacks, there is uncertainty everywhere. Terrorist have not any place left, Mosque, bazar, church, and common places are the easy targets to terrorist. They have blown these places without any hindrance.

After self-government, Pakistan has been facing many serious financial and defense problems for many years through which terrorism has not only deteriorated the financial position of the country Pakistan but also terrorism has created the hindrances in the way of the peace of the country. Recently this menace of extremism and radicalization has been changed into different dimensions and internal intimidations such as spiritual fanaticism, aggressiveness, dogmatic tremulousness, and different price rises. This problem of extremism was a thoughtful threat to the both domestic and the surrounding safety (Daraz, 2008) Terrorism means the use of force or violence against a person, groups or governments. Terrorism is not a modern activity. It has been going on in the world for a very long time. A terrorist organization usually works against the governments. Governments cannot give to notice to construct the nation and look after welfare of its people. They plant bombs and cause a great loss of public property of life. In the coming years the new clear, biological and chemical weapons may be used by the terrorist organizations. Some terrorist groups carry a meticulous attitude. The terrorists in Pakistan create violence commit, murder, plant bombs due to the following reasons. Terrorism activities are badly influenced the economic and political situation of Pakistan. The attack was also up till now another expression of an evil trend. Now a days terrorists use a new strategy to build a pressure on government and people of Pakistan. They start attacks on educational institutes. A horrible attack on APS

Peshawar and Bacha Khan university Charsada in Khyber Pakhtunkhwa (KPK), put a great pressure on the government of Pakistan. These types of attacks have psychology effects on the students, in attacks on educational institutes they killed youth of Pakistan. After these attacks Pakistan start a great aggression against terrorist agencies and make National action plan to destroy the terrorism and their components.

Currently in Pakistan, these major and vulnerable problems of the society like extremism and terrorism are damaging and influencing badly the social structure of the state (Khan, 2007). This rising aggressiveness has not only greater than earlier internal security anxiety and fear but also blotted the image of Pakistan in international domain. The militant rudiments have extended their tricks to exploit every sphere of the Pakistan so that no place and space left secured. After the attacks on world trade Centre, the decision by the Pakistani authorities to include in in War on terror as a front role alliance turned the whole state into serious and long-lasting deadly situation of terrorism. After the inclusion in war, Pakistan has been facing suicide attacks, bombing, militant attacks, extremism, sectarian conflicts, due to these problems the economic, political and social fabric of the society has been affected deadly. Eventually, Pakistan needed to review her strategy has to change its strategies to backup Jihadist establishments (Ammir, 2009).

When terrorist attacks are sufficiently deadly, costly, and persistent, an environment of trepidation and terror may pass through the society making virtually everyone feel at risk, which is the terrorist group's objective. Since the inception of Pakistan, it has been facing multifaceted problems of extremism and sectarian conflicts that not only spoiled the economic system of Pakistan but also that disturbed the inner and mutual

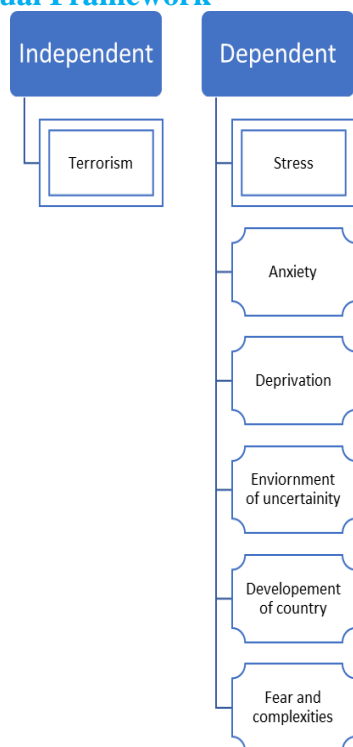
coordination of the state. So, these glitches have distorted the social environment into intimidations like, combativeness and partisan trembling, religious radicalism, and price hiking. Terrorism is a thoughtful threat to equally interior and exterior security of country through which it ultimately affects the socio-political and economic structure.

Objectives of the Study

The major objectives of this study are as under:

1. To study and find out psychological crises of terrorism in KPK society.
2. To prepare some recommendation to cope with this problem of terrorism by the investigative results of the study.

Conceptual Framework



Review of Literature

The definition which was defined by the US Department of defense, just few days before was that to create damage which was against the laws of the state or it was to spread fear meant to force the government or societies to achieve goals mostly political, religious or ideological as mentioned in (Zalman, 2010).The current

social and political situation of Pakistani people, which was acknowledged by America, was to create a negative impact in Pakistan and its doubtful interference at all levels in Pakistan due to fear and disruption of Terrorism. (Tarar&Rubina, 2010).The law enforcement agencies are at the top of the list of suicide bombers who are from other religious sects. The trend of suicide bombing was growing fast in all over the world. (Yousafzai & Siddiqui, 2007) The psychological effects of terrorism are not narrow in that method when and where people contemplate throughout bouts somewhat than terror and anxiety of taking terror occurrences tremendously incapacity in footings of mental working (Tamir, & Litz, 2005), which had been discovered by many investigators in terms of mental distortions particularly due to terrorism that led to nervousness complaints (Beck, 1976, Clark, 1986,; Sinclair & LoCicero, 2006). The psychological effects of terrorism are not narrow in that method when and where people contemplate throughout bouts somewhat than terror and anxiety of taking terror occurrences tremendously incapacity in footings of mental working (Tamir, & Litz, 2005), which had been discovered by many investigators in terms of mental distortions particularly due to terrorism that led to nervousness complaints (Beck, 1976, Clark, 1986; Sinclair & LoCicero, 2006).

Terror attacks strongly affect the mental health of a person .it was harmful for human mental health in a way that mind gets very disorder condition. Especially suicide bomb attacks hit the mind level which results in psychological disorder and mental health problems also cause emotional disturbance. (Malik, Hadsan, and Perveen (2010)

After attacks in United States there was a fear in people's mind that the world was going to change forever. And also, it confused the mind of people that they are going to live with the same terror

conditions in future also. And there would be a clash among civilizations which could make a great tension between people. (Huntington, 1993),The fear among people was not understood completely which was a hell like condition and it all depend on the ability of state's institutions, media, and political staffs to make it clear the threat of terrorism and also make sure that the people are well aware about the threats of terrorism. It was expected of the terrorist campaigns to have a huge psychological effect on a large portion of the affected society. That happens either directly, by harming a person or their family, or indirectly through ample media coverage. (Bleich et al. 2003).Terrorism was a form of psychological war were against a society. So, the greater in number the terrorist attacks were, the more they were lethal and so more people were affected by them. (Martha Crenshaw, 1983)

Research Methodology

The research was designed to cover all aspect of variables to generalizes the **Data Analysis**

Uni-variative Analysis

concluded results from that population. Educated youth of all higher educational institutes was selected as universe from educational institutes of different district of KPK. The study was focused on Impact of Terrorism. A sample of 300 students was drawn through the multi stage sampling, and convenient sampling technique. All these respondents were selected by convenient sampling from higher education institutions of KPK Researchers used this sampling because there were many colleges, and public and private universities in KPK. It was difficult to take sample from all colleges, public and private universities in Districts of KPK. For this purpose, simple random sampling was used. To get response of respondents a questionnaire was constructed and different items were selected from the Terrorism Impact Scale (TIS) constructed. It was consisted on 30 items. After this according to the suggestions of supervisor and respondents' unnecessary items and vague words were replaced by simple and easy ones.

Table No.1
Nerves of the people have been shattered

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	158	52.7	52.7	52.7
Agree to some extent	131	43.7	43.7	96.3
Strongly Disagree	11	3.7	3.7	100.0
Total	300	100.0	100.0	

The above table depicts that 52.7 percent of the respondents had viewed that their nerves are affected by the terrorism. 43.7 percent of the subjects, which were asked, had agreed in their view point to the statement that their nerves had been affected due to terrorist attacks in the province only 3.7 percent of the respondent had view that there were not impact of terrorism on their nerves.

Table No. 2
There is uncertainty in everywhere in society due to fear of attacks

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	250	83.3	83.3	83.3
Agree to some extent	47	15.7	15.7	99.0
Disagree to some extent	3	1.0	1.0	100.0
Total	300	100.0	100.0	

The given table presented the respondents which had opinion about the uncertainty in society due to terrorist attacks in KPK. 83.3 percent of the subjects, to whom it was asked that if there was any uncertainty due to terrorism, had responded positive, respond. Similarly, 15.7 percent of them were agreed with the account “There is uncertainty in everywhere in society due to fear of attacks”. And only 1.0 percent of them were disagreed to some extent with the question which was asked

Table No. 3
People are becoming anxious for losing their loved

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	242	80.7	80.7	80.7
Agree to some extent	47	15.7	15.7	96.3
Disagree to some extent	3	1.0	1.0	97.3
Strongly Disagree	8	2.7	2.7	100.0
Total	300	100.0	100.0	

Table presents the respondents opinion about the anxiety among people for losing their beloved ones. It is shown in this table at 80.7 percentage of the subjects to whom question was asked answered in favor of the statement, 15.7 percent from 100 percent of the respondents were agree to some level of degree to the question which was asked “People are becoming anxious for losing their loved” 1.0 percent of them were disagreed to some extent, and the rest of those respondent having percentage of 2.7 were viewed strongly disagreed with this statement.

Table No. 4
Cognitive functioning of the people is deteriorating

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	178	59.3	59.3	59.3
Agree to some extent	104	34.7	34.7	94.0
Disagree to some extent	11	3.7	3.7	97.7
Strongly Disagree	7	2.3	2.3	100.0
Total	300	100.0	100.0	

The above table indicates that the 59.3 percent of the respondents were answered in powerfully go along with the question which was asked that mental and intellectual performance of the people has been deteriorated because of terrorism”. Similarly, 34.7 out of each hundred were come to term with to some level, 3.7 percent were disagreed to some extent, whereas 2.3 percent were strongly disagreed.

Table No. 5
Rigidity in the society is increasing

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	194	64.7	64.7	64.7
Agree to some extent	68	22.7	22.7	87.3
Disagree to some extent	23	7.7	7.7	95.0
Strongly Disagree	15	5.0	5.0	100.0
Total	300	100.0	100.0	

In above table it is revealed that about ratio of 64.7 from the subjects of the study were having opinion that they were considered that rigidity has been increasing due to war on terror or terrorists attack in the society. While, 27.7 of the total percentage of respondents

were likely to agree to some degree to what that was asked. Similarly, 5.0 percent were not having opinion that rigidity in the society is increasing

Table No. 6
Decrease in tolerance level

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	154	51.3	51.3	51.3
Agree to some extent	92	30.7	30.7	82.0
Disagree to some extent	24	8.0	8.0	90.0
Strongly Disagree	30	10.0	10.0	100.0
Total	300	100.0	100.0	

Table presents the respondents perception about the dearth of tolerance in society about half i.e. 51.3 from total percentage had viewed in strongly favor of the answer which was asked, 30.7 percent of them were agreed to some extent with the statement “Decrease in tolerance level.” 8.1 percent of them were disagreed to some extent, and other 10.1 percent of them were strongly disagreed.

Table No. 7
Negative effects on daily routine life

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	204	68.0	68.0	68.0
Agree to some extent	81	27.0	27.0	95.0
Disagree to some extent	3	1.0	1.0	96.0
Strongly Disagree	12	4.0	4.0	100.0
Total	300	100.0	100.0	

This table is indicating that the 68.0 percent respondents strongly agreed the question which was asked that “Negative effects on daily routine life” 27.0 percent respondents agreed to some extent, 1.0 percent respondents were disagreed to some extent; only 4.0 percent respondents strongly disagreed.

Table No. 8
Our future generation is at risk

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	228	76.0	76.0	76.0
Agree to some extent	49	16.3	16.3	92.3
Disagree to some extent	8	2.7	2.7	95.0
Strongly Disagree	15	5.0	5.0	100.0
Total	300	100.0	100.0	

The above table shows that out of 300 respondents the 76.0 from total percentage had observed in strongly indulgence of the answer which was asked, and 16.3 percent were agreed to some level of degree to the question that our future generation is at risk. While only the 2.7 percent were disagreed to some extent, and 5.0 percent were strongly disagreed.

Table No. 9
People are being deprived of their loved one

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	223	74.3	74.3	74.3

Agree to some extent	57	19.0	19.0	93.3
Disagree to some extent	8	2.7	2.7	96.0
Strongly Disagree	12	4.0	4.0	100.0
Total	300	100.0	100.0	

The above table presents the respondents perception about the deprivation of people of their beloved due to terrorist attacks. 74.3 percent was in favor of the question that had asked. Moreover, 19.0 percent of them were settled to some degree to the question which was asked that due to terrorism and extremism, people had been deprived of from their loved ones. Only 2.7 percent of them were disagreed to some extent, while 4.0 percent were strongly disagreed to this notion.

Table No. 10
Increased suicidal trends in the society

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	146	48.7	48.7	48.7
Agree to some extent	93	31.0	31.0	79.7
Disagree to some extent	29	9.7	9.7	89.3
Strongly Disagree	32	10.7	10.7	100.0
Total	300	100.0	100.0	

The above table shows that out of 300 respondents the 48.7 percentage of the total defendants were strappingly contracted, whereas the respondent having 31.0 percent were agreed to some extent the question which was asked “Increased suicidal trends in the society”. While only the 9.7 percent were disagreed to some extent, and some with 10.7 percent were strongly disagreed.

Table No. 11
Death anxiety is increasing in personal

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	208	69.3	69.3	69.3
Agree to some extent	80	26.7	26.7	96.0
Disagree to some extent	4	1.3	1.3	97.3
Strongly Disagree	8	2.7	2.7	100.0
Total	300	100.0	100.0	

The above table indicated that out of 300 respondent’s 69.3 percent were strongly agreed the question which was asked that “Death anxiety is increasing in personal” 26.7 per hundred were settled to certain point, only 1.3 percentage from respondents were disapproving that fact to several point, and 2.7 percent were strongly disagreed.

Table No. 12
Public is limited in all domains of life

Responses	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	213	71.0	71.0	71.0
Agree to some extent	79	26.3	26.3	97.3
Disagree to some extent	8	2.7	2.7	100.0
Total	300	100.0	100.0	

The above table indicated that the 71.0 percent respondents were strongly agreed the question which was asked that public is limited in all domains of life doing to extremism. Similarly, 26.3 percent were agreed to some degree, 2.7 percent were disagreed to particular extent.

Bi -variative analysis:

Hypothesis Testing

H1: There is no impact of terrorism on psychological well-being of the people of KPK

Ha: There is impact of terrorism on psychological well-being of the people of KPK

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Total	300	37.96	9.07984	.52422

One-Sample Test

t	Sig. (2-tailed)	Test Value
-51.57	.000	65

The calculated mean of 300 respondents regarding terrorism was 37.96 whereas the standard mean is 65 the value of t value is -51.57 that indicates that the calculated mean is less than that of standard mean while the value of sig. 0.000 shows that there is significant difference in between standard and calculated mean when the coding was done in a way that the responses of strongly agree and agree were on the first two numbers so here the negative value of t statistics is indicating that terrorism has intensive affected the people's lives.

Results and Discussion

In recent study it was also found that the development projects of country suffer a jolt due to uncertain condition in the country. Slight less than a partial i.e. 48.7 percentage of the plaintiffs was sturdily recommended the point and 31.0 percent of them were agreed that the suicidal tendency is increasing due to terror in country. During study the people's opinion about it was that the foreign companies are not interested to work in Pakistan especially in KPK. That has become a herculean task for Government to provide security to foreign workers. So the all developmental projects affected badly.

The terrorism has its adverse effects on different aspects of social and personal life of the people. In the current study it was concluded that the nerves of people have

become weak and the level of endurance has become weak. The power of making decision and handling situation in people had destroyed they are unable to combat the serious situation of their daily life. Most of the attacks have religious incentive behind them so the reputation of Islam in all over the world is diminishing. In this study it was also concluded that reputation of Islam has fallen in all over the world.

By ignoring the fast-growing terrorist's attacks. There are very less psychological factors which results in short- and long-term terrorists' activities and other security issues. There are many other factors which results terrorism in the state which was mostly to ruin the economy and to create tension among the people of the state. e.g. civil wars. (Shalev, 1992) Where terrorism has affected the social and economic life of the people it has also adverse effect on the personal life of the people. It has given fire to anxiety depression stress and uncertainty in society. People do not feel comfort and secure in society even in their homes. This study reveals that the cognitive functioning of people has shattered. They have become rigid and anxious in every situation of their daily routine of life. As the study concluded that More than half 74.0 per hundred of plaintiffs were powerfully granted the statement that "Mental and psychological problems in the society". So

people are being affected by that horrible condition.

And they have become anxious as it was studied that Death and anxiety is prevailing everywhere that opinion was supported by the majority of respondents i.e. 69.3 so it can be said that people are very disappointed and in stress due to the fear and terror environment. As in early studies it was found that “The psychological impacts of terrorism are not limited to the way people during attacks rather fear for having terror outbreaks happening forthcoming extremely incapacity in terms of mental and emotional working (Somer, Tamir, & Litz, 2005) That was also studied that A major portion of respondents that was 83.3 percent were acknowledged with the statement that there was uncertainty in everywhere in society due to fear of attacks. The other personal factor which has become very common in the society that is unrest. Every individual of society was in the condition of unrest as it was studied during current research almost 64.7 percent of respondents had strongly viewed that due to terrorism the rigidity and unrest is increasing day by day due to prolonged attacks in the country.

The children and families of US are greatly affected by the 1993 and September 11. They had severely got conditions like mass trauma which was mentally distress condition. These things are mentioned by the reporters from US. (Pfefferbaum, Devoe, Stuber, Schiff, Klein, and Fairbrother 2005). In this study researcher also find out that the large portion of respondents were in the favor of the statement that “People are becoming anxious for losing their loved”.

In this study it was revealed that the people of KPK are worried about the future of their coming generation as it was calculated almost a big bulk of the subjects to whom statements were asked that was approximately 76.0 percent and they remained strongly approved the statement,

16.3 were agreed that the future of generation is at the risk.

Atrocious Fanatic and extremist outbreaks were for triggering psychologically and cognitive disturbing states that were vulnerably damaged the human mental fitness and conceptual power. Early inhabitants, extremist attacks could impact many countless mental health symptoms which directly lead to psychological disorders. As a result of the attacks, thousands of children now face growing up without a father or a mother. Due to prevailing insecure situation people of D.I.Khan are horrified as it is studied that the large portion of respondents were in the favor of the statement that “the people are being deprived of their loved ones. And it was also obtained that Death and anxiety is prevailing everywhere that opinion was supported by the majority of respondents i.e. 69.3 so it can be said that people are very disappointed and in stress due to the fear and terror environment.

Suggestions

Islamic Republic of Pakistan is a democratic state. Beyond the lumping democracy, our parliamentarians should believe on the concept of life after death. All the wealth and properties remained here on the earth and we all will be under the earth. Each member National or Provincial Assembly is accountable before Almighty Allah for his ignorance from his constituency. He himself is accountable before his voter on any violence in his jurisdiction. Parliamentarian should spend his full fidelity towards development of his vicinity, progress of his electorate. Legally he should be liable on any incident occurred in his community. In the way to arranging healthy activities, seminars, functions, entertainment or refreshment programmers, he can change the mindset of the peoples. He should never be protecting or shelter such culprits' elements. He should prove himself the existent custodian of his constituency. In this way he can attain the tribute from his

voters and can reserve his seat for next turn. He should discourage the terrorism, sectarianism and corruption in his environs. A genuine politician observes the pulse of his voters. Being a local inhabitant, he should well aware about the consciousness of his peoples. The parliamentarian can change the approach of disregarded by using the tool like reduction in their unemployment, illiteracy and poverty through the power delegated by democratic government.

Religious intellectuals are legatees of the Prophet and the sentinel of their religious doctrine. They are the ones who do not move away from the legitimacy, embracing lairs and ignorant interpretations. They can play a major role in annihilation of terrorism. In their addresses, preaching and Juma (Friday) Prayers they can orate on peace as main meanings of Islam and against extremism. In their school of thoughts and MADARAS, there should be a syllabus that provides study material to form the basis of educational programs and campaigns against religious extremism and radicalization, and for the promotion of peace. They can suggest the government to implement a mandatory 'anti-radicalization' sector to the national curriculum. Lessons on "peace", "counter-terrorism" and "de-radicalization" should be made part of the national curriculum in state schools. "It is essential to teach people of all ages and faiths that terrorism is a violation of Islamic principles". Their dialogues should be on the teachings of the Prophet Muhammad 'based on love and tolerance and coexistence and togetherness', in order to dismantle what considers the flawed ideology of terror groups. The Muslim scholars should affirm a jihad (holy war) in contradiction of terrorism as extremists and fanatics have unchecked a authority of terror that encounters the rudimentary tenets of Islam, which propagates and endorses peace and accord. Jihad is a positive action

envisioned to root out ills from society. Murder of innocents can certainly not be accepted as an act of Jihad. It is a problem of great apprehension that terrorists are pledging ruthless killings in the name of Islam. They should characterize the real expression of Islam. So, it is compulsory upon Muslims, researchers, scholar and clerics to preach and propagate the actual message of Islam and overthrow the designs of zealots who are out to damaging Islam. The terrorists are aggressive the girl's educational organization and the instance of Malala Yousif Zai is factual indication. Islam does not stop women from acquiring education and by attacking Malala the terrorists have crossed the restrictions of Islam.

A nonviolent and well-off Pakistan demands an incessant democratic course. To get rid of radicalism and terrorism is the political question now a day. It can be eradicated by a unceasing political process and appropriate lawmaking. Civilian society cannot carry any political amendment but it can work as a pressure group. Unluckily, most of the civil society associates do not trust in the political progression. There will be found almost half of the civil society members are in contrast to the political parties, which came into control after a owed political process. This viewpoint indirectly helped the non-democratic forces such as the military establishment. On every occasion any political process starts; non-democratic forces jerk the democracy by creating impediments in the plane running of the democratic process due to its entrusted benefits. These forces often drift the inkling of new political revelry whose leadership will be truthful, dependable and standing. As a Pakistani, we are always in panic and want abrupt solutions for our glitches, which are not conceivable. Pakistani broadcasting section and its crony highbrows are always in search of a hero, who will free the state immediately (commonly known as within 90 days), but

in this democratic age, inappropriately, one man cannot bring any change. To bring any considerable change in a society, which became a swamp, is a slow process. It is calamitous essential and responsibility of the state and armed forces to step up mutually to confront with terrorists in deterrent way so that the fear and terror in minds of people can be heeled psychologically. Both organs of the state should formulate strategy in the way that would all concern about the people's protection and that policy should be implemented without any foreign indulgence. Because, it is dire need for Pakistan to maintain its stringent policy because Pakistan is aloof due to extremism and terrorism.

In recent past, Pakistan has been going through a very critical situation. After the APS and Charsada University attacks, Pakistan is reviewing its policy against terrorism. These attacks have jolted the society and lasted its predicament impact on daily life; especially school going children and their parents. After APS attack, civilian government and Armed services have become on same page to get rid of from this cancer. A policy was started in Musharraf's era which was dubbed as a 3D policy to eradicate the terrorism. 3D policy was based on development, deterrent, and dialogue. Firstly, dialogue policy was implemented and besides this the development strategies were on the road. Unfortunately, the policy of dialogue was not as successful as it was to be considered. Terrorists had violated the rules and other foreign powers were not willing to make that successful and eventually they sabotaged the peace process through dialogue. At one time there was dialogue process was going on and on the other side, terrorists were busing in bombing the public. So, this policy of dialogue failed due to many factors. Government of Pakistan tried its level best to accomplish peace process through dialogue but each and every effort

went in vain. After the attack on APS, government and armed forces didn't take the sigh of relief and decided to implement the other element of 3D policy which was deterrent. Now there was on good Taliban and bad Taliban. Same policy was implemented against every militant. Deterrent policy was the last solution for the eradication of terrorism. Due to deterrent policy about 4000 terrorists have been killed and their ammunition has been destroyed. Due to operation, Zarb E Azb, the terrorists have become weakened. Besides this operation, government and army have not abolished the development policy. Beside other policy, development has also been continued. In development, many schools, road, hospital, and other infrastructure have been established to facilitate those people because poverty of those people was also responsible to compel them to start fight against government due to deprivation. So, it was direly need to start a stringent policy against the culprits and this policy and operation should be continued till the last terrorist.

It is direly need to implement National Action Plan as it has been decided. Federal government and provincial government should cooperate with each other and with armed forces to implement the plan. Government should support Pakistan army in financial necessities. Meeting should be convened after each month to overview the plan and its complications. Similarly, intelligence sharing among all intelligence institutions should be shared properly. Beside it, as it has been discussed above that terrorism has lasted its badly impact on people's psyche and social life in the face of uncertainty, fear, anxiety, and tensions. To get rid of this drastic impact, arrangement should be made to rehabilitate the effected people. Lectures should be delivered to increase the motivation against the terrorism.

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