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Impacts of terrorism on Legal, Medical and Educational Practitioners: A Qualitative Study in Quetta City of Balochistan

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Abstract: *Terrorism is a global concern, and Pakistan is among the countries most severely affected by it. Balochistan, in particular, has been grappling with terrorism for many years. Numerous individuals have lost their lives or sustained injuries in suicide bombings and other attacks across the province. The pervasive atmosphere of fear in Balochistan has had a profound impact on the psychological well-being of its residents. The aim of the study is to determine the impact of terrorism on the psychology of working women in Quetta city. For this purpose the data was collected through questioner. The subjects were 14 female lawyers, 30 teachers and 23 doctors from Quetta city. The results indicated a significant impact of terrorist activities on working them. Some had already left their jobs, while others were contemplating doing so. Many female professionals, including lawyers, teachers, and doctors, reported experiencing issues such as nervousness, tension, depression, insomnia, allergies, stomach aches, backaches, and anxiety.*

Keywords: Baluchistan Terrorism, Psychological Impacts, Pakistan, Terrorism, Female working class

Introduction

Terrorism is derived from the Latin word Terror which means horror. Bomb blasts, suicide terror firing at innocent, harassment by any means, and killing masses for no reason are called terrorism (Ruby,2003).Terrorism can take many forms, including bombings, assassinations, hijackings, or cyberattacks, and it often seeks to provoke a strong emotional and political response. It is widely condemned and considered illegal under international law (Mishra, 2004). Aggressive activities made by labor organizations in the 1800s and early 1900s were also termed as terrorism that originated from the French Revolution (Gutteridge,1987). The term terrorism was started to use for prejudiced groups After World War II.Mankind's universal enemy is terrorism. (Fry, 2002). Against terrorism, no effort is made by international society so there is an increase in the number of attacks by terrorists. And after 9/11 these attacks are increasing all over the world. But why it is difficult to defeat terrorism in international society? People are unable to understand the difference between martyrs of Palestine and common terrorists. Are off-duty soldiers and police are not terrorist terrorists. The progression of counter-terrorism had affected by these differences (Wang & Zhuang, 2017).

In Pakistan, the Anti-Terrorism Act of 1997 was enacted in response to rising terrorism and sectarian violence. It grants broad powers to law enforcement and has established Anti-Terrorism Courts (ATCs) to expedite cases. However, critics have raised concerns about potential human rights abuses and the misuse of the law for political purposes

The Anti-Terrorism Act (ATA) of 1997 in Pakistan was introduced to address the escalating issues of terrorism, sectarian violence, and organized crime. One of its primary objectives is to prevent and combat terrorism, including acts of bombings, assassinations, and sectarian violence, which threaten national security and public safety. To ensure the swift and effective prosecution of terrorism-related cases, the act established Anti-Terrorism Courts (ATCs), designed to expedite trials and minimize delays in justice. Additionally, the ATA imposes severe penalties, including life imprisonment and the death penalty, to deter individuals from engaging in terrorism or other serious offenses. The act also empowers law enforcement agencies with extensive powers to arrest, detain, and investigate suspected terrorists, granting them greater flexibility to act without warrants in certain situations. Moreover, the ATA targets the financial networks that support terrorism by freezing assets and taking legal action against those involved in funding or aiding terrorist activities. Its broader goal is to safeguard national security, maintain public order, and suppress organized crime such as kidnapping for ransom and extortion, ultimately seeking to stabilize the country in the face of rising extremist violence.

Despite the Anti-Terrorism Law, Pakistan has faced several terrorist attacks. The economic growth of the nation depends on the help and aid from the outside world. Due to terrorist attacks and subside bombings all over insecurity in that situation no one wants to invest in Pakistan (Pakistan Press Review, 2010, p.21). Similarly, Balochistan is also facing the problem of terrorism. Table 1 to Table 5 shows Suicide incidents in Balochistan from 2014 to 2018: fig no 1 shows the total incidents from 2013 to 2018. Similarly fig no 2 is the number of killings.

Table 1: Suicide incidents in Balochistan 2018

S.N.	Date	Site	People killed	People Injured
1	2 January	Baleli/ Quetta	2	12
2	9 January	GPO Chowk / Zarghoon road / Quetta	8	16
3	28 February	Nosahar / Quetta	5	7
4	9 April	Belili / Quetta	1	5
5	24 April	Airport Road / Quetta	8	9
6	April	Mian Gundi / Quetta	5	6
Total			29	55

Source: portal of south Asia terrorism

Table 2:Suicide incidents in Balochistan 2017

S.N.	Date	Site	killed	Injured
1	12 May	Mastung town / Mastung District	28	40
2	23 June	Gulistan Road / Quetta	14	20
3	10 July	Chaman / Qilla Abdullah District	4	10
4	12 August	Pishin bus stop / Quetta	16	40
5	17 December	Bethel Memorial Methodist Church / Quetta	11	56
Total			**73**	**166**

Source: portal of south Asia terrorism

Table 3:Suicide Attacks in Balochistan from 2016

S.N.	Date	Site	killed	Injured
1	13January	Satellite Town / Quetta	16	25
2	29January	Cantt area / Zhob District	0	7
3	3February	Giddir / Kalat District	3	0
4	6 February	Multan Chowk / Quetta / Balochistan	13	38
5	8 August	Civil Hospital / Quetta	75	100
6	24 October	New Sariab PTC / Quetta	64	164
7	12November	Shah Norani / Khuzdar District	53	100+
Total			244	434

Table 4: Suicide Attacks in Balochistan 2015

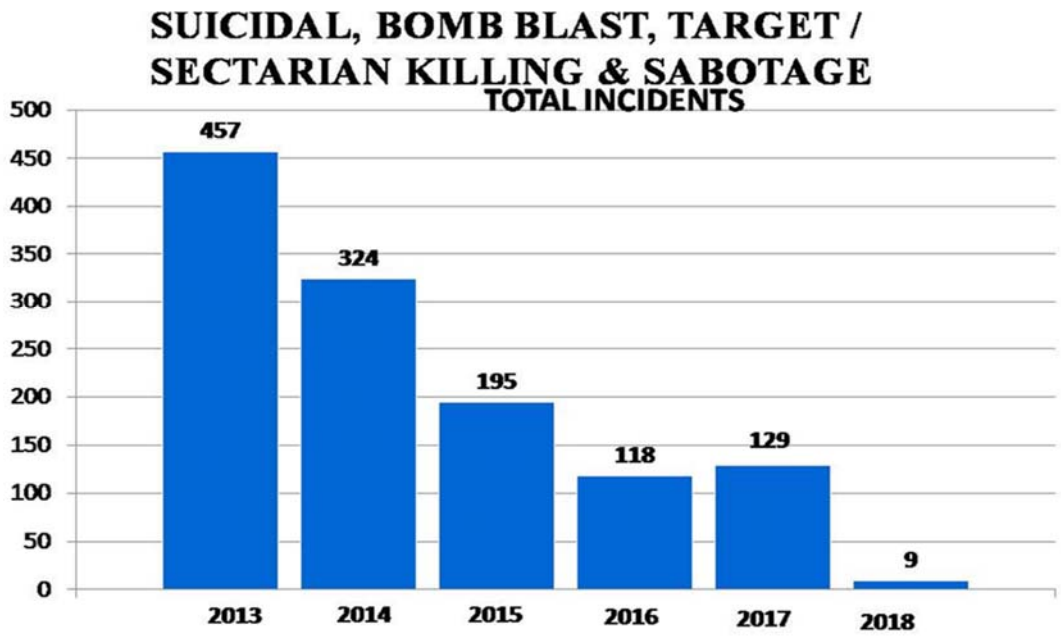
S.N.	Date	Site	killed	Injured
1	1January	Akhtarabad / Quetta	4	30
2	4 October	Hazara Town / Quetta	5	12
3	23 October	Meckangi Road / Quetta	1	22
4	28 December	Ismailzai / Zhob District	2	0
Total			12	63

Table 5: Suicide Attacks in Balochistan 2014

S.N.	Date	Site	People killed	People Injured
1	17 July	Brewery road / Quetta	2	0
Total			2	0

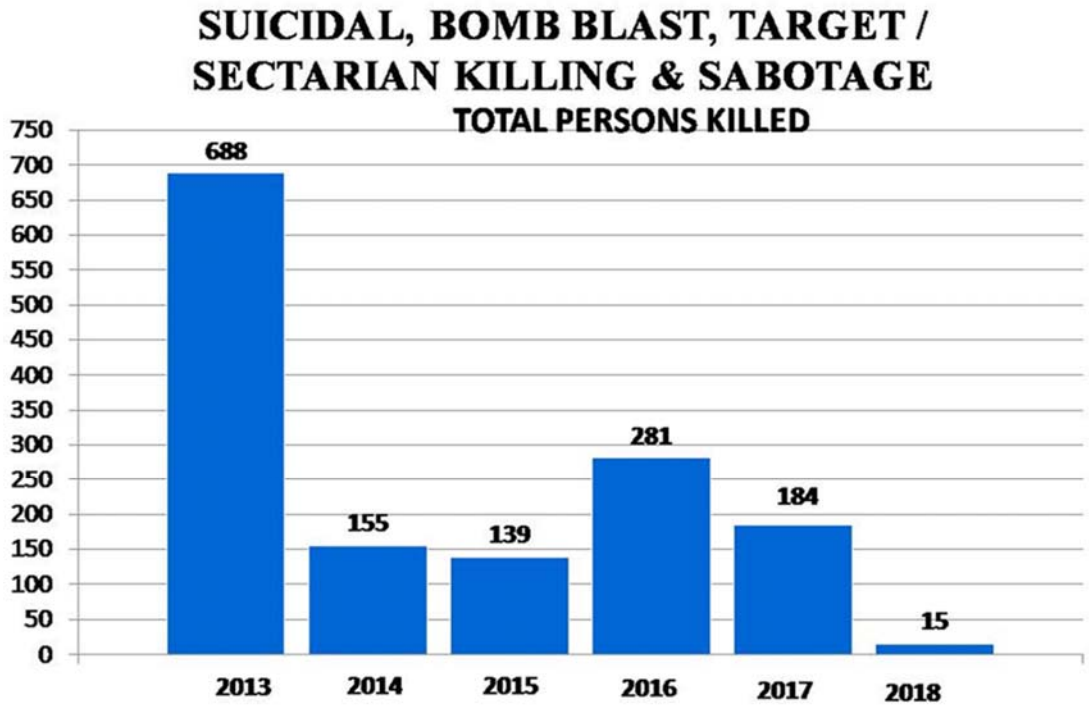
Source; south Asia terrorism portal

Fig 1: Total terrorist incidents in Balochistan from 2013 to 2018



Source: Balochistan police government of Balochistan

Fig no 2: Total person killed in terrorist incidents in Balochistan form 2013to 2018.



Source: Balochistan police government of Balochistan.

Literature review

Terror is the aim of terrorism (Sandman & Lanard, 2003). Work tension has a pessimistic impact on the psychological and corporeal fitness of the personnel (Cooper & Marshall, 1976). The feeling of nervousness and restlessness at the job can be in the shape of dysphoria (Olff et al, 2009). The name fear is described as sadistic world-shattering events.A brutal society needs biased profits via terrorism at the same time as Long 1990 said that features of terrorism existed in this era,admitted that Pakistan and Afghanistan are not in a situation to support any terrorist activity. (Kurtz, 1987).

Terrorism is a form of aggressive rebelliousness (Sondhi, 2000). Terrorism is planned and designed actions that are used to attain politically enforced targets (Ruby,2002).

Terrorism is a fact of this epoch. This expression is derived from the Latin word Terror which means horror (Mishra, 2004). According to Mishra, current terrorism originated from the French Revolution. This term was considered an aggressive activity made by labor organizations in the 1800s and early 1900s (Gutteridge,1987)

Terrorism is a global problem. Its impact is terrible not only on the economy and environment of a nation but also on the psychology of the people. Different studies have investigated the effect of terrorism on the psychology of human beings. A study used qualitative research and find out the social, economic, and psychological effects of terrorism Results showed that even after many years. Most of the participants have experienced frequent stress-related psychological symptoms, such as sadness, depression, anxiety, irritability, low concentration, fear, and memories of events. (Hussain et al, 2016).Meta-analysis showed that the intensity of psychological symptoms reported was the same in Israeli and America after the terrorist attacks and those who were also affected which were not directly exposed to blasts. (Waxman,2011).The impact of terrorism is very bad on the psychology of working women. A study was conducted on this issue. Primary and secondary research methodology was used in Karachi, Sindh province of Pakistan. Results showed that all working women are facing different types of psychological disorders such as anxiety, depression, insecurity, etc. Terrorism badly affected their working ability and efficiency (Ahmed & Zebl, 2013).Another study was conducted in which the Prevalence of psychiatric disorders was seen after attacks were studied. Depression has a prevalence of 8 to 10% is present within the local population. The highest number of individuals 39% were involved in anxiety disorder after facing the terrorist attack; there were also alcohol or drug use in the national population up to 38%. There was also an increase in Psychiatric medication, alcohol abuse, nicotine, and marijuana (Ioana,2015). In another study participants of the study was reported different problems including hearing problems (51%), cosmetic impairment (33%), and PTSD (31%). Results showed that the PTSD was more in women. The high rate of PTSD after a terrorist attack showed that there was a need for measures to avoid the impact and results of terrorism. For children and their families, the terrorist incidents had a great impact. the effects of terrorism were discussed in recent literature. violent imaging of terrorist attacks on media is indirectly affecting the psychology of children and women. they are facing anxiety and fear (Fremont, 2005).

The mental health of adults and children is greatly affected after 9/11 and Pan is Flight 103 Oklahoma. Sadness reaction, post traumicstress, anxiety, and depression were reportedly increased among children and adults. a study revealed that out of 512 people 84 were directly and 191 were indirectly exposed to terriorism.that make 48 respondents were patients with PTSD,one patient with acute stress and 84 complained of depression (Bleich et al, 2003).

In another study Vietnamese people who faced three terrorist events were affected by mental illness even after 10 years.(Steel, Silove, Phan & Bauman ,2009).

Meta-analysis showed that PSTD prevailed from 12 to 16 % in the population affected by terrorism(DiMaggio ,& Galea,2008).

A survey was conducted on 4,023 people results showed in girls' ratio of PTSD was 6.3% and in boys 3.7% ,depression faced by boys was 7.4% and 13.9% in girls. in 8.2% boys and 6.2% girls. Substance Abuse Disorder prevailed (Kilpatrick et al 2003).

In a study by Wanda, anxiety, depression, regressive behaviors, PTSD, stress, separation problems, and sleep difficulties greatly affected the children due to terrorism but the psychological effects on children and adults differ from event to event (Wanda F.,2004).

In another study, it was discussed that Pakistan is a greater victim of terrorism which affects the people mentally as well. However, there were not any studies and research that how to reduce the psychological effect of terrorism. There were not any health professionals in disaster psycatery (Gadit,2009).

Nasim et al (2014) conducted their study on the students of Dow Medical College to assert the effect of terrorism on their psychiatric morbidity 1036 students were taken as subjects. Their age was from 20-to 30 years 907 were female participants study indicated that 79% were mentally affected. The impact of terrorism on physical, social, and mental health was 40(3.9%), 178(17.2%) and 818 (79%) respectively. There was an association of terrorism in 980 (84.6%) respondents with psychiatric morbidity. The significant risk factors were age, gender, physical, mental, and social health, and the desire to live in Pakistan.

A study showed that depression and PSTD were related to emotional reactivity (Chemtob et al,2010). Another study showed that terrorism had short-term as well as long-term effect.42% were short-term effects while 35 % were long long-term effected (Dolberg et al,2010).Similarly, another study discusses that after the 9/11 attack, there was an increase in psychological problems in adults (Ghafori et al.2009).

This study was about how terrorism had effect on teachers.the pre traumatic stress, post traumatic stress and behavioral changes were present among teachers. (Felix et al.,2010).

The brutal terrorist attack affects the world physically and mentally (asik,2017).

Karnik and Kanekar (2014) discussed that terrorism badly affects the psychological health of humans. People who faced terrorist attacks directly witnessed that incidence experienced both kinds of trauma short-term and long-term effects. Victoms survivors or witnesses of those incidents suffered from post-disaster mental disorders that led to mental distress. These types of patients need appropriate mental health care. Traumatic distress that creates psychological disorders must be treated with first aid care and counseling. Patients must follow up advices. Social support helped the people post traumatic stress disorder cope with this stress. It was concluded that terrorism creates depression, anxiety, and fear among people. It was suggested in the study to help and support victims by giving them timely medical care.

The object of this study was to examine the acute stress reactions after the terrorist attack of 9/11 over the period of 3 years. 53% of the increase of cardiovascular ailment was noted. Post-traumatic disorder (PTSD) developed from heart rate and severe stress.

The sample of the study was 52.2% female, married 61.3%, white 80%, and Hispanic 10.6%, cardiovascular ailment increased from 21.5% to 30.5%. This is the first study to demonstrate that an increased rate of cardiovascular ailment was reported in most people who did not have pre-existing disease. The result of this study shows the relationship between acute stress and serious health problems. Acute stress increases cardiovascular ailments in a national sample of individuals. (Holman et al, 2008)

Object of Study

This study mainly aims to explore the impact of terrorism on female advocates, doctors, and teachers from the perspectives of officials connected with respective institutions of Quetta City Balochistan Pakistan. The study also intended to explore job status-based differences regarding experienced psychological issues and problems among female teachers, layers, and doctors.

Limitation of the Study:

The limitation of the study was that it only focused on working women in the education, health, and law departments. The age range was from 20 to 60years. Data was collected only from Quetta city. For data collection Sardar Bahadur Khan University from the education sector, civil hospital from health, and female lawyers only were approached.

Significance of the Study

The study is built on the hypothesis that the most female community in the city of Quetta Balochitan is being affected by terrorism. This study is significant mainly because, this is the first-ever research conducted to know the impact of terrorism on working women from legal, education, and health institutes of Quetta for which exploratory research has been adopted. The study also beneficial for future studies on the same or allied topics.

Research Methodology

Research Design:

The study employed both a qualitative and quantitative approach that formed the basis of the investigation.

Sample of the study

The study was conducted to determine the impact of terrorism on the psychology of working women in Quetta City. The lawyers teachers and doctors were taken as subjects. 14 Female lawyers practicing in district courts of Quetta city, 30 teachers from the public education sector (University) and 23 lady doctors from Civil Hospital Quetta were actively participated in the study.

Data Collection

Primary and secondary data were gathered for the data-gathering process. Secondary data was collected from relevant law books, law journals, research articles, magazines, newspaper articles, reports of governmental, semi-governmental, and non-governmental, organizations, etc. A questionnaire with both closed and open-ended questions were created for the primary data. Working women who were teachers, physicians, and attorneys made up the questionnaire. The questionnaire was the data collecting tool. The survey approach was applied.

Data Analysis

The was obtained data through the application of open-ended questions. After collection, the data was tallied and examined through percentages and frequency distribution.

Ethical Considerations

Throughout this study, ethical concerns were taken into consideration. Before conducting interviews, it was ensured to all key informants that the data obtained from them would be used for research purposes only. Participation of the research participants was voluntary and based on informed consent. The confidentiality of the participants was taken care.

Results

The findings of the study reveal many folded perspectives of the impact of terrorism on Legal, Medical and Educational Practitioners in Quetta City Balouchistan Pakistan.

Financial impacts.

Dat revealed that 28.5% of female attorneys quit their jobs because they were afraid of terrorist attacks, whereas 71.4% continued in their legal careers.About 10% of female instructors quit their employment, while 90% of them were still employed.95.6 physicians were working while 3% of them quit. Tables 1 to 3 is showing the financial impacts of terrorism on working women

Psychological impacts

There were 50% female attorneys. Seven responded that they had been away from work mentally, and seven responded with the total number of instructors who had missed work. According to the percentage distribution, 3.3% of 100 workers missed work due to mental illness. The percentage of female doctors who were absent from work was nil.

The attorneys who came to see the psychiatrist.35 percent were going to the doctor. A total of sixteen percent of female instructors

were seeing a doctor for psychiatric issues. Just 4.3% of doctors saw a physician because they were having psychiatric issues. In attorneys, the percentages of anxiety were 57.1, tension at 64%, fear at 21.4 %, insecurity at 28.5 %, blood pressure at 28.5 %, depression at 35.71 %, and mental illness at 7.1%. 35.7% were anxious as a result of terrorism.The percentage distribution of female instructors' psychological issues as a result of terrorism. Blood pressure was 33.3%, sadness was 43.3%, anxiety was 33.3%, tension was 60%, mental illness was 6.6%, and fear was 13.3%, The percentage distribution of female doctors' psychological issues. In terms of mental disorders, anxiety, blood pressure, tension, fear, insecurity, and depression, the percentages were 34.7%, 17.3%, 43.4%, 4.3%, 0%, and 34.7 %, respectively. Table 4, 5 and 6 shows the female lawyers, instructors and doctors psychological issues.

Table 1: Percentage distribution of female lawyers whose left their jobs due to terrorism

S no	Left job	frequency	Percentage
1	Yes	4	28.5
2	No	10	71.4
Total		14	100

Table 2: Percentage distributions of female teachers who left their jobs due to terrorism

S no	Left job	frequency	Percentage
1	Yes	3	10
2	No	27	90
Total		30	100

Table 3: Percentage distribution of female doctors who left jobs due to terrorism

S no	Left job	frequency	Percentage
1	Yes	1	43
2	No	22	95.6
Total		23	100

Table 4: The psychological impact of terrorism on lady Lawyers

S no	Psychological problem	Options	Frequency	Percentage
1	Nervous ness	Yes	8	57.1
2		No	6	42.8
3	Tension	Yes	9	64
4		No	5	35

5	Fright	Yes	3	21.4
6		No	11	78.5
7	Insecurity	Yes	4	28.5
8		No	10	71.4
9	Blood pressure	Yes	4	28.5
10		No	10	71.4
11	Depression	Yes	5	35.7
12		No	9	64.2
13	Mental disorder	Yes	1	7.1
14		No	13	92.8

Table 5: **The psychological impact of terrorism on Teachers**

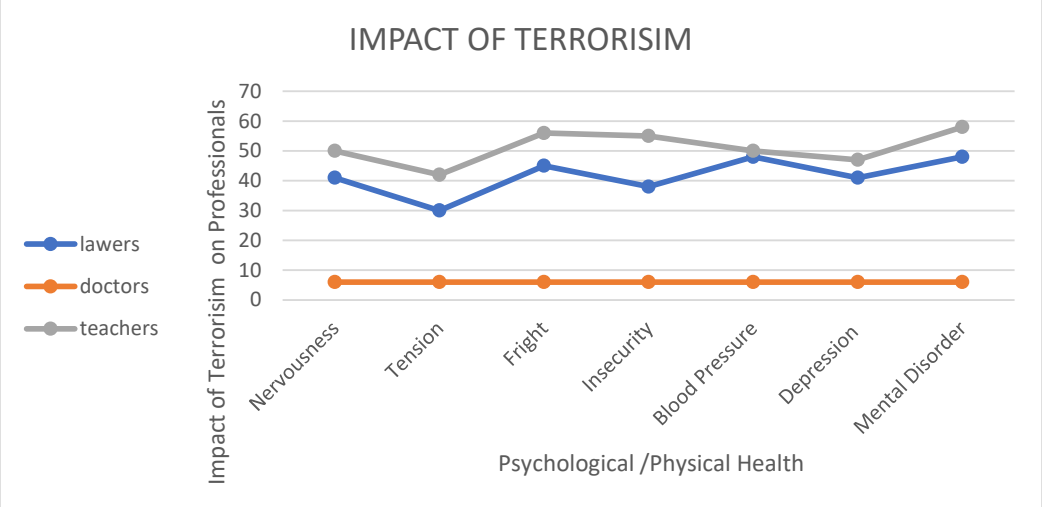
S no	Psychological problem	Options	frequency	Percentage
1	Nervous ness	Yes	10	33.3
2		No	20	66.6
3	Tension	Yes	18	60
4		No	12	40
5	Fright	Yes	4	13.3
6		No	26	86.6
7	Insecurity	Yes	5	16.6
8		No	25	83.3
9	Blood pressure	Yes	10	33.3
10		No	20	66.6
11	Depression	Yes	13	43.3
12		No	17	56.6
13	Mental disorder	Yes	2	6.6
14		No	28	93.3

Table 6: **The psychological impact of terrorism on doctors**

S no	Psychological problem	Options	frequency	Percentage
1	Nervous ness	Yes	8	34
2		No	15	65.2
3	Tension	Yes	17	73.9
4		No	6	26
5	Fright	Yes	4	17.3
6		No	19	82
7	Insecurity	Yes	10	43.4
8		No	13	56.5

9	Blood pressure	Yes	1	4.3
10		No	22	95.6
11	Depression	Yes	8	34.7
12		No	15	65
13	Mental disorder	Yes	0	0
14		No	23	100

Fig 3: mpact of Terrorism on Psychological/Physical health on Different Professionals



Discussion

A 2013 research by Chachar et al. examined the psychological impact of terrorism on working women in Karachi. The conclusion was that Karachi's working women were extremely terrified of terrorism, felt uneasy because of the city's deteriorating security, and had their productivity negatively impacted by terrorism. Similarly, our study indicated that terrorism was causing insecure darning among working women in Quetta City, including teachers, physicians, and lawyers. the stress, anxiety, sadness, and other psychological issues they were dealing with.

Whalley and Brewin, (2007) demonstrated the connection between terrorist acts and mental health in another research. They discovered stress in both the general population and the sufferers. The most prevalent mental illness among those who have these assaults is PTSD. Similar stress-related sadness and anxiety were experienced by both victims and the general population in our study. In 2014, Karnik and Kanekar talked about the connection between terrorism and mental health issues, particularly post-traumatic stress disorder. The ladies in our research suffered from posttraumatic stress disorder as well.

Ioana (2015) demonstrated how terrorism caused anxiety, worry, and uncertainty. Terrorist attacks affect the mental health of those who are directly or indirectly exposed to them in addition to causing casualties. According to our research, working women who were either directly or indirectly exposed to terrorist attacks had mental health issues such anxiety, melancholy, stress, backache, stomachache, and tension, as well.

Conclusion

The analysis conducted in this study led to a significant conclusion regarding the impact of terrorism on the mental health of working women. It was found that the effects of terrorism are particularly pronounced among professional women in Quetta, who experience heightened levels of anxiety and unease in their workplaces. Among those studied, women in professions

such as medicine, law, and education reported a range of psychological challenges, including stress, tension, depression, and anxiety. A notable number of these professionals chose to leave their jobs due to these pressures, while others contemplated doing so. Furthermore, many women reported difficulties in maintaining focus at work, which subsequently affected the overall quality of their professional performance. This highlights the urgent need for targeted interventions to support the mental health of working women in environments affected by terrorism.

Recommendations

It is recommended that the government take comprehensive action to address the challenges faced by legal, medical and educational practitioners particularly those affected by terrorism. The implementation of targeted legislation is essential to tackle the unique difficulties encountered by women in the workforce, especially those who have been directly or indirectly impacted by terrorist activities or the abuse of their family members. In provinces like Balochistan, where terrorist attacks are more frequent, provincial-level legislative frameworks are urgently needed to provide protections for working women. In addition to legislation, it is crucial that all institutions, including law enforcement and public offices, be free of corruption, as this would significantly hinder the facilitation of terrorist activities. Furthermore, to combat the underlying causes of terrorism, the government should focus on creating ample employment opportunities, which can serve as a deterrent to terrorist recruitment and radicalization. Public recreational facilities should also be made available free of charge, providing safe spaces for the community to promote mental well-being and social cohesion, particularly for women. These combined efforts would address not only the immediate concerns of working women but also contribute to long-term social stability and resilience against terrorism.

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