

Linguistic Harassment in Pakhtun Society: A Case Study of Tehsil Takht Bhai



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Abstract: *The purpose of this research was to find out the psychological effects of linguistic harassment in Pashtun society. The main focus was to find out in victims the state of adjustment disorder. A lot of work has already been done on harassment in the world. Harassment is generally regarded as any action that denigrates, humiliates, or embarrasses a person. It can refer to a wide range of objectionable behaviors. Harassment can take many forms, including physical, verbal, or psychological abuse, and it can occur in various settings such as the workplace, schools, online, or in public spaces. Examples of harassing behaviors may include unwelcome sexual advances, unwanted physical contact, making derogatory or insulting comments, propagating rumors or gossip, and spreading threats or intimidation. Harassment also involves discriminatory behavior based on a person's gender, race, religion, sexual orientation or other personal characteristics. Harassment can have adverse consequences for the victims, consists of psychological distress, anxiety, depression, and even physical harm. It's important to recognize and take action against harassment to create safe and respectful environments for all individuals.*

Quantitative method of research was used in the current research study. To conduct this research, as a quantitative method of research the researcher selected 60 respondents from residents of Mardan Khyber Pakhtunkhwa on self-selected sampling method and close ended questioner was used as the tool for data collection due to literate nature of the respondents. After collection of the data, then the study went through classification, tabulation, explanation, findings, verification of hypothesis, conclusion and suggestions.

Keywords: : linguistics, harassment, discriminatory, environments, humiliates

Introduction

Harassment is defined as any unlawful conduct against a person that results in mental or emotional pain. This includes persistent unwelcome contact without a justifiable justification, insults, threats, touching, and derogatory words. Discrimination takes the form of harassment. It encompasses any unpleasant

physical or verbal conduct that makes you feel ashamed or offended. In general, harassing behavior lasts for a long time. Sometimes serious isolated events also qualify as harassment. When someone threatens or intimidates you because of your race, religion, sex, age, disability, or any other ground for discrimination, or when they make unwanted

physical contact with you, such as touching, patting, or pinching, it is considered harassment. It also includes offensive language and jokes about your language, culture, dress, getup, or other aspects of your appearance. Everyone should be aware that discrimination against individuals based on their sex, race, religion, national origin, or any other protected characteristic is never acceptable. In order to do this, we must enact "zero tolerance" regulations and educate the public that any sexual remark is "sexual harassment." After conducting a literature analysis, we came to the conclusion that there are several various types of harassment, including psychological, intellectual, sexual, political, racial, and landlord harassment. In order to avoid any behavior that promotes harassment, we need to gain an awareness of each sort of harassment. All forms of harassment have psychological effects on the victims, and in extreme circumstances, these effects might cause the victims to attempt suicide. An unethical or damaging response to a circumstance or behavior towards a person is mobbing or verbal harassment.

Harassment through language is characterized as hostile or unfavorable conduct by one or more people directed either directly or indirectly against a third party. This type of behavior takes place regularly and methodically over an extended length of time with the goal of attacking or demeaning a person, isolating or excluding them, and gradually ejecting them from their place of employment or educational setting. It describes a string of behaviors that, when taken separately, may seem innocent but, when repeated, have a negative impact on the person being targeted. Intentional interference with a person's ability to communicate for instance, interrupting or yelling at someone all the time to prevent them from expressing themselves. Social interactions that are meant to be harmful to a person for instance, avoiding any touch with someone, failing to greet them, ignoring them, or acting in a way that isolates or excludes them. Attacks on a person's reputation, such as making disrespectful statements, disseminating untrue information about them, or making fun of them. Intentional behaviors that

lower a person's quality of life, performance on the job, or career. For instance, a person may receive unwarranted criticism, be given inappropriate, unsuitable, or insulting work, or not be given vital tasks. Acts that are designed to be harmful to a person's health, such as overworking someone, threatening them, or using physical force against them.

The basic concept behind the study was to know about the degree of adjustment disorder in victims due to linguistic harassment in Pakhtun Society. How the respondents feel when they are asked questions about their personal lives, when indecent comments are passed, degrading words are used, when they listen dirty jokes, insulting sounds, when verbal comments are passed on their dresses, when they are called upon bad names, when they face threatening behavior, negative stereotyping and sexually explicit jokes.

REVIEW OF RELEVANT LITERATURE

The contribution of relevant literature lies in the fact that it makes present study more authentic and valid with a support of work already carried out in the specific field. It clarifies different aspects of the topic and makes it more comprehensive for both the reader and researcher. The relevant literature works as a pathway through which the researcher traces origin of his/her topic and the reader can broaden his/her knowledge.

We use language as much as language utilizes us. The same way that the concepts we wish to express influence the forms of communication we choose, our feelings about things in the real world also influence how we express ourselves about them. This is also true of verbal harassment. A person/object which we like is appreciated even on the things which are contrary to the culture traits but another person/object which we do not like is criticized on the same grounds. A lot of work has been done on harassment in the world. A wide range of objectionable behaviors fall under the umbrella of harassment. It is frequently interpreted as behavior that denigrates, humiliates, or embarrasses a person, and it can be recognized by its unusualness in terms of

social and moral propriety. These actions appear to be obnoxious, irritating, or menacing in a legal sense. They stem from discriminatory motives and have the effect of voiding someone's rights or preventing them from taking advantage of them. Bullying is characterized as repeated instances of these behaviors. It may be distinguished from insult by its consistency, repetition, and element of panic, dread, or menace.

Social media has made it possible for people to connect and communicate with one another, but it has also exposed people to insults, humiliation, hate, and bullying from known (such as coworkers or friends) and unknown (such as fans, clients, or anonymous entities) individuals. One in five (18%) victims of cyberbullying described their exposure as serious, according to a few studies. People both online and offline are affected by the negative effects of emotional discomfort, privacy issues, and threats to physical safety and mental health. To safeguard online users, this necessitates automatic, tool-based identification, monitoring, and analysis of damaging words. The prior state-of-the-art is restricted to identifying particular offensive words, such as hate speech, abusive language, and profanity, which are referred to as Negative Affective words (NAL). The following is what we present the definitions and terms for variants of the harassing language:

- "Speech that denigrates a person because of their innate and protected characteristics" is considered hate speech.

Additionally, it is separated into two groups based on whether an explicit target is present or not: directed and generalized.

- "The collection and misuse of private user information, cyber bullying, and the distribution of offensive, misleading, false, or malicious information" are all examples of abusive language, according to a 2016 study .
- Offensive Language is used when someone or a group is being insulted by using profanity, being extremely disrespectful, rude, or vulgar.
- Aggressive Language demonstrates overt, irate, and frequently violent social contact with

the purpose to harm another person or group of individuals

- Cyber bullying (harassment) Language is the use of power, intimidation, or compulsion to oppress, humiliate, or violently dominate others. It usually refers to persistently antagonistic behavior on the part of a person or a group. These criteria are difficult to distinguish because they overlap and are very subjective. For instance, forceful language and harassing language have similar definitions. All of these NALs, in our opinion, are annoying and hurtful. However, they could differ in terms of their seriousness, the victim's presence or absence, contextual interpretation, and intent. In this study, we define harassing language as "profanity, strongly impolite, rude, vulgar or threatening language" in a specific post or communication.

The contextual form of harassing language is not exploited by modern harassment detection systems. Context is defined as "the parts of a discourse that surround a word or passage and can shed light on its meaning" in Webster's dictionary. The linguistic or statistical factors that aid in differentiating the sort of harassment are what we refer to as the notion of contextual type in this context. For instance, a student who has experienced sexual harassment from an ex-partner is not in the same situation as a student who has experienced racist harassment because of their skin color. We propose that the language aspects of harassment are influenced by contextual type. We suggest the following five context-specific forms of harassment in online conversations on social media: Specifically, there are five types of harassment: sexual, racial, appearance-related, intellectual, and political. The categorization in Fig. 1 is depicted. In the sections that follow, we characterize each category of harassment with the help of illustrative tweets from our own Twitter corpus.

1. Sexual harassment is inappropriate language directed at women. For instance, the harasser can make crude comments about the victim's appearance or make aggressive sexual references. Note that using sexually explicit language alone does not constitute offensive sexual harassment.

2. In an insulting way, racial harassment attacks the race and ethnicity traits of a victim, such as their skin tone, country of origin, culture, or religion.
3. Harassment based on appearance employs offensive statements with reference to physical appearance. The two main subcategories of this type of harassment are fat shaming and body shaming.
4. Intellectual harassment insults people's intelligence or opinions.
5. A person's political ideas are a factor in political harassment. Politicians and those who lean that way are frequently the targets of threatening messages.

The 1960s and 1970s: The conceptualization of harassment as a social phenomenon

Because the concept of harassment did not exist in the public or legal minds prior to the 1960s, the social phenomena of harassment went unnamed. The term "mobbing" originated in the 1960s and 1970s. The term "mobbing" was first used by Austrian etologist Lorenz (1965) to describe an animal survival instinct behavior in which weaker predator's band together with stronger predators to frighten them away. Although mobbing occurs in a wide variety of animal species, birds' behavior is the most typical example in the animal kingdom. Animal mobbing is a very aggressive social process intended to get rid of a threat. One or two birds

might start chasing after the presumed predator when birds mob it, for instance. Soon after, an increasing number of birds become drawn to the mobbing cries and join in on the predator's mobbing. The predator must be driven from its territory or eliminated as the final goal. According to Lorenz (1965), mobbing in the animal kingdom has two purposes: (a) to frighten away the more powerful animal, and (b) to educate other members of the same species about where predators are and how to fend them off. In addition to describing instances of mobbing in animals, Lorenz (1965) also provided examples of mobbing in soldiers and young people. Heinemann (1972), a Swedish school physician, quickly embraced the term "mobbing" to describe hostility in youngsters and group violence among adults. Olweus (1973) gave the latter phenomena the name bullying because he believed that the term mobbing, which specifically refers to a group in grammar, was inappropriate for the behavior of a single perpetrator. A few years later, in his thorough study on workplace harassment in the United States, Brodsky (1976), established the idea of the harassed worker. Researchers put office mobbing, workplace bullying, and workplace harassment on the table as compelling issues for further research and conceptualization as the research strands came from various fields and nations, including Austria, Sweden, and the United States.

RESEARCH QUESTIONS

1. The area to which you belong:
 - a. Urban
 - b. Rural
2. Do you know about the harassment through language?
 - a. Yes
 - b. No
3. Is a question about personal life irritates you?
 - a. Yes
 - b. No
4. Is a question about personal life psychologically effects you?
 - a. Yes
 - b. No
5. Is verbal comment regarding your dress is a cause of adjustment disorder?
 - a. Yes
 - b. No

6. Is bad name calling is a cause of adjustment disorder?
 - a. Yes
 - b. No
7. Is threatening behavior is a cause of adjustment disorder?
 - a. Yes
 - b. No
8. Is negative stereotyping is a cause of adjustment disorder?
 - a. Yes
 - b. No
9. Is sexually explicit jokes are a cause of adjustment disorder?
 - a. Yes
 - b. No

OBJECTIVES OF THE STUDY

To know about the psychological effects of linguistic harassment in Pashtun society. Harassment is a wide subject it has different effects on the victims, here our main focus was to found out in victims the state of adjustment disorder.

SIGNIFICANCE OF THE STUDY

Worldwide Harassment is a burning issue; it has different types and different psychological issues in victims. The research will be conducted to know about the mental depression and adjustment disorder in victims due to linguistic harassment in Pakhtun Society. Later on the research will be published for general masses, the findings and suggestions will help the general masses to minimize the psychological effects of linguistic harassment in general.

RESEARCH METHODOLOGY

In the current research study quantitative

method of research was utilized. As quantitative research method 60 No. of respondents were selected from the residents of District Mardan on self selected sampling method and close ended questionnaire was used as a tool of data collection.

DATA ANALYSIS

After collecting the data from 60 No. of respondents the data was organized question wise and SPSS software was used for the analysis of the data in order to find out the valid percentage of the responses of the respondents, while the data collected through focus group discussion from 08 No. of respondents was analysed thematically, at the end findings of both the tools were triangulate to validate the hypothesis then the data went through data classification, tabulation, findings, and verification of hypothesis, conclusion and suggestions.

TABULATION AND DATA ANALYSIS

Table -1 Area of the respondents					
Specification		frequency	percent	valid percent	cumulative percent
	Urban	37	61.7	61.7	61.7
	Rural	23	38.3	38.3	100.0
	Total	60	100.0	100.0	

Explanation: table No. 1 indicates area of the total 60 respondents. 37 being 61.7 percent belongs to urban and 23 being 38.3 percent belongs to rural area.

Major Finding: Majority of the respondents i.e. 37 being 61.7 percent belongs to urban area.

Table -2 Do you know about the harassment through language?

specification		frequency	percent	valid percent	cumulative percent
	Yes	60	100.0	100.0	100.0

Explanation: Table No. 2 indicates responses of the entire 60 respondents. 60 being 100 % of the respondents know about harassment through language.

Major Finding: Most of the respondents i.e., 60 being 100 percent of the respondents know about harassment through language.

Table -3 Is a question about personal life irritates you?

specification		frequency	percent	valid percent	cumulative percent
	Yes	55	91.7	91.7	91.7
	No	5	8.3	8.3	100.0
	Total	60	100.0	100.0	

Explanation: Table No. 3 indicates a response of the total 60 respondents regarding a question about their personal life irritates them. 55 being 91.7 percent of the respondents are irritates about a question regarding their personal life while 5 being 8.3 percent does not irritates about

a question regarding their personal life.

Major Finding: Majority of the respondents i.e. 55 being 91.7 percent respondents irritates about a question regarding their personal life.

Table -4 Is a question about personal life psychologically affects you?

specification		Frequency	percent	valid percent	cumulative percent
	Yes	49	81.7	81.7	81.7
	No	11	18.3	18.3	100.0
	Total	60	100.0	100.0	

Explanation: Table No. 4 indicates responses of the total 60 respondents about their response regarding Is a question about personal life psychologically effects you?

49 being 81.7 percent of the respondent's psychologically effects from a question about their personal life while 11 being 18.3 percent

respondent's does not effect psychologically.

Major Finding: Majority of the respondents i.e. 49 being 81.7 percent psychologically effects from a question about their personal life.

Table - 5 Is verbal comment regarding your dress is a cause of adjustment disorder?

specification		Frequency	percent	valid percent	cumulative percent
	Yes	32	53.3	53.3	53.3
	No	28	46.7	46.7	100.0
	Total	60	100.0	100.0	

Explanation: Table No. 12 indicates responses of the total 60 respondents about their response regarding verbal comment about dress are a cause of adjustment disorder. 32 being 53.3 percent of the respondent's responded that verbal comment about dress is a cause of adjustment disorder while 28 being 46.7 percent responded that verbal comment about dress is

not a cause of adjustment disorder.

Major Finding: Majority of the respondents i.e. 32 being 53.3 percent responded that verbal comment about dress is a cause of adjustment disorder.

Table - 6 Is bad name calling is a cause of adjustment disorder?

specification		Frequency	percent	valid percent	cumulative percent
	Yes	46	76.7	76.7	76.7
	No	14	23.3	23.3	100.0
	Total	60	100.0	100.0	

Explanation: Table No. 13 indicates responses of the total 60 respondents about their response regarding bad name calling is a cause of adjustment disorder. 46 being 76.7 percent of the respondent's responded that bad name calling is a cause of adjustment disorder while 14 being 23.3 percent responded that bad name calling is

not a cause of adjustment disorder.

Major Finding: Majority of the respondents i.e. 46 being 76.7 percent responded that bad name calling is a cause of adjustment disorder.

Table - 7 Is threatening behavior is a cause of adjustment disorder?

specification		frequency	percent	valid percent	cumulative percent
	Yes	46	76.7	76.7	76.7
	No	14	23.3	23.3	100.0
	Total	60	100.0	100.0	

Explanation: Table No. 14 indicates a response of the total 60 respondents about their response regarding threatening behavior is a cause of

adjustment disorder. 46 being 76.7 percent of the respondent's responded that threatening behavior is a cause of adjustment disorder while

14 being 23.3 percent responded that threatening behavior is not a cause of adjustment disorder.

Major Finding: Majority of the respondents i.e. 46 being 76.7 percent responded that threatening behavior is a cause of adjustment disorder.

Table - 8 Is negative stereotyping is a cause of adjustment disorder?

specification		frequency	percent	valid percent	cumulative percent
	Yes	39	65.0	65.0	65.0
	No	21	35.0	35.0	100.0
	Total	60	100.0	100.0	

Explanation: Table No. 15 indicates a response of the total 60 respondents about their response regarding negative stereotyping is a cause of adjustment disorder. 39 being 65 percent of the respondent's responded that negative stereotyping is a cause of adjustment disorder while 21 being 35 percent responded that

negative stereotyping is not a cause of adjustment disorder.

Major Finding: Majority of the respondents i.e. 39 being 65 percent responded that negative stereotyping is a cause of adjustment disorder.

Table - 9 Is sexually explicit jokes is a cause of adjustment disorder?

specification		frequency	percent	valid percent	cumulative percent
	Yes	44	73.3	73.3	73.3
	No	16	26.7	26.7	100.0
	Total	60	100.0	100.0	

Explanation: Table No. 16 indicates a response of the total 60 respondents about their response regarding sexually explicit jokes is a cause of adjustment disorder. 44 being 73.3 percent of the respondent's responded that sexually explicit jokes is a cause of adjustment disorder while 16 being 26.7 percent responded that sexually explicit jokes is not a cause of adjustment disorder.

Major Finding: Majority of the respondents i.e. 44 being 73.3 percent responded that sexually explicit jokes is a cause of adjustment disorder.

FINDINGS AND CONCLUSION

MAJOR FINDINGS

1. Most of the respondents i.e. 37 being 61.7% belongs to urban area.
2. Most of the respondents i.e. 60 being 100%

of the respondents know about harassment through language

3. Most of the respondents i.e. 55 being 91.7% respondents irritates about a question regarding their personal life.
4. Majority of the respondents i.e. 49 being 81.7 percent psychologically effects from a question about their personal life.
5. Majority of the respondents i.e. 32 being 53.3 percent responded that verbal comment about dress is a cause of adjustment disorder.
6. Majority of the respondents i.e. 46 being 76.7 percent responded that bad name calling is a cause of adjustment disorder.
7. Majority of the respondents i.e. 46 being 76.7 percent responded that threatening

behavior is a cause of adjustment disorder.

8. Majority of the respondents i.e. 39 being 65 percent responded that negative stereotyping is a cause of adjustment disorder.
9. Majority of the respondents i.e. 44 being 73.3 percent responded that sexually explicit jokes is a cause of adjustment disorder.

Hypothesis No. 1:

Higher the degree of harassment through language higher would be the adjustment disorder in the victims.

1. Majority of the respondents i.e. 32 being 53.3 percent responded that verbal comment about dress is a cause of adjustment disorder.
2. Majority of the respondents i.e. 46 being 76.7 percent responded that bad name calling is a cause of adjustment disorder.
3. Majority of the respondents i.e. 46 being 76.7 percent responded that threatening behavior is a cause of adjustment disorder.
4. Majority of the respondents i.e. 39 being 65 percent responded that negative stereotyping is a cause of adjustment disorder.
5. Majority of the respondents i.e. 44 being 73.3 percent responded that sexually explicit jokes is a cause of adjustment disorder.

On the basis of the above findings the hypothesis is valid.

CONCLUSION

The following conclusion is drawn from the study conducted by the researcher.

Majority of the respondents from whom the data was collected were literate, and belongs to urban area. They were well aware of the harassment through language and its psychological effects on the victims. Majority of the respondents considers that verbal comments regarding someone dress and bad name calling is a cause of adjustment disorder. Majority of the respondents are of the view that threatening behavior, negative stereotyping and sexually

explicit jokes are among the major causes of adjustment disorder.

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