



RELATIONSHIP OF PSYCHO-TRAUMIC PROBLEM (TORTURE) WITH STUDENTS' PHYSICAL, MENTAL HEALTH AND THEIR ACADEMIC ACHIEVEMENT DUE TO WAR HAZARDS IN NORTH WAZIRISTAN

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ABSTRACT- A person under the umbrella of torture is also under the umbrella of headache, scars, musculoskeletal, foot, abdominal and dental pains including hearing and vision loss etc. The study was descriptive in nature. All Public Secondary School male (boys) students in North Waziristan constituted population of the study in which (n = 43, 202 boys and 201 girls) were taken as samples of the study by applying John Curry sample size rule of thumb. Stratified sampling technique was used; and the key purpose of the study was to know the relationship of Psycho-Traumatic Problem (Torture) with Students' Physical, Mental Health and Their Academic Achievement due to War Hazards in North Waziristan. The study was delimited to 10th class male students (boys) only. Data was collected through face to face questionnaire of 5-points scale: Always, Frequently, Occasionally, Seldom, and Never carrying values 5, 4, 3, 2, and 1. The collected data was entered into SPSS and statistical analysis was ensured by using Arithmetic Mean, Standard Deviation, and Pearson Correlation. Results as well as conclusions were drawn, and it was concluded that torture badly effected students' physical, mental health and academic achievement. Recommendations were suggested for the better solution of the problem concerned.

Keywords: Psycho-Traumatic Problem (Torture), Physical & Mental Health, Students, Academic Achievement, War Hazards, North Waziristan

I. INTRODUCTION

Torture causes long-term psychological disorders such as depression, anxiety, pain and other fatal diseases like tuberculosis (Alexandra, 2009). Post-Traumatic Stress Disorder (PTSD) and stress are highly developed due to torture (Ronald, 2003). A man, who is tortured is addicted to violate the dignity and rights of others; his moral reputation is badly affected and he always thinks to be victim in way or other while living in society because he shows poor or low confidence and hope in the community or society (Courtenay et al., 2014). Torture encourage a man of torture toward cruelty, crimes, war, and terrorism; a tortured person is totally inhuman and always tries his/her best to avoid and break all the rules of law and torture others as he/she is tortured (Susan, 2013). Tortured people are mostly passing through experiences of nightmares, fear, stress and depression; they are almost disappointed and dismayed; they have no hopes and no expectations; and they are either dependent upon others or show rebellious attitude towards others in society (Ruth, 2007). Torture can't merely damage the victim but it damages the criminals also because the criminals often experience Post-Traumatic Stress Disorder (PTSD), failing mental health, blind dependency and suicidal tendencies etc. (Ronnie, 2007).

Tortured people are suffering from other psychological problems also such as hyper arousal, insomnia or difficulty in staying or falling asleep, and anger (Joe, 2008). A person with torture problem always experiences difficulty in concentration; he is always anxious and highly emotional (Lucian, 2013). A tortured man takes no interest in his life and he/she always show low mood, depression, stress and psychologically disturbed (Rebecca, 2006). Tortured people never trust others and they almost confront hallucination or nightmares and flashbacks due to which is very disturbed and disappointed in this life (James & James, 2010). Tortured people are deprived of their own rights and they value isolation; they don't trust upon others and they punish themselves for committing minor mistakes (Emilie & Jacob, 2010). The psychological problem of asphyxia (dry drowning) or unconsciousness is highly developed in

people who are tortured in their lives (Paul et al., 2010). A man of torture is never satisfied psychologically, physically and mentally but he is act with full suspiciousness; he is a man of dubious and tries to find out fault in each and everything (Norris, Larsen & Bradley, 2010). Tortured people have lost their identities, and their lungs as well as brain are damaged soon. Such people are of melancholic nature due to which they are hardly adjusted in society; and even they appreciate and value isolation to keep themselves isolate and faraway from others in the society. They mostly avoid gathering and friendly environment; they are quarrelsome type personalities and take no interest in life (Jim et al., 2006). Torture causes physical injuries and other social as well as psychological damages including threats, forced witnesses, and murder of others (Kurt & David, 2010). Torture is a Latin word which means to torment or twist imposing severe psychological, mental and physical suffering on someone by another as punishment to fully damage the torturer’s dignity by devaluing his life at all (Loran et al., 2011).

Solitary confinement, lack of human contact and sensory deprivation are all caused due to psycho-traumatic problem (torture); likewise, mental illnesses, depression, traumatic brain injury (TBI), and stress like psychological disorders are also developed among the men who are tortured for a long time (Miroslav & Jennifer, 2011). The patient of torture is also the patient of stress, depression, anger, violence and headache (Mark et al., 2012). People with torture are suffering from trembling muscles. They are also suffering from hearing loss; they have vision and sleeping problems. They face anxiety attacks. They are nervous and irritable or short-tempered (Oona, 2004). A man who is tortured confronts neurological damage, respiratory as well as sexual difficulties (Courtenay & Will, 2010). Those, who are tortured, they are beaten, stretched and even they are given electronic shocks (Richard, 2005). Tortured people are passing with through experiences of forced circumcision (genital mutilation or genital hurt/damage), and blinding of light (Christian et al., 2009). When someone is tortured, he or she is burn out, boiled including rape, stress, starvation, sexual assault and bone breaking etc. (Christoph, 2006). A person is passed through trials and experiences of water cure and foot roasting, as well as verbal and emotional abuse when he or she is tortured (Robert, 2007).

II. RESEARCH METHODOLOGY

In this descriptive study, the population of the study consisted of all Public Secondary schools in North Waziristan. The total numbers of (n = 403 respondents, 202 male respondents (boys), and 201 female respondents (girls) including both rural and urban areas were taken as samples of the study by applying John Curry sample size rule of thumb. Priority was given to stratified sampling technique. Data was delimited to 10th class male students (boys) only. Face to face questionnaire of five points scale with options “Always, Frequently, Occasionally, Seldom, and Never” carrying values 5, 4, 3, 2, and 1 respectively. The validity and reliability of the research tool was properly ensured; and Cronbach’s Alpha value was .789. Data was statistically analyzed through SPSS by using Arithmetic Mean, Standard Deviation and Pearson Correlation to clearly know the relationship between Psycho-traumatic Problem (Torture) and Students’ Physical, Mental Health as well as Their Academic Achievement Due to War Hazards in North Waziristan.

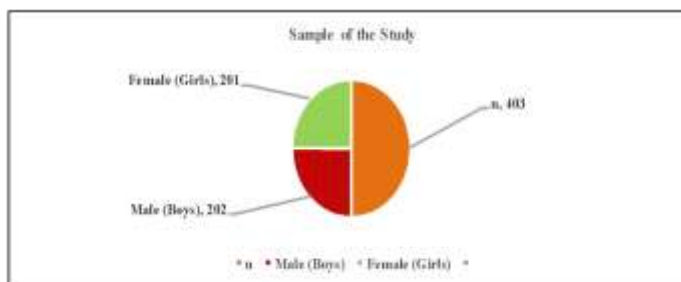
Table along with figure showing sample of the study is:

Male Students (Boys)	Female Students (Girls)	Samples (n)
202	201	403

Table 1 shows the sample of the study. Out of (n = 403, respondents); n, 202 respondents were males (boys students) and (n, 201 respondents were females (girls students) of Secondary schools in North Waziristan. The size of the sample was determined according to John Curry (1984) formula.

Sample Size Rule of Thumb

10-100	100%	
101-1000		10%
1001-5000		5%
5001-10000		3%
10000 +	1%	



RESEARCH OBJECTIVES

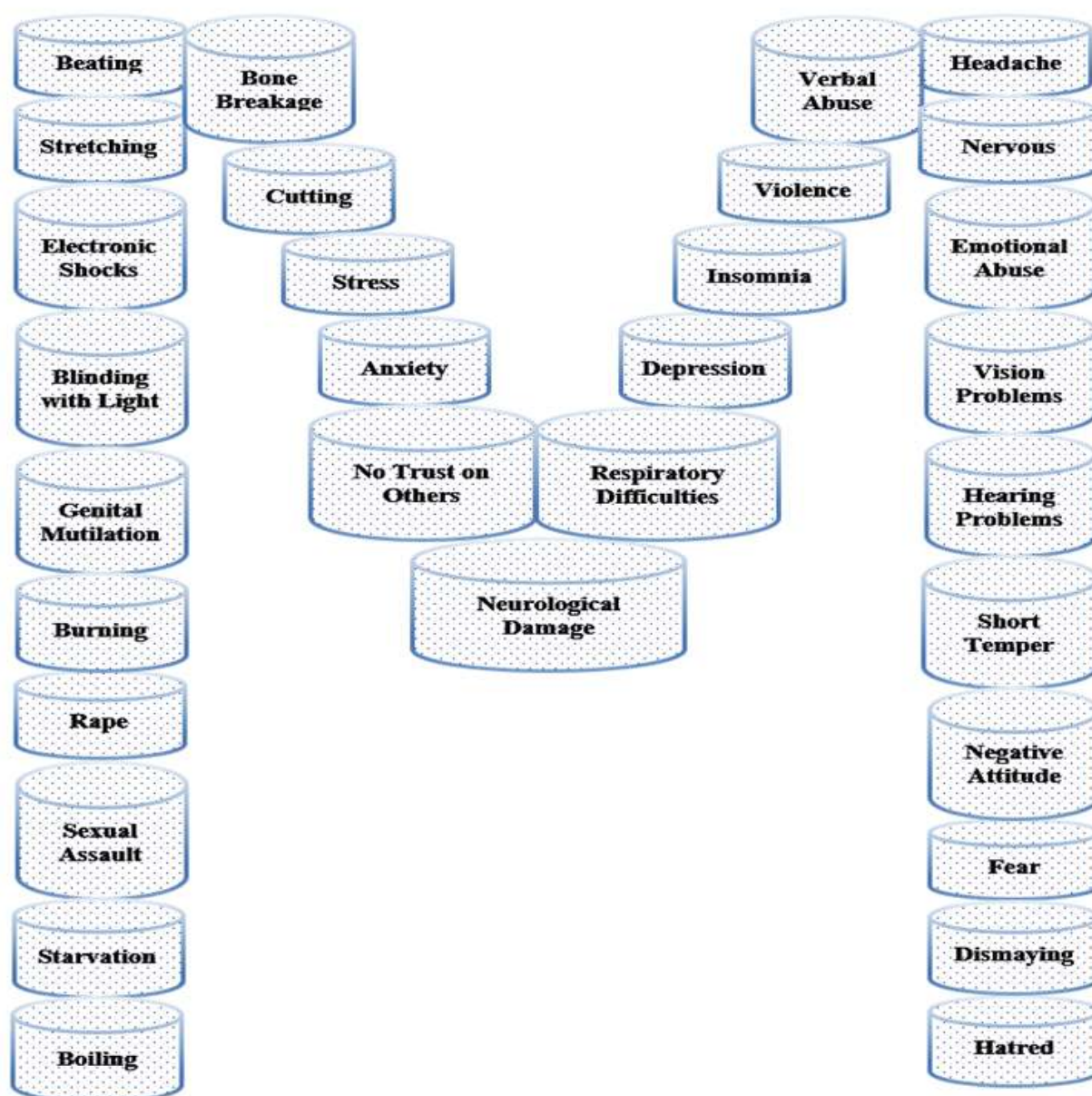
This research aimed to (1) know about psycho-traumatic problem (torture) caused by war hazards in North Waziristan, (2) to examine the relationship between Psycho-Traumatic Problem (Torture) and Students' Physical, Mental Health as well as Their Academic Achievement at Secondary school level in North Waziristan, and (3) to suggest recommendations regarding the solution of Psycho-Traumatic Problem (Torture) in North Waziristan.

RESEARCH QUESTIONS OF THE STUDY

The research questions were (1) what are the causes of psycho-traumatic problem (torture) caused by war hazards in North Waziristan? and (2) what is the relationship between Psycho-Traumatic Problem (Torture) and Students' Physical, Mental Health as well as Their Academic Achievement at Secondary school level in North Waziristan?

CONCEPTUAL FRAMEWORK

Conceptual Framework of Psychological Problem (Torture)



III. RESEARCH RESULTS

Table 2: Correlation between Torture and Academic Achievement of 10th Class Students

Psycho-Traumatic Problems Due to U.S Drone Attacks in NWA	Mean	S.D	r	Sig.
Torture	2.4467	1.33793	-.701**	.000

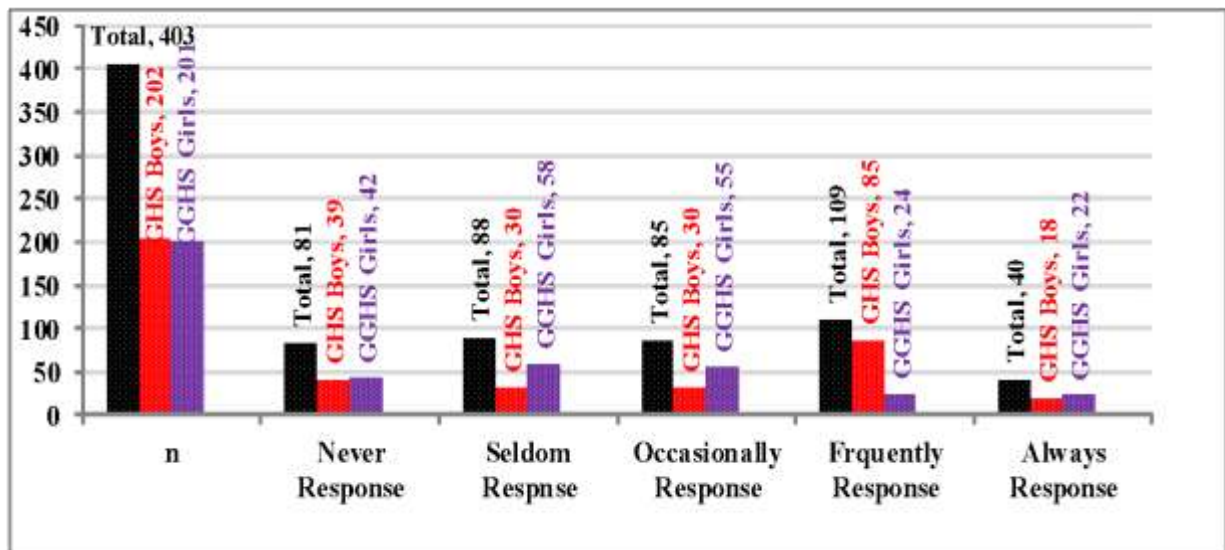
N=403 *p<0.05 **p<0.01(2-tailed).

Table 2 shows that the Mean value of Torture = 2.4467, S.D = 1.33793, r = -.701** and p = .000. The value of p is less than 0.05 and the value of 'r' is negative so there is strong negative correlation between torture and students' academic achievement.

Table 3: Respondents' Responses Regarding Torture Caused by War Hazards in North Waziristan

Students' Responses						
Gender	Scale Used					Total
	Never	Seldom	Occasionally	Frequently	Always	
Male	39 (19.31%)	30 (14.85%)	30 (14.85%)	85 (42.08%)	18 (8.91%)	202 (50.12%)
Female	42 (20.9%)	58 (28.86%)	55 (27.36%)	24 (11.94%)	22 (10.95%)	201 (49.88%)
Total	81 (20.1%)	88 (21.84%)	85 (21.09%)	109 (27.05%)	40 (9.93%)	403 (100%)

Table 3 reveals that out of (n = 403 (100% respondents) in which 202 (50.12%) were male (boys) and 201(49.87%) were female (girls). In male (boys) respondents, the responses of 39 (19.31%) were never



regarding relationship between psycho-traumatic problem (torture) and students' physical, mental health as well as their academic achievement due to war hazards in North Waziristan; 30 (14.85%) respondents showed seldom response; 30 (14.85%) respondents gave occasionally response; 85 (42.08%) showed frequently response and 18 (8.91%) respondents gave always response about relationship between psycho-traumatic problem (torture) and students' physical, mental health as well as their academic achievement in North Waziristan.

Likewise in female respondents, the responses of 42 (20.9%) respondents were never regarding the impact of asthma on students' mental, physical health and academic achievement at Secondary schools level due to U.S. drone attacks in North Waziristan Agency; 58 (28.86%) respondents showed seldom responses; 55 (27.36%) revealed occasionally response; 24 (11.94%) gave frequently response and 22 (10.95%) respondents showed always responses regarding association between students' health, their academic achievement and torture.

Similarly, in both boys and girls, 81 (20.1%) respondents gave never response about relationship between psycho-traumatic problem (torture) and students' physical, mental health as well as their academic achievement in North Waziristan ; 88 (21.84%) respondents showed seldom response; 85 (21.09%) respondents revealed occasionally response; 109 (27.05%) respondents gave frequently response and 40 (9.93%) respondents showed always response regarding relationship between psycho-traumatic problem (torture) and students' physical, mental health and their academic achievement in North Waziristan.

IV. RESEARCH DISCUSSION

According to the results of the current study, male respondents were found more tortured due to routine law and order situation; continuous drone strikes, terrorism, and war hazards in North Waziristan. In the light of the responses collected from male respondents via face to face questionnaire regarding psycho-traumatic problem (torture) caused by war hazards in North Waziristan through proper scale with options "never, seldom, occasionally, frequently, and always" in which 39 (19.31%) respondents showed never responses regarding psycho-traumatic problem (torture) caused by war hazards in North Waziristan, 30 (14.85%) showed both seldom as well as occasionally responses, 85 (42.08%) showed frequently responses, and 18 (8.91%) respondents were found with always responses out of (n = 202 (50.12%) while the responses of female respondents (n = 201 (49.88%) were recorded and kept in record in which 42 (20.9%) showed never, 58 (28.86%) seldom, 55 (27.36%) occasionally, 24 (11.94%) frequently, and 22 (10.95%) always responses regarding torture (psycho-traumatic problems) caused due to war hazards in North Waziristan. As a whole, never responses of both gender (male (boys) and female (girls) were 81 (20.1%), seldom responses were 88 (21.84%), occasionally responses were 85 (21.09%), frequently responses were 109 (27.05%), and always responses were 40 (9.93%) out of the total respondents (n = 403 (100%). The above results in the form of respondents' response revealed that males (boys) respondents were more tortured (psycho-traumatic) as compared to female and the reason may be that males (boys) always practically faced war hazards outside their homes due to which they were found more psychologically traumatic and tortured as compared to females (girls) in North Waziristan.

V. CONCLUSIONS

The results and statistical analysis of the current study revealed that torture (Psycho-traumatic problem) was negatively associated and correlated with the academic achievement as well as physical and mental health of the students at Secondary school level in North Waziristan. According to the previous studies, torture of someone during war hazards may include beating, stretching, electronic shocks, blinding with light, forced circumcision (genital mutilation/hurt or damage), burning, rape, sexual assault, starvation, boiling, bone breaking, cutting, stress position, sleep deprivation, and foot burning, verbal and emotional abuse etc. In this regard, the current study clearly indicated by keeping in view the objectives and analysis of the results that torture had badly and negatively influences students' academic achievement due to war hazards for years and years in North Waziristan.

VI. RESEARCH SUGGESTIONS

The following recommendations were drawn by keeping in view the objectives and results of the study:

1. The government of the day may try its best either to eradicate or reduce crime cases where torture cases increase.
2. The government may lay emphasis on quality education and provision of facilities to the public in order to avoid psychological problems in society.
3. The concept of human rights and respect may be ensured and developed among the public with the support of the government.
4. Justice may be given first priority to avoid and discourage psycho-traumatic problems like torture of someone.
5. Terrorism may be criticized and stopped to stop torture in society.
6. Negative approach of negative people may be either stopped by force or by other means like by verbal communication, by pen, by teaching and so on.
7. The government may ensure special guidance and counseling corners for better treatment of torture like psychological problems.

8. The government along with the educated public including teachers, professors, doctors, lawyers, philosophers, writers, and educationists may propagate the slogan “No more Torture but fraternity everywhere”.

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