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PHOBIA OF ARMED CONFLICT AMONG ADOLESCENTS IN KASHMIR

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ABSTRACT

The present study was an attempt to observe the phobia of armed conflict among adolescents in Kashmir as per affect of conflict (intact and disrupted), dwelling and gender. The sample was selected through multi stage sampling technique. For the sample 800 adolescents were selected from urban and rural areas of Kashmir. The sample was collected with the help of self constructed questionnaire. The study discloses that most intact- disrupted adolescents, adolescent boys-girls and rural-urban adolescents have nightmare related to armed conflict in Kashmir. Majority of disrupted adolescents have nightmare related to encounter by armed force. In the same manner, adolescent boys and girls have nightmare associated to encounter by armed force. Although, some adolescent boys and girls have nightmare of crackdowns and raids. Correspondingly, rural and urban adolescents have nightmare about encounter by armed force. In terms of frequency disrupted adolescents experience nightmares on regular basis.

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INTRODUCTION

Armed conflict has a devastating effect on the rights and well-being of individuals and communities. Civilians living in armed conflict zones are at an increased risk of forced displacement, deliberate and targeted attacks, abduction, sexual violence, denial of property and land rights, lack of access to livelihoods, family separation, and more (FATDC, 2014). Asia currently has the highest incidence of armed conflicts in the world. Many of these armed conflicts are protracted and have lasted decades. Due in part to their longevity but also a result of the associated consequences of armed violence, they continue to impose tremendous costs to governments and societies in which they occur, but also to neighbors (UNDP, 2008). For increasing numbers of adolescents living in war-torn nations, childhood has become a nightmare. Armed conflict destroys homes, separates families, splinters communities, breaks down trust among people and disrupts health and education services, undermining the very foundation of children's lives. Many adolescents have witnessed their parents' torture, murder or rape, and have been threatened with death themselves. When adolescents have experienced traumatic or other events in times of war, they may suffer from increased anxiety about being separated from their families, or they may have nightmares or trouble sleeping. They may cease playing and laughing, lose their appetites and withdraw from contact. Adolescents may

become anxious or depressed, feel hopeless about the future or develop aggressive behavior (Machel, 1996).

Review of literature

Thabet *et al* (2014) explored types of traumatic events due to war on Gaza experienced by Palestinian adolescents in relation to Post Traumatic Stress Disorder and anxiety and managing tactics as intervening factor and showed girls had more anxiety problems than boys. More girls (33 per cent) than boys (26 per cent) met the investigative criteria of Post Traumatic Stress Disorder even though boys reported more violence exposure than girls.

Altawil *et al* (2008) conducted a study on children of war in Palestine. Case study technique was used with children aged between 13 to 15 years and it was revealed that emotional symptoms which 22 per cent experience comprise child feeling alone, suffering from night mares, easily getting anxious and nervous, feeling cheerless, scared and bedwetting.

Derluyn *et al* (2008) studied the prevalence of emotional and behavioral problems in freshly arrived conflict hit refugee adolescents in Belgium, compared to Belgian peers. About 1,249 refugee adolescents and 602 Belgian adolescents filled in four self-report questionnaires on the prevalence of emotional and behavioral problems, traumatic experiences and symptoms of post-traumatic stress.

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Refugee adolescents experienced more distressing events than their Belgian peers, and demonstrated advanced intensity of peer troubles and avoidance symptoms. Amone-P'olak *et al* (2007) used Cognitive Emotion Regulation Questionnaire (CERQ), Events Scale Revised (IES-R) and the youth Self Report (YSR) to assess the prevalence of war experiences among 294 formerly kidnapped adolescents in Uganda. Associations were found between cognitive emotion regulation strategies and post traumatic stress, internalizing and externalizing symptoms.

Objectives

The present study is based on the following objectives

1. To study the phobia of armed conflict among adolescents in Kashmir
2. To study the types and frequency of nightmares among adolescents in Kashmir.

MATERIAL AND METHODS

The present study was an attempt to study the phobia of armed conflict among adolescents in Kashmir as per affect of conflict (intact and disrupted), dwelling and gender. The information was gathered from adolescents in urban and rural areas of Kashmir region. The study was investigated through multi stage sampling technique. This type of sampling was taken because the size of population (i.e. Kashmir) was very large and was scattered as per socio-economic characteristics of adolescents. The sample selected by this method was more representative of population. It permitted the fieldwork to be concentrated and yet large area covered. Sample was selected from Kashmir region-800 adolescents were selected for the purpose, 400 adolescents from urban areas and 400 adolescents from rural areas. The tool used for the study includes a detailed questionnaire. The data obtained was carefully scrutinized, categorized and coded in order to fulfill the objectives. The data was analyzed applying appropriate statistical measures.

RESULTS AND DISCUSSION

Phobia of Armed Conflict among Adolescents

Kashmir keeps on simmering and there is no end to damage that is frequently caused by armed conflict in day to day life. In armed conflict situations adolescents who experience killings, encounters, arrest spree, abductions and harassment of women have more night mares as compared to those adolescents who only face routine stress.

Nightmare Related to Armed Conflict

Table 1 demonstrate that 72 per cent (f=288) intact adolescents have nightmare related to armed conflict; whereas 90 per cent (f=361) disrupted adolescents have also nightmares. More girls i.e.83 per cent (f=332) have nightmare as compared to 79.25 per cent (317) boys. Rural adolescents i.e. 85.25 per cent (f=341) have nightmare in contrast to 77 per cent (f=308) urban adolescents. Hence, 81.1 per cent (f=649) adolescents have nightmare; related to armed conflict. Nightmare related to armed conflict shows highly significant differences among intact and disrupted adolescents χ^2 (1,800) =43.5, p=0.00. Insignificant differences among adolescent boys and girls χ^2 (1,800) =1.83, p=0.17 are also found in this context. However, significant differences are visible among rural and urban

adolescents χ^2 (1,800) =8.89, p=0.002. Nightmare due to armed conflict shows negative highly significant correlation among intact-disrupted adolescents $r(800) =-0.233$, p=0.000; negative insignificant correlation among adolescent boys-girls $r(800) =-0.048$, p=0.176 and positive significant correlation among rural-urban adolescents $r(800) =0.105$, p=0.003. Table 2 depicts that among intact rural adolescents i.e.74 per cent (f=148) have nightmares related to armed conflict. Similarly, 70 per cent (f=140) urban adolescents also have nightmares related to armed conflict. In contrast to this, 96.5 per cent (f=193) disrupted rural and 84 per cent (f=168) disrupted urban adolescents too have nightmares related to armed conflict. Bad dreams due to tumult in Kashmir shows insignificant differences between intact rural-urban adolescents χ^2 (1,400) =0.79, p=0.37; while highly significant differences among disrupted rural-urban adolescents χ^2 (1,400) =17.7, p=0.001 are seen. Negative highly significant correlation are observed among intact rural-urban adolescents $r(400) =-0.317$, p=0.000 disrupted rural-urban adolescents $r(400) =-0.166$, p=0.001 in this context.

Table 3 reveals that 78 per cent (f=156) intact boys and 66 per cent (f=132) intact girls have nightmares related to armed conflict; while 22 per cent (f=44) intact boys and 34 per cent (f=68) intact girls do not have nightmares related to armed conflict. On the contrary, 80.5 per cent (f=161) disrupted boys and all disrupted girls (f=100) have nightmares related to armed conflict. Bad dreams in connection with armed conflict show significant differences between intact boys-girls χ^2 (2,400) =7.14, p=0.007. Highly significant differences among disrupted boys-girls χ^2 (2,400) =43.2, p=0.00 are also observed in this context. Significant positive correlation is observed among intact boys-girls $r(400)=0.134$, p=0.007 and highly significant negative correlation among disrupted boys-girls $r(400)=-0.329$, p=0.000. Baweja (2000) found that there is no town or village in Kashmir that hasn't been touched by violence and no child whose young mind has not been scarred. As the night creeps in, the only words they hear either from family members or on TV are of violence and more violence.

Type of Nightmare

The grimmest characteristic of armed conflict in Kashmir is encounter. Over the decades of conflict in valley encounter has become a routine matter. Similarly, crackdowns and raids have become part and parcel of Kashmiri culture and locals always remain ready for this kind of activity like unlocking all doors, lockers and storage, keeping identity cards in hands and gathering in compounds so that security personnel's can carry out their supposed task. In this background table 1 reveals that, 35.1 per cent (f=101) intact and 70.1 per cent (f=253) disrupted adolescents have nightmares related to encounter by armed force; while 31.9 per cent (f=92) intact and 14.7 per cent (f=53) disrupted adolescents have nightmare of crackdowns and raids. In the same manner, 53.94 per cent (f=171) boys and 55.12 per cent (f=183) girls have nightmare associated to encounter by armed force. Although 18.67 per cent (f=62) boys and 17.59 per cent (f=60) girls have nightmare of crackdowns and raids. Correspondingly, 62.17 per cent (f=212) rural and 46.10 per cent (f=142) urban adolescents have nightmare about encounter by armed force. Furthermore 17.59 per cent (f=60) rural and 27.59 per cent (f=85) urban adolescents have nightmare of crackdowns and raids.

Table 1 Phobia of armed conflict

Variable	Category (N=800)				Gender (N=800)				Dwelling (N=800)				All adolescents (n=800)	
	Intact adolescents (n=400)		Disrupted adolescents (n=400)		Adolescent boys (n=400)		Adolescent girls (n=400)		Rural adolescents (n=400)		Urban adolescents (n=400)			
	F	%	F	%	F	%	F	%	F	%	F	%		
	Nightmare related to armed conflict													
Yes	288	72.0	361	90.2	317	79.25	332	83	341	85.25	308	77	649	81.1
No	112	28.0	39	9.8	83	20.75	68	17	59	14.75	92	23	151	18.9
χ^2	43.5, df=1, p=0.00				1.83, df=1, p=0.17				8.89, df=1, p=0.002					
r	-0.233, p=0.000				-0.048, p=0.176				0.105, p=0.003					
Type of nightmare														
Encounter by armed force	101	35.1	253	70.1	171	53.94	183	55.12	212	62.17	142	46.10	354	54.5
Crackdowns and raids	92	31.9	53	14.7	83	26.18	62	18.67	60	17.59	85	27.59	145	22.3
Arrest of family member	38	13.2	22	6.1	31	9.77	43	12.95	38	11.41	36	11.68	60	9.2
Abduction by militants	8	2.8	6	1.7	6	1.89	8	2.40	6	1.75	8	2.59	14	2.2
Harassment of women by armed men	49	17.0	27	7.5	26	8.20	36	10.84	25	7.33	37	12.01	76	11.7
χ^2	79.47, df=4, p=0.00				6.95, df=4, p=0.13				19.6, df=4, p=0.00					
r	-0.336, p=0.000				0.002, p=0.956				0.162, p=0.000					
Frequency of nightmare														
Regularly	20	6.9	152	42.1	94	29.65	78	23.49	92	26.97	80	25.97	172	26.5
Often	159	55.2	170	47.1	152	47.94	177	53.31	181	53.07	148	48.05	329	50.7
Seldom	109	37.8	39	10.8	71	22.39	77	23.19	68	19.94	80	25.97	148	22.8
χ^2	128.1, df=2, p=0.00				28.8, df=2, p=0.00				3.45, df=2, p=0.17					
r	-0.442, p=0.000				0.050, p=0.199				0.049, p=0.211					

Based on field survey
df denotes degree of freedom
 χ^2 denotes chi square
p denotes spearman's level of significance
r denotes spearman's correlation

Table 2 Phobia of Armed Conflict as per Dwelling

Variable	Intact (N=400)				Disrupted (N=400)			
	Rural		Urban		Rural		Urban	
	F	%	F	%	F	%	F	%
Nightmare related to armed conflict								
Yes	148	74.0	140	70.0	193	96.5	168	84.0
No	52	26.0	60	30.0	7	3.5	32	16.0
χ^2	0.79, df=1, p=0.37				17.7, df=1, p=0.00			
r	-0.30, p=0.000				-0.166, p=0.001			
Type of nightmare								
Encounter by armed force	71	48.0	30	21.4	141	73.1	112	66.7
Crackdowns and raids	36	24.3	56	40.0	24	12.4	29	17.3
Arrest of family member	26	17.6	26	18.5	12	6.2	10	6.0
Abduction by militants	3	2.0	5	3.7	3	1.6	3	1.8
Harassment of women by armed men	12	8.1	23	16.4	13	6.7	14	8.3
χ^2	24.74, df=4, p=0.00				2.29, df=4, p=0.68			
r	-0.329, p=0.000				-0.436, p=0.000			
Frequency of nightmare								
Regularly	5	3.4	15	10.7	87	45.1	65	38.7
Often	95	64.2	64	45.7	86	44.6	84	50.0
Seldom	48	32.4	61	43.6	20	10.4	19	11.3
χ^2	12.3, df=2, p=0.002				1.50, df=2, p=0.47			
r	-0.468, p=0.000				-0.416, p=0.000			

Based on field survey
df denotes degree of freedom
 χ^2 denotes chi square
p denotes spearman's level of significance
r denotes spearman's correlation

Overall, 54.5 per cent (f=354) adolescents have nightmare of encounters by armed force, 22.3 per cent (f=145) have nightmare of crackdowns and raids, 11.7 per cent (f=76) have nightmare of harassment of women, 9.2 per cent (f=60) have nightmare of arrest of family member and merely 2.2 per cent (f=14) have nightmare related to abduction by militant. Kind of unpleasant dream associated to armed conflict reveals highly significant differences among intact-disrupted adolescents χ^2 (4,800) =79.47, p=0.00 and rural-urban adolescents χ^2 (1,800) =19.6, p=0.00;

but insignificant differences among adolescent boys-girls χ^2 (4,800) =6.95, p=0.13. Type of nightmare depicts negative highly significant correlation between intact-disrupted adolescents and positive highly significant correlation among rural-urban adolescents (800)=0.162, p=0.000. While, positive insignificant correlation among adolescent boys and girls r(800)=0.002, p=0.956.

Table 2 put forth that 48 per cent (f=71) intact rural adolescents, encounter by armed force is their most common nightmare; whereas 40 per cent (f=56) intact urban adolescents have nightmares of crackdowns and raids.

Table 3 Phobia of Armed Conflict as per Gender

Variable	Intact (N=400)				Disrupted (N=400)			
	Boys		Girls		Boys		Girls	
	F	%	F	%	F	%	F	%
Nightmare related to armed conflict								
Yes	156	78.0	132	66.0	161	80.5	200	100
No	44	22.0	68	34.0	39	19.5	0	0.0
χ^2	7.14, df=1, p=0.007				43.2, df=1, p=0.00			
r	0.134, p=0.007				-0.329, p=0.00			
Type of nightmare								
Encounter by armed force	52	33.3	49	37.1	119	73.9	134	67.0
Crackdowns and raids	56	35.9	36	27.3	27	16.8	26	13.0
Arrest of family member	25	16.0	27	20.5	6	3.7	16	8.0
Abduction by militants	4	2.6	4	3.0	2	1.2	4	2.0
Harassment of women by armed men	19	12.2	16	12.1	7	4.3	20	10.0
χ^2	2.79, df=4, p=0.59				8.26, df=4, p=0.08			
r	-0.041, p=0.484				0.097, p=0.066			
Frequency of nightmare								
Regularly	16	10.3	4	3.0	78	48.4	74	37.0
Often	92	59.0	67	50.8	60	37.3	110	55.0
Seldom	48	30.8	61	46.2	23	14.3	16	8.0
χ^2	10.7, df=2, p=0.004				11.9, df=2, p=0.002			
r	0.185, p=0.002				0.062, p=0.236			

Based on field survey
df denotes degree of freedom
 χ^2 denotes chi square
p denotes spearman's level of significance
r denotes spearman's correlation

In difference to this, disrupted rural i.e.73.1 per cent (f=141) and 66.7 per cent (f=112) disrupted urban adolescents have nightmares of encounters by armed force. Form of horrible dream shows highly significant differences among intact rural-urban adolescents χ^2 (1,400) =24.74, p=0.00. Disrupted rural-urban adolescents show insignificant differences χ^2 (1,400) =2.29, p=0.68 in this context. Type of nightmare reveals negative highly significant correlation between intact rural-urban adolescents $r(400)=-0.329$, p=0.000 and disrupted rural-urban adolescents $r(400)=-0.436$, p=0.000.

Table 3 finds that 35.9 per cent (f=56) intact boys have nightmares of crackdowns and raids; while 37.1 per cent (f=49) intact girls have night mares of encounter by armed force. In comparison to this, 73.9 per cent (f=119) disrupted boys and 67 per cent (f=134) disrupted girls have nightmares of encounter by armed force. Kind of bad dreams in relation to armed conflict show insignificant differences between intact boys-girls χ^2 (2,400) =2.79, p=0.59 and among disrupted boys-girls χ^2 (2,400) =8.26, p=0.08. Intact boys and girls show negative insignificant correlation $r(400)=-0.041$, p=0.484 and disrupted boys-girls show positive insignificant correlation $r(400)=0.097$, p=0.066 with respect to type of nightmare.

An NGO named as save the children (2015) reported that many children in Gaza continue to experience armed conflict in their nightmares, their games, silently in quiet corners, in their memories. Many young people saw things that would be hard for even seasoned adults to recover from. According to many parents their children were in the street (during the war) and saw the body pieces on the street after a shelling. These children are traumatized, have nightmares and wakes up frightened.

Frequency of Nightmare

Table 1 describes that incidence of bad dreams put ahead by adolescents shows that 37.8 per cent (f=109) intact adolescents

have seldom nightmares; whereas 42.1 per cent (f=152) disrupted adolescents have nightmares regularly. On contrary to this, 47.94 per cent (f=152) boys and 53.31 per cent (f=177) girls often have nightmares. Similarly, 53.07 per cent (f=181) rural and 48.05 per cent (f=148) urban adolescents also have nightmares often. Overall, 50.7 per cent (f=329) adolescents have nightmares often, 26.5 per cent (f=172) have nightmares regularly and only 22.8 per cent (f=148) have seldom nightmares. Occurrence of nightmare discloses highly significant differences among intact-disrupted adolescents χ^2 (2,800) =128.1, p=0.00. On the other hand, adolescents boy-girls and rural-urban adolescents show insignificant differences χ^2 (2,800) =3.28, p=0.19 and χ^2 (2,800) =3.45, p=0.17 respectively. Frequency of nightmare shows negative highly significant correlation among intact-disrupted adolescents $r(800)=-0.442$, p=0.000. However, positive insignificant correlation is observed among adolescent boys-girls $r(800)=0.050$, p=.199 and rural-urban adolescents $r(800)=0.049$, p=0.211.

Table 2 reveals that in case of occurrence of nightmare, 64.2 per cent (f=95) intact rural adolescents have nightmares often; while 43.6 per cent (f=61) intact urban adolescents have seldom nightmares. In distinction to this, 45.1 per cent (f=87) disrupted rural adolescents have regularly nightmares whereas, 50 per cent (f=84) disrupted urban adolescents have often nightmares. Significant differences are noted among intact rural-urban adolescents χ^2 (2,400) =12.3, p=0.002. While insignificant differences are found among disrupted rural-urban adolescents χ^2 (2,400) =1.50, p0.47. Negative highly significant correlation is observed among intact rural-urban adolescents $r(400)=-0.468$, p=0.000 and disrupted rural-urban adolescents $r(400)=0.416$, p=0.000 in context to this.

Table 3 shows that 59 per cent (f=92) intact boys have nightmares often; while 46.2 per cent (f=61) intact girls have seldom nightmares. In contrast to this, 48.4 per cent (f=78)

disrupted boys have nightmares regularly. About 55 per cent (f=110) disrupted girls have nightmares often. Occurrence of horrific dreams in association with armed conflict show significant differences between intact boys-girls χ^2 (2,400) =10.75, p=0.004 and disrupted boys-girls χ^2 (2,400) =11.9, p=0.002. Significant positive correlation is seen among intact boys and girls $r(400)=0.185$, p=0.002; while insignificant positive correlation among disrupted boys-girls $r(400)=0.062$, p=0.236 are observed.

Dean (2015) observed that seven out of 10 children in the hardest hit areas of the Gaza Strip experience nightmares. Three-quarters of them regularly wet their bed which is a common issue for children and trauma can worsen it. In al-Shoka half of the children interviewed, wet the bed every night.

CONCLUSION

Disrupted adolescents have more nightmares of encounter by armed force as compared to intact adolescents. Crackdowns and raids are nightmares for more intact urban adolescents. However, again encounter by armed force is type of nightmare for disrupted boys and girls. Most intact-disrupted adolescents have nightmares often. However, most disrupted rural adolescents have nightmare on regular basis.

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