CLINICAL SOCIAL WORK
AND HEALTH INTERVENTION

**international
scientific
group
of applied
preventive
medicine I - GAP
vienna,
austria**

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The impact of current global crises on the psychosocial problems of people at risk of extreme poverty
Original Articles

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Original Articles

Editorial

The main idea and thematic organization of the current issue of Clinical Social Work and Health Intervention is on

„The impact of current global crises on the psychosocial problems of people at risk of extreme poverty" which is a global and regional issue to be addressed by scholars, academicians, researchers, and policymakers at all levels. Being an issue of our social structure, the main stressor and contributor to the increase in poverty level in the global context shall not be associated with a single factor, rather it has been instigated by multifaceted and diverse factors associated with global politics, poor governance, loss of consumer confidence, high-interest rates, a stock market crash, global political instability, migration, war, conflicts and even factors associated to the population and community. The papers in the current issue have talked about the different dimensions of the problem and the researchers have suggested measures to tackle the crises, and their socio-psychological outcomes in different manners. However, the severe economic crises during the last few years have globally resulted in widespread economic depreciation leading towards unemployment and have resultantly reduced income opportunities for the majority of the population. People with low incomes are facing extreme poverty with little opportunity to survive, which has in many cases led towards financial strain, anxiety as well as an increase in the sense of hopelessness for the poor. The global economic crises have disrupted the chain of food supply, increased food prices, limited access to nutritious food, and intensified stress, anxiety, and even malnutrition, which is negatively impacting the physical and mental health of the larger population.

Similarly, these crises have a severe impact on mental health conditions, depression, anxiety disorders, and post-traumatic stress disorder (PTSD), and the prevalence of substance abuse as a social problem remain dominant in many cases adding towards individual and global poverty. Besides, such people encounter barriers to accessing adequate healthcare services, health insurance, essential medical care and possible mental health support including counselling and other negotiation strategies. These crises have also led towards displacement and migration which has an increase in psychosocial challenges, loss of social support networks, cultural isolation, and the trauma of leaving their homes and living in alien places. As resultantly, an increase in social stigma due to discrimination has been observed in many cases with the feeling of shame, low self-esteem, and social exclusion being the stressors that is worsening their psychosocial well-being. In a nutshell, the global crises that emerged during the last few years have severely influenced a generation, and the disproportionate income losses among disadvantaged populations have led to a dramatic rise in inequality within and across countries.

Similarly, psychological problems i.e., anxiety, depression and even trauma during economic change can be reduced to a greater extent by creating individual and family budget plans for action. Further, emphasis shall be on bringing forth a clear understanding of income and expenses chart during such times of crises that can enhance the effective use of meagre resources in a better way for survival.

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Valuing the Effects of Food Contamination on Human Health and Response from the Legal System of Pakistan

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Abstract:

If the toxic chemicals are present in the food or fodder items, then it can be termed as food contamination or food pollution. Food contamination affects both human beings as well as animals. Think about the last meal you had and think of all possibilities of there being pollutants in your food. Food pollution is way more common than one likes to think about. As per the research millions of people suffer death per year due to food contamination. While food contaminants are the very substances objects which renders a food unfit for the human eating. This contamination of food might be intentional or even accidental, in case of substances it is often referred into mixing in food by mistake. On the other these contaminants might be the deliberate act of perpetrator to make it bulkier or even weighs more; adding

water to milk for instance. Food contamination can occur through any of the three ways; chemical, biological and physical, it might be a foreign object in our food such as plastic pieces class material, hair or steel can cause contamination in food, chemical substance can be both, artificial as well as natural, pesticides drugs etc. or it might be an organism produced substance which comes under the category of biological contamination.

Background

Fresh air, pure water, balance diet and healthy environment are essential needs for human health. Balance diet means that diet which is nutritionally useful and provides essential ingredients for the human health. In a balance diet calorie are present according to the need of the body. Therefore, proper amount of carbohydrates, minerals, proteins and vitamins etc. are the mirror-holder of best diet. Physical health, freshness of the face and mental comfortableness are obliged of clean and pure diet. Actually, balance diet is surety of beauty and health and of beautiful personality. Only due to the deficiency of Vitamin A 0.5 million children in the world are partially or completely deprived from eyesight.(Sun, Yun et al. 2017)

Purpose of the Study and Methodology

The Study under the title of the focus point of "Valuing the Effects of Food Contamination on Human Health and Response from the Legal System of Pakistan" is an attempt to find out the actual situation of food crises and food contamination in Pakistan. Furthermore, the study is aimed to discover the direct nexus between health, life and health food on the touch-stone of health food as a human right. The current study leads toward result of food contamination in Pakistan, the response from the legal system of Pakistan and pinpoints the achievements and causes of its failure. At the end a roadmap is suggested by which if put into practice can make a huge difference for the current generation as well as for the future to come. For the purpose achieve the abovementioned aims and objectives a meta-analytical research technique was adopted, both primary and secondary data was collected and carefully analyzed under various themes, headings and subheadings.

Introduction

A common observation is that due to financial comfortableness today's man eats more and better food as compared to the humans of quarter century and people living before but despite of this his health is worse from before and remains distressed in the encircle of wonderful infections. The fact is that the food which man considered to be the best for his health is poisonous which keeps eating human being like weevil from inside. The reason of this is food pollution.(Simon and Buikema Jr 1997) This food pollution has adopted very dangerous shape for the life. Due to the use of polluted food not only human but also marine animals and beasts and birds remains not safe.

Actually, in edible things along with fishes and other animals and birds, several fatal metals and elements enter through pollution. These elements when become the part of food for human and other animals then appears fatal. For example, few years before in Japan in several coastal areas a number of people face the diseases of redness and swollenness of the eyes and nervous breakdown. When this disturbing situation was examined it was founded that the fish ate by the people, in that fish the amount of mercury was high.(Feng, Hu et al. 2015) It should be remembered that mercury is one of the dangerous metals for human health. Ciguatera Poisoning occur in the humans by eating poisonous fishes. These diseases have quick and fatal effects.

In third world countries due to the deficiency of the resources and due to unawareness from the laws of health, food pollution has adopted dangerous shape. In Pakistan even the imagination of pure food is impossible.(Tai, Martin et al. 2014; Murgova, Popovicova; Krcmery and Olah et al., 2022). Apparently the food materials will be prepared according to hygienic principles but in actual they are the target places of diseases. You go to any market food stuff will present openly which can be easily attacked by flies, mosquitos and other harmful insects. The same situation is of the shops of fruits and platter on which the layer of harmful smoke emerges from the vehicles and dangerous dust arises from the

roads remains settled. If it is said that food pollution has penetrated in urban areas and in cities then it will not be improper because in villages getting clean and pure food has become impossible like before.

Harmful Effects of Food Pollution on Health

For the purpose to come out with exact ratio and estimate of damage caused by food pollution studies was conduct in many parts of the Pakistan. This study showed very wondering results.[1] (Results is given in the table). This polluted food is very dangerous for human health and in some cases it may result in death as well. A big spectrum of disease may be caused by polluted foods, and may lead you many dangerous health problems. Here are some of the ordinary diseases caused by contaminated food in Pakistan. Following diseases appear as a result of polluted food:

- Food Poisoning
- Cholera
- Brucellosis
- Dysentery
- Diphtheria
- Typhoid
- Tuberculosis
- Ascariasis
- Gastroenteritis
- Hepatitis

Elements Responsible for Food Pollution

- Microscopic insects
- Coliforms
- Salmonella
- Pseudomonas
- Staphylococcus

Table 1 Peshawar, Rawalpindi, Islamabad: Selected Foods with Bacteriological Inspection

Types of Food	Contaminated	Satisfactory	Organisms Isolated
Chicken, Mutton, Beef, Eggs, Somosa, Kabab (Cooked Food)	54%	51%	Salmonella, E. Coli, Bacillus, Cerus, Pseudomonas Aerogenosa Fungus
Beef	51%	51%	Clostridium Perferinges, E. Coli Coliforms
Milk And Milk roducts	49%	51%	Salmonella, E. Coli, Bacillus, Cerus, Pseudomonas Aerogenosa Fungus
Fruits And Vegetables	49%	51%	Salmonella, E. ColiColi Forms
Meats And Poultry (Raw)	45%	57%	Pseudomonas Aerogun's Dastridium Perferinges E.Coli, Coliforms, Fungus
Dried Foods	41%	60%	Staph Coagulase Plus Ve Coli Forms, Fungus
Fish And Fish Products (Cooked)	40%	61%	Salmonella, E. Coli, Coli Forms
Cake, Sweet, Pastries, And Biscuit	25%	73%	Coliform, Funguses
Soft Drinks	5.90%	93.15%	Streptococcus's Faecalis
Pickles	21%	79%	Coliform, Funguses

Source: National Institutions for Health Studies Islamabad

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[1] One of there was carried out at National Institute of Health Islamabad to assess the Bacterial Contamination in sample collected from Rawalpindi/Islamabad.

Table 2 Peshawar, Rawalpindi and Islamabad: Food Pollution with Percentages

Food Type	Classes of Hotels/ Restaurants		
	High	Middle	Low
Milks And Milked Products	Nil	10%	-
Meat And Poultries	8%	11%	-
Fruit And Vegetables	2%	Not Available	11%
Dry Foods	2%	11%	31%
Cake, Sweet, Pastries And Biscuit	Nil	11%	32%
Beef	31%	36%	51%
Chickens	Nil	Nil	53%

Source: National Institute of Health, Islamabad

The above table clearly shows that the contamination contained in the cooked food is comparatively high to fruits and natural foods. The chicken foods which were bought from the low quality shops and other ordinary stores at public place appeared to be more polluted and harmful for health as compare to the food which was properly packed.[2] The samples are much polluted may be the reason behind this is the worst, unsafe and un-healthy water and sanitary system.

Harmful Metals, Elements, Substances and Chemical Compounds

Few examples are given below;

- Vegetable oil and Banaspati ghee is essential part of our diet. Sometime Banaspati ghee becomes insalubrious when nickel is put more in it from the required amount in its preparation. It should be fixed in the mind that nickel metal is used to convert fatty acid into Banaspati ghee; there is also a food which genetically modified and present in the food which cause diseases.(Garvey 2019)
- Soft drinks and other drinks are the needs of our daily routine. In their preparation several acids, gases and chemical compounds are used. In this citric acid, sulphuric acid and carbon dioxide are worthy to be mentioned.[3] Acid in-

creases acidity in the stomach and become the cause of ulcer and gastric problems.
- In the preparation of sugar a metal called Chromium is used. Due to the excess of its use risk of defect in the digestive system and caner of lungs could occur.

Reasons of Food Pollution

- **Improper use of Agricultural pesticides:** To protect edible species and vegetables from insects and vermin and to get more production pesticides are used on them. In market hundred kinds of vermicides are present. Due to their blindly and miss-usage venomousness penetrates into the species and vegetables and finally become the part of food of humans and animals and become fatal for them. A common man is not aware from this fact and is also compel because of the conditions. Thus he loses his immunity gradually and his body becomes the target of certain diseases.
- **Sprinkling of the medicines for preservation of the Food:** For the preservation of species and vegetables several germicides are sprinkle on them. Due to the use of these harmful matters species can be preserved for a period but thereafter the risk of the wastage of hundreds of life due to its harmful effects is possible which is indeed a very costly bargaining. Sim-

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[2] Khan M.U. (1986), "*&Ctract. from L,cture* delivered *to Participant. Ist training* Course on *Enuironmental ManaRlmlnt*" NIPA-Peshawar.

[3] John Lucey (06-01-2006). "Management Should Serve as Role Models for Good Work Habits and Acceptable Hygienic Practices". *Food Quality*. Archived from the original on 2007-07-14.

ilarly in the preparation of dope, confect, jam and jelly etc. several chemicals are used that are harmful for human health.[4]

- **Use of dirty water and waste of Irrigation:** Often it is seemed that the crops cultivated near the cities are allowed to be irrigated with the dirty water emerged from industrial areas and other drains. Apparently it is considered to be the best water for the crops but in reality such poisonous substances and heavy metals are present in it that enters into the crops above a limit. When these crops come under the use of humans and animals then they put very bad effects on their health. For a little benefit industrial poisonous and logged water becomes the alarm of danger for the human life, there are some cases were heir are used in foods which not only harmful for health but is forbidden in Islam also.(Wilkinson, Mills et al. 2012)

- **Use of illicit Colours:** Various colours are used in the preparation of different drinks and other dissolved substances. Most colours are actually those chemical materials that are harmful for human health. Under country law several colours are prohibited but nonetheless monger of the human life uses them for selling his products. Also in the preparation of tea and spices these poisonous substances are used painlessly thus invisible diseases take root silently and weevil remain fasten to precious life of human.

- **Wastage of Herbs and Shrubs:** In fields beside the targeted crops such plants grow automatically that get the food of crops from the soil and damage those crops. For the wastage of these herbs apart from other methods chemical medicines mean herbicides are used. These medicines also fall on the actual crops. Thus when these crops are used by the humans and animals then they do not become safe from their harmful effects and the danger pertains to their life.

- **Use of Harmful Utensils**: The use of painted utensils is very dangerous because it contain substances like lead, nickel and cobalt whose fewer amounts can also damages human life. From the constitution of the utensils certain substances enter into human Body and become the tent of breath and stomach diseases.[5]

- **Presence of Carcinogen in the Food:** Several types of cancer arise due to carcinogen. This material has been found in various chemical and natural shapes in different foods. This poisonous substance also arises by cooking food against hygienic principles.[6] Therefore nitrogen dioxide and carbon monoxide from air absorb in the food during the process of cooking and thus carcinogen arises. As though the lasting effects of the poisoning remains compiled in the same way.

- **Food poisoning:** Food poisoning means infective and addictive effects that produce as a result of eating polluted food. The symptoms of these effects are vomiting, stomach pain, Diarrhea and tiredness etc. Usually these symptoms appear in between 4 to 12 hours however in the foresight of the essence of pollution fluctuation is possible in these timings. Poisoning appears due to following five causative groups:

- **Bacterial Toxins:** This group includes; Bacterial Infectious Group, Parasites, Chemical compounds and Natural poisoning Group.

Response and Achievement

The growing attitude and awareness about environmental pollution and its effects on human life have resulted in a clear change on the policy, strategy and programs of our state. Prior to this, very little attention was given to environmental protection in 60s, 70s till 1980. A certain change appears in environmental protection laws of Pakistan after Stockholm Conference. Following this Conference the Federal Government of Pakistan turned its attention towards environmental problems and their solution. In this regard in 1972, a meeting was convened by the ministry of presidential affairs which consisted of experts and

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[4] "Toxic soy sauce, chemical veggies -- food scares hit Vietnam". *AFP* (Hanoi: Google News). Sep 11, 2007. Available at: http://www.environmentalpollutioncenters.org/food/; accessed at 24/05/15.

[5] Various vegetables may get contaminated with toxic bacterial strains (from irrigation water, groundwater, or soil) which may only be destroyed by processing the polluted food at high temperatures. As for the toxic chemicals, they may get into the food causing food pollution in a variety of situations including:

[6] Commission Regulation (EC) No 2073/2005, Official Journal of the European Union, 15 November 2005, Retrieved 7 April 2015

heads of various departments. This committee becomes a reason for the formation of committee on human environment and a task on environmental problems and its solution was assigned to him.[7] The committee submitted that the environmental problems in Pakistan are very complex and severe and for the purpose to combat environmental issues in Pakistan, a comprehensive action plan must be must be lay down. Though in the start environmental legislation is Pakistan was like a mixture of penal, health, agricultural, planning and developmental education and other statutes which were, and to a great extent is still invoked to solve environmental problems.

The problems regarding environment has been controlled by Pakistan, by making laws and rules, creating environmental protection institutions and by improving human resources and technical capabilities through national resources and foreign aid. The constitution of Pakistan grants simultaneous statutory on the federation and the provinces to constitute with regard to ecology and environmental pollution. Pakistan constitution includes laws that contain requirements for the protection of environment. These laws, which were relatively inherited from the British India, are associated with air and water quality, canal irrigation, wildlife protection, land occupation and use,

forest protection, energy development, pesticides use, noise and public health. There are no such statements of principles or policies in regard to the rights and responsibilities of the State and its citizens with respect to the environment in the Constitution of the Islamic Republic of Pakistan 1973. According to the general legislative scheme in regard of issues enclosed in the Concurrent Legislative List, the principal liability lies with the Federal Government. Both the constitutional and executive powers have been defined in the Constitution. Therefore a constant nationwide leadership can be provided by the Federal Government while leaving detailed issues where assumes to each of the province.

The Provincial Governments are independent with respect to the subject areas coming under their horizon.[8] The only restriction to the provincial action is in a few areas that are within the exclusive authority of the Federal Government. These strategic areas are port quarantine; maritime shipping and navigation on tidal waters: major ports and port authorities and fishing and fisheries beyond territorial waters. Insofar in the Concurrent List, however, the Constitution gives priority to Federal Laws over Provincial laws, if the two fight. Article 9[9], 14[10] and 184(3)[11] and 199(1) (c)[12] are the related articles of the Consti-

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[7] GOP, committee on human environment, "„human environment in Pakistan.. Problems prospects and proposal" Pansdoc Press, Karachi (1998).

[8] Dr. Pervez Hassan, Legislation of Environmental Protection; Trends in the Region and National Legislation, UN Economic & Social Commission for Asia and Pacific (ESCAP) – Environment and Development Series Environmental Management for Sustainable Socio-Economic Development, 1987.

[9] See generally, Article 9 of the Constitution of Islamic Republic of Pakistan, ibid [t] hat no person shall be deprived of life or liberty save in accordance with law".

[10] See Article 14 ibid, "[t] the dignity of man and subject to law the privacy of home shall be enviable."

[11] See Article 184(3), ibid, provides Public interest litigation. This article may grant relief to the extent of stopping the functioning of such units which create pollution and Environmental degradation.

[12] See Article 1999(1)© provides Public Interest Litigation. This can also protect Environmental degradation by issuing orders to the polluters.

[13] See, Pakistan Law Digest (PLD) 1994 Supreme Court (SC) the brief summary of this case is discussed in Jawad Hassan, Judicial Intervention; Court Grant Relief for Protection of Environmental Rights, 2 Middle East Commercial Law Review 16 (Sweet and Maxwell Pub. UK (1995) (The eventual outcome of this particular case aside, the interim judgment is already of historic significance for various reasons. The case has pioneered in a most un-ambiguous and unequivocal way the protection of Environmental rights and has by the emphasis to their protection, made them fundamental human rights under the "rights to life" and "right to dignity" in the Pakistan Constitution. Particularly elating is the fact that a principle of Environmental law has been accepted and even though the Rio Declaration has not been signed by Pakistan, it seems that this judgment finds it persuasive enough to incorporate Environmental law with the Constitution of Pakistan).

tution of Pakistan 1973 dealing with the protection of environment. These have been used in a milestone environmental law case of the Supreme Court of Pakistan, *Shehla Zia Vs. Wapda.*[13]

It is worthy to be noted that safe and pure food is recognized as one of the basic human right, as it is directly interlinked with right to life; without healthy food no one can even think about health and eventually healthy life. As it is mentioned earlier that constitution of Pakistan 1973 shows less rather no sympathy to environment and health safety, however there are other related laws which dealing with food items which were enacted decades ago namely;

- Pakistan Standard and Quality Control, 1996: The purpose of the Act is to test and inspect the quality of products, its characteristics and specification at the time of use and import export.
- Pure Food Ordinance, 1960: the Act deals with purity and maintenance of fodder items and keeps eye on the adulterated food items.
- Punjab Meat Control Order, 1978: Regulates the grant of licencing, sale and purchase related matters.
- Paddy and Rice Control Order, 1981: The Act regulates the transportation means of Paddy within the specified areas.
- Punjab Sugar Licencing Control Order, 1972: The Act deals with sugar stocks.
- Pakistan Penal Code, 1860: The Code enlists any type of food adulteration and renders it a crime punishable under the Code.

Precautions for decreasing Food Pollution

Our religion gives the teaching of neatness and cleanness and advises to avoid from dirtiness and uncleanliness. In the light of these golden principles it is our duty that we should not only provide clean and foods purified from dirtiness but also perform diligence of its righteous and fine use so that human generation remains persistent. Several preventive steps are shortly discussed:

- A wide range of powers should be given to the ministry responsible for controlling food pollution at even district level. First of all causes of food pollution are examined and proper actions should be taken to control them instantly. In the chase of getting more and more production one should avoid venturing human life.

- Adulteration in agricultural species and making them defective by storing is against Islamic soul. Bad effects lie on the human health due to both these repugnant offenses. Thus society becomes weak and pollution of the environment increases.
- It is not only enough to produce agricultural species clean from germs, insects and infections but scientific methods should be adopted for their preservation. So that these blessings of God may not vanish and to be used for the survival of the living organisms. The research work should be made faster on it in light of modern science.
- Attention shall be given to make foods usable. Whether food is prepared for the humans or for the beasts and birds, Islamic teachings should be adopted in every situation. Cleanliness of the kitchen, personal cleanliness of the cook, cleanliness of the food utensils, use of clean water, drinking and eating with comfortableness and un-concernedness, washing hands and cleaning teeth before and after eating etc., are such golden principles if followed regularly then we can get benefits from these gifts granted by the God and can control food pollution.
- Children eat toffees, bubble gum and chewing gum etc., eagerly, these things contain harmful substances which produce stomach and teeth diseases. Therefore the preparation of such products and their uses should be discouraged.
- Pollution transfers into food by using the utensils used by a bedridden person due to which a healthy person can become infected.
- Not covering mouth and nose during coughing and sneezing, in lakhs of number germs enter into the air. These germs pollute the food of the people setting nearby. Thus diseases get the chance to prosper and health comes in their target and environmental pollution gets promoted whereas one can abstain from this food by taking little care. Good manners can also make the environment delightful.
- It is necessary to wash unripe vegetables and salad etc., thoroughly with water so that they can be preserved from germs and other harmful insects. Moreover to make it tasty pepper and slices are not sprinkled in it in much amount.
- Domestic animals and birds should also be kept neat and clean. If they are dirty and ill then the good health of the family members

will not remain persistent. They should be in-oculated according to the fixed timings and during illness they should be treated in veterinary hospitals.

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A critical Appraisal of Pakistanęs Military Operations in Swat and Waziristan

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Abstract:

This study aimed to critically appraise Pakistan's military operations in Swat and Waziristan. These military operations were foreshadowed by Pakistan's indulgence in the war against terror. The military operation in Swat was solely carried out by the armed forces of Pakistan while in Waziristan, a joint operation was carried out by the armed forces of Pakistan along with the American forces. These operations were conducted for territorial clearance and punishment of the militants. The strategy was totally traditional and population-centric and no hybrid war technology, such as the grey-zone tactics, was used to pinpoint the militants and their sanctuaries, that's why the human and economic cost of these military operations was very high. About 3 million people internally displaced in Swat, Waziristan and in the adjacent areas of FATA. In these operations, 32490 militants were claimed to be killed, 8832 military

and police personnel were martyred, 23372 civilians, 185 social activists and 63 journalists lost their lives. In Waziristan, the drone strikes, carried out by the CIA, particularly the double-tap and signature strikes resulted in killing of civilians either attending funerals or helping the injured. Neither the military nor the political leadership had any clear plan for the compensation of the families who lost their relatives or their property was damaged in these operations. These operations were successful in territorial clearance that improved the strength of the military forces in war tactics. However, these operations were carried out without developing a civilian-centered counter narrative, therefore, trust erosion both at national and international levels, high degree of hate against the armed forces, fear and insecurity, high crime rate and anti-state sentiments were the consequent symptoms of these military operations.

Introduction

The contemporary intra-state conflicts are usually fueled by the prevailing social and economic inequality, discriminatory access to resources, state failure and human rights violations, which can never be resolved through deterrence strategies or preventive measures (Avis, 2016; Tsarenko, Bundzelova & Olah, 2022). State failure is usually reflected in the form of bad governance, injustice, lack of social welfare and human rights violations (Adnan, 2012). The modern state concept is entirely centered upon social welfare but still some states in the developing world are security states. One manifestation of the concept of security state is spending major portion of the state budget on security of the state from foreign aggression while the second manifestation centers upon state-society relationship. The later concept is further divided into two categories; one is associated with economic security while the other one is associated with political security (Ahmad, 2011; Ali, 2010). The economic security could be ensured by guaranteeing basic needs to all citizens of the state while political security is to ensure that all property and human rights are protected. The modern concept of security has moved from state security to human security. It means that all security measures must center upon the citizens' lives and their nurturing.

There are two major strategic discourses that proved to be either destructive or result oriented for states with previous history of internal turmoil. These discourses are the security discourse and the peace discourse (Webel and Galtung, 2007). Pakistan, since 1947, has been working on the security discourse while neglecting the peace discourse. The security discourse is a victory-oriented concept that requires huge human and financial resources. States, engaging their forces in providing security to people and their property, spend millions of dollars every year while the objective remain unachieved. In security centered operations peace becomes a virtual impossibility. Victory is an unmet objective of the military forces that can never be gained rather celebrated. Criminals or extremists can never be obliterated completely from the society unless criminal mindset is changed, however, the later objective is embedded in peace-oriented efforts not security-centered operations.

This research study focuses on the military operations carried out in Swat and Waziristan against the terrorists. The two operations were critically evaluated with the aim to identify strategic distractions and alternates for policy improvement and refinement. The following passage firstly the question of a need for a counter narrative was answered with more focus on national security capability and technical acquaintance. Secondly, a brief outlook of the two operations and their human and economic costs were discussed. Thirdly, a comprehensive comparative analyses were carried out on the two military operations with more focus on administrative and strategic bloomers that increased the cost of the two operations.

Lack of Building a Counter-Narrative

The incident of 9/11 was abruptly followed by a strong propaganda against the Muslim world

in general and the Talban in particular. On every news channel of the world there were news about Islamic fundamentalism or Islamic extremism to drive the entire world towards a common ground to stand united and firm against the enemy (Corbin, 2017). The electronic and print media was completely overwhelmed with information of terrorism and extremism. This constant reverberation of information of terrorism and extremism was basically aimed to build a narrative against Talban. With every single connotation the word "Islam" was associated to make it Islamic because Talban in Afghanistan were all Muslims and they were the believers of Islam. Fundamentalism became Islamic fundamentalism, extremism became Islamic extremism and terrorism became Islamic terrorism to develop a perception among the people that every terrorist act in the world was underpinned by Islamic ideology. This was basically a psychological overhauling of the global community before raiding Afghanistan or starting a war. This narrative was very much successful in drifting the entire world against Talban. This war was highly adorned by the slogan of war against terror.

The global community was imbued with the narrative of war against terror and the Americans were successful in building a narrative that obsessed the entire world (Gallova, Olah and Kamit et al., 2022). Similarly, there was a real need of developing a counter narrative by the Pakistan military forces and the intelligence agencies before starting operations in Swat and Waziristan. Developing a counter narrative was highly needed to psychologically prepare the common citizens for a war where the enemy was common. According to Rudrum (2005), a narrative is a cohesive binding of concepts that conveys a deep meaning related to the social, religious and cultural norms of the people. A narrative is basically a representation of a series of events in which the meaning is interpreted in such a way that attracts the attention of the common people (Braddock and Horgan, 2016). According to Klein (1999) a narrative consists of some preconception of events that depend more on the audiences' tendencies with strong implicit and explicit meanings. On the other hand, a counternarrative is the representation of some events that counter the previous narrative or events or the propaganda. According to Tuck and Silverman (2016) a coun-

ternarrative is a coherent building up of a story that offers a positive alternative to the current or previous propaganda or narrative.

Before starting the military operations in Swat and Waziristan, two things needed to be prioritized; one was to deconstruct the narrative of the terrorists and the second one was to construct own narrative against the narrative of the terrorists. Two attempts were made to develop a counternarrative to tackle the extremists and terrorists in Khyber Pakhtunkhwa, however, these attempts were failed to produce the expected results of organizing the entire nation against a common cause. The first attempt was the concept of "enlightened moderation" produced by the Musharaf's regime to bring awareness among people about liberalism and liberal thinking. This narrative was deconstructed by the Talban and declared it a western secular ideology to contaminate our mind with. The second counternarrative on the name of "*Paigham-e-Pakistan*" (the message of Pakistan) was developed as a consolidated and comprehensive counter narrative in collaboration of Higher Education Commission and the Council of Islamic Ideology (Amin and Siddiqa, 2017). This was basically a document that consisted of signatures of different religious scholars belonging to different sects by disapproving the extremist violent interpretation of the Islamic ideology. This document consisted of verses from the glorious *Quran* and *Hadiths* that interpreted and refuted violence and extremism in the name of Islam. This counternarrative did not produce the expected results because it prevailed only in the form of a document. Contrary to the narrative of *Paigham-e-Pakistan*, the Talban produced their own *fatwas* (decrees) delivered and authenticated by religious scholars that legalized the killings of the Americans and those in alliance by any means. Based on these failed efforts of the state and its intelligence to produce a strong counternarrative, still there is ambiguity among the common flock on the war against terror. Many among them still view the military operations of Swat and Waziristan a double game played by Pakistan army on the dictatorship of the Americans. This perception has eroded the trust of the common people on the military forces of Pakistan and fueled a degree of hate against Pakistan army in these areas.

Population Centric Operations

The military operations carried out in Swat and Waziristan were entirely population centric that caused huge deaths of civilians, military and police personnel, militants, social activists and journalists. The strategy adopted by the Pakistan's military forces to fight against the militants was completely conventional on technical grounds. This strategy was previously adopted in Eastern Pakistan that resulted in its secession. Population centric operations were also carried out in Sudan, Cote de Ivore, Mogadishu, Bosnia and Herzegovina that left thousands of civilians killed indiscriminately. Similarly, in Pakistan about 03 million people left their homes and internally displaced. During these operations from 2003 to 2018 about 23372 civilians were killed, 8832 military and police personnel lost their lives, 185 social activists including foreigners were killed and 32490 militants were killed. In these operations, 63 media persons were also killed (Sayeed and Shah, 2017; Avis, 2016; Tankel, 2013; Amin and Siddiqa, 2017). This huge human loss was caused due to population centric strategy adopted by the military forces in Khyber Pakhtunkhwa. There was no strategy of proper identification of terrorists and their sanctuaries in these areas rather an indiscriminate operation was started that resulted in huge human and infrastructure loss.

One manifestation of the population centric military operations, carried out in Khyber Pakhtunkhwa that caused huge human and economic loss, was lack of sophisticated warfare techniques. Population centric operations were conventional operations that caused huge cost to the state and population. Pakistani military forces lacked modern drone techniques of targeting the terrorists while protecting the common people. Drone technology was one of the modern warfare techniques that was used by the American forces in Afghanistan and Pakistan which proved to be highly adaptable to on the ground of pinpointing terrorist sanctuaries with less damage to population and infrastructure. The modern warfare trends highly moved from territorial grounds to human mind-space to carryout war against an enemy. The conventional warfare technologies were replaced by modern and sophisticated warfare competitiveness. Competition on symmetrical warfare capabilities no longer preferred by the strategic decision makers because these warfare techniques are outdated now. There is a movement from symmetrical warfare capabilities to asymmetrical warfare professionalism. It means identifying means and ways of warfare tech-

Figure 1.1 shows number of deaths caused by military operations in Khyber Pakhtunkhwa
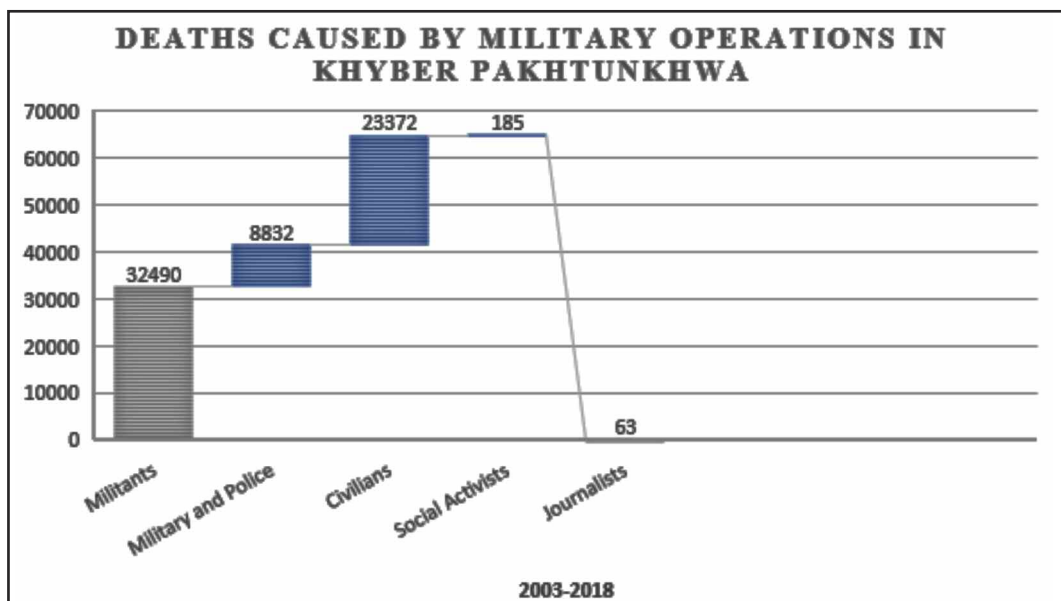
Source: Amin and Siddiqa, 2017

niques that are invisible and which can never be achieved through conventional warfare techniques.

One of the modern warfare strategies is the use of gray-zone tactics, where proxy groups and covert military forces are created to achieve the objective with less damage to the infrastructure and population. In addition, the artificial intelligence is used to cover and control both cyberspace and mind-space to achieve the target while adopting the strategy of killing-the-enemy-with-a-piecemeal. In Swat and Waziristan operations, these techniques were entirely absent because extra time and leverage was given to the terrorists to encroach the common territorial spaces and get organized. They highly influenced the common people in their proximities through proper amalgamation. Contrary to Swat, in Waziristan there used to be proper training grounds for Talban under the patronage of the state agencies, therefore, for years the local people were under the influence of Talban. When the military operations were started, thousands of the local people were killed quite indiscriminately because of their association, either through kinship, fellowship or through economic partnership with Talban. These operations, therefore, needed to be preceded by dissociating strategies of the common people from the influence of Talban. However, no such strategies were developed while indiscriminate population centric operations were carried out that resulted in huge economic and human loss.

Joint Military Operations and Drone Attacks

The military operation in Waziristan was jointly started with the American forces where local madrassahs and mosques were the primary targets for search of Talban commanders. This joint operation created huge hate among the local people against Pakistan military forces and the trust which people had on the Pakistan army was completely eroded. Previously, every common man's perception was influenced by the rumors of foreign involvement in Talban groups, however, this myth of "foreign hands" was diluted by the joint operation strategy. Due to the joint operation, the sentiments of anti-Americanism were escalated with hate against Pakistan army. Similarly, a pact was reached between Talban commander Nek Muhammad and Pakistan army in 2004, however, very soon that pact was violated by Pakistan army and Nek Muhammad was killed through a drone strike along with four others. Previously, Pakistan refused to allow drone strikes on its territory but a secret deal was reached between the CIA and General Musharraf which allowed them to carry out drone strikes in Pakistan (Tankel, 2013; CRSS, 2017).

Three types of drone strikes were carried out by the CIA in Pakistan. Signature strikes, personality strikes and double tap strikes (Tankel, 2013). These drone strikes were justified by the US on the ground that all these strikes were carried out against targeted individuals/groups who were on the target list or they were the militants' leaders. But usually, when a specific individual was targeted in drone strikes, such strikes were called the personality strikes, while the drone strikes which were carried out by the CIA were not personality strikes only. There were signature strikes and the double tap strikes as well and most of the civilians including children were killed and injured in the double tap and signature strikes. Signature strikes were those strikes that were carried out against those people who were supposed to be the supporters of Taliban without any evidence of their affiliation with any militant groups. Signature strikes were also carried out against the common population and residential areas allegedly occupied by the supporters of Taliban. Double tap strikes were carried out against those people who usually gathered at the spot of the incident to collect the dead bodies or help the injured or participate in the funeral of the deceased. In signature strikes and double tap strikes most of the civilians including children were targeted but none of them neither the CIA nor the Pakistani military forces accepted responsibility of killing the innocents. Hundreds of families were left without men or wage earners and thousands of women were widowed and their orphans were left helpless. All these strikes were carried out in violation of the humanitarian laws and against national sovereignty. There was no legislation or no bill passed by the parliament to allow these strikes nor the parliament of the state was heeded for. General Musharraf was a despot who did not ask anybody else while making decisions. The following table shows number of people killed and injured in drone strikes.

Table 1.1 shows number of people killed and injured by drone strikes carried out in Waziristan and FATA

Year	Number of Drone Attacks	People Killed	People Injured
2004	01	05	00
2005	02	07	02
2006	03	103	04
2007	04	46	30
2008	36	368	154
2009	50	633	331
2010	109	993	421
2011	73	574	15
2012	51	349	98
2013	13	105	32
Total	**342**	**3183**	**1087**

Source: Amin and Siddiqa, 2017

The first drone strike was carried out by the CIA in 2004 in which 05 people were killed, however, this drone strike was a personality strike and it was carried out against Nek Muhammad. The identity of the rest of four persons was not revealed neither by the CIA nor by the ISI. This was an opening of the drone era and the number of which escalated with the passage of time. From 2004 to 2013, total of 342 drone strikes were carried out in which 3183 people were killed and 1087 were injured. Both the CIA and ISI claimed the deceased as the militants, however, majority of them were civilians who were targeted in the signature and double tap strikes. Maximum number of drone strikes were signature strikes that were carried out against the civilians who were supposed to be the supporters of the Taliban. Maximum number of casualties and killings were reported in the double tap strikes and the signature strikes in which the common people were targeted.

Implications of Military Operations

The military operations that were carried out in Federally Administered Tribal Areas and Swat, resulted in almost 3.0 million people displaced (Sayeed and Shah, 2017; UNFPA, 2009; PIPS, 2009). Internally displaced people in-cluded children, women and old people. Many of them lost their relatives in these military operations. Loss of home and property behind and loss of their relatives in war resulted in double-tap trauma. Traumatic stress disorder resulted in bad health outcomes especially in children and women. The average temperature varied from 30 to 42 C^0 that negatively affected children's health. Sun stroke, diarrhea, loose motion, ill-digestion and jaundice were the common diseases founded in children, women and men due to malnutrition, lack of clean water to drink and lack of ventilated shelters. Pregnant women and women who had their infants were the chief sufferers. About 69000 pregnant women were among the internally displaced people of Khyber Pakhtunkhwa (UNFPA, 2009). Medical camps were established only in designated areas but voluntary activities were helpful in providing relief to the people especially in provision of foods and medicines. The provincial government did not make any proper planning before carrying out these operations for adjustment of displaced people. Relief activities were mainly carried out either by local people or non-governmental organizations. The provincial government and the military leadership failed to specify the timeframe of displacement and readjustment, specification of alternate educational institutions for children and teenagers of displaced families, provision of ventilated shelters with availability of clean water to drink and wash and provision of pre-fabricated toilets. There was massive traffic jam and people stayed in queues for hours and hours for registration in high temperature. This unfair treatment of locally displaced people resulted in huge resentment against the military forces. According to Pakistan Institute of Peace Studies (2009) about 80% of the people were against the military operations in Khyber Pakhtunkhwa and 18% believed these operations as an outcome of Pakistan's decision to be an ally of the US in the war against terror. Similarly, majority of the Pashtuns believed these operations a threat to their identity and ethnicity. Such perceptions among the Pashtuns resulted in high degree of hate against the military forces of Pakistan. This hate factor was one of the intense consequences of the military operations in Khyber Pakhtunkhwa that could never be abolished with mere anthems of patriotism and nationalism.

In Pakistan, military dictators made few decisions in the past that dragged the entire nation to a ledge of destruction but none were stood responsible for their imprudent decisions nor they accepted their mistakes. Since, national security had been such a stake that cuts down all political limits and trespasses every legal boundary and it had been the sole product of Pakistan military forces, therefore, every violation of law/constitution was undermined by the matter of national security. The Lal Masjid (Red Mosque) operation of 2007 provoked all religious groups against the military forces of Pakistan and resulted in a war against the military forces (Siddique, 2008). In the year 2007, about 60 suicide attacks took place in the country in which 770 soldiers died and 1574 severely wounded (PIPS, 2009). The ex-chief of ISI, Asad Durani, himself realized that the Lal Masjid matter could even be resolved by an SHO (Station Head Officer) of the Police department but Musharraf brought a huge battalion to tackle the innocent students including girls and boys of Jamia Hafsa (Dulat, et al., 2018). They quite brutally martyred the innocent children of Jamia Hafsa which resulted in a catastrophic series of suicide bombing in the country. Similarly, General Musharraf reached into a secret deal with the CIA on drone strikes that resulted in 3183 deaths and 1087 casualties. The entire nation paid the price for such despotic decisions which caused huge insecurity in the country.

These military operations had quite negative impact on the security of the state. Insecurity plagued the entire nation and it was one of the negative consequences of the military operations in Khyber Pakhtunkhwa. The security situation highly intensified from 2007 to 2011. The entire Khyber Pakhtunkhwa province was in turmoil because of the increase in terrorist attacks on armed forces and civilians. This surge in terrorist attacks was a challenge for the security agencies of the state and many of these attacks took place in sensitive areas of armed forces garrisons and in their proximity. Terrorist attacks that targeted these sensitive areas resulted in escalation of more tension and fear in the province. The following table shows terrorist attacks that targeted the armed forces from 2001 to 2011. From 2001 to 2011, 423 terrorist attacks took place in the country in which 1322 persons of the armed forces were killed and 2582 were injured (Amin

and Siddiqa, 2017). It was a series of catastrophic terrorist attacks on armed forces that finally reached Army Public School in the capital city of the province in which 149 innocent children and teachers were so brutally killed and 114 injured (BBC, 2014). It was a severe blow on the face of the security agencies of the state because this incident took place right in the center of the security nucleus of the armed forces where the core command of the province reigns.

Table 1.2 shows terrorist attacks on security forces from 2001-11

Year	No. of Incidents	Killed	Injured
2001	01	02	25
2002	00	00	00
2003	00	00	00
2004	14	33	38
2005	09	03	17
2006	42	128	190
2007	77	304	427
2008	59	214	252
2009	80	327	952
2010	98	149	365
2011	43	162	316
Total	**423**	**1322**	**2582**

Source: South Asia Terrorism Portal, 2011

The overall death toll of the terrorist attacks was more than 35000 people including civilians and armed forces. In this sum, the number of innocent people who were killed by the CIA in the drone attacks especially in the double tap and signature strikes in FATA were not included. Similarly, many extra judicial killings by the armed forces in the country, neither reported nor claimed, were not included in the estimation. This sum was an estimated figure that revealed the human cost of the war against terror in the country. It was vehemently a security discourse adopted by the armed forces to tackle the terrorist groups which resulted in huge economic and human cost because the security discourse was entirely a victory-oriented discourse which absorbed huge financial and human resources and inflicted great scourge to the economy of the state.

The economic cost of these military operations was quite huge in terms of scourge inflicted to the business sector in Khyber Pakhtunkhwa. Most of the businesses of the internally displaced people were negatively affected while they were given no financial relief to sustain and protect their businesses. The damage caused to their property was not compensated by any means. Many tranches were received by the military leadership under the Kerry Lugar Berman bill in US Dollars but this huge amount was neither invested in the infrastructure development of the devastated areas nor on the compensation of the families who lost their relatives in these operations (Kapur, 2009). The reconstruction work was mostly carried out by the national and international non-governmental organizations. The overall impact of these operations on the economy of Pakistan was quite huge. The following table (table-1.3) shows some economic indicators of Pakistan, measured in US Dollars.

Though, the military operations were not started in 2001 but during this time Pakistan became a strong ally of the US in the war against terror which in the later phase resulted in military operations in Khyber Pakhtunkhwa and Federally Administered Tribal Areas. The negative impacts of these military operations were far-reaching and the situation became more intensified when the Army Public School was attacked in December 2014 by the militants. It means that the aftershocks of these operations were continued till the

end of 2014. The above table (table-1.3) shows a decrease in all economic indicators including the GDP growth rate, exports, imports, trade balance, foreign direct investment and foreign exchange reserves, until 2009 while the rate of inflation increased from 3.40 in 2001 to 12.5 in 2009. During the time of 2007, 2008 and 2009 Pakistan was passing through huge security crisis that negatively affected the economy of the country.

Conclusion

Previously Pakistan army had not conducted such operations for territorial clearance and these operations were helpful in improving the capability of the armed forces in war tactics. The strength of the armed forces was also exposed in territorial clearance and fighting with the militant groups. Though, the government and the intelligence agencies could not develop a strong counternarrative to legitimize their war against terror and get their nation prepared for the crisis but the armed forces were capable of responding to situation of national emergency and the local population showed great tolerance in making themselves adaptable to the crisis. The local government of Khyber Pakhtunkhwa, especially the bureaucracy was unable to provide timely relief to the internally displaced people that resulted in severe health implications and malnourishment.

The strategy adopted by the armed forces for territorial clearance was a traditional strategy.

Table 1.3 shows economic indicators measured in US Dollars

Year	Economic Indicators Measured in US $ (GDP Growth and Inflation in %)							
	Total Exports	Total Imports	Trade Balance	FDI	Forex Reserves	Foreign Remittances	GDP Growth	Inflation Rate
2001-2	9.13	10.34	1.2	484.7	6.43	2.39	3.60	3.40
2002-3	11.16	12.22	1.06	798	10.72	4.24	5.10	3.30
2003-4	12.31	15.59	3.28	949.4	12.33	3.872	6.40	3.90
2004-5	14.39	20.6	6.21	1524	12.61	4.17	8.40	9.30
2005-6	16.47	28.58	12.11	3521	13.14	4.6	6.60	8.0
2006-7	17.01	30.54	13.53	5125	15.18	5.49	7.0	7.90
2007-8	19.22	39.96	20.74	5152	10.83	6.5	5.8	10.3
2008-9	6.10	10.6	4.50	621.8	14.27	3.09	5.8	12.5

Source: State Bank of Pakistan and Federal Bureau of Statistics

This strategy was aimed to clear the area and punish the militants. Therefore, in these military operations, population centric strategy was adopted that damaged the local infrastructure and resulted in high death toll. No hybrid technology was used to pinpoint the militants and their sanctuaries to reduce the human cost. The transaction cost of the intelligence was also very high and many soldiers of the armed forces lost their lives in disguise while collecting intelligence information. In addition, neither the military nor the political leadership planned for the reconstruction of the damaged infrastructure and compensation of the families whose relatives were lost in these operations. The political leadership undermined these operations and it was not expected that millions of people would get displaced. Moreover, the military leadership did not brief the political leadership about the intensity of these operations.

The joint military operations in Waziristan and the drone strikes that constantly targeted the local population resulted in high degree of hate against the armed forces. In most of the drone strikes, carried out by the CIA, the local people were killed and injured, particularly in the double tap and signature strikes. Drone technology is highly sophisticated technology that is popular for accuracy and cost effectiveness but in the double tap strikes only the local people were targeted who were either attending the funeral or helping the injured. These drone strikes were completely against the sovereignty of the state and in violation of human rights. The military leadership of Pakistan did not even heed to disclose the real facts to the nation behind the drone strikes or the killings of innocents in these strikes. Every single person killed in drone strike was labelled as a militant or extremist.

Though, these operations were successfully conducted by the armed forces of Pakistan but it earned a bad name to Pakistan on the national and international forums. The inclusion of Pakistan in the FATF grey list was one impact of previously financing the breeding grounds for militants in FATA and Waziristan. The decisions to indulge in the war against the Soviet and then the war against terror resulted in huge economic and human losses but the benefit was extracted by only few families of the military generals and politicians. It had been a common perception that the military intelligence agencies play a double-

game while the chief sufferers are the common people, including poor soldiers and police constables - neither the politicians nor the military leadership. As a result, on the one hand, the trust of the nation on the armed forces eroded while on the other hand, the international community's distrust on Pakistan increased while fear and insecurity still there.

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Afghan Refugees in Pakistan: Humanitarian and Security Challenges

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Original Article

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Abstract:

The subject of the 'Afghan refugees' in Pakistan remains a very critical part of the national security discourse from the multiple standpoints. According to the United Nations latest statistics, Pakistan currently ranks third largest refugee hosting country in the world. It accommodates over 1.4 million registered Afghan refugees, 840,000 Afghan Citizen Cardholders (ACC) and an estimated 500,000 undocumented Afghans (UNHCR, 2022). While general Pakistani estimate about the number of Afghan refugees varies between three to four million people. The present research study deliberates upon the traditional and non-traditional policy perspectives vis-à-vis the Afghan refugees. That is, to institute a proactive Afghan refugee policy, both the humanitarian perspective and the traditional security concerns (border management, drug and narcotics trade, arms smuggling, terrorist outfits based in Afghanistan targeting Pak-

istan) cannot be set aside from the Islamabad standpoint. This study explores the complex underpinnings of Afghan refugee construct in the internal and external security prism of Pakistan. With this, how Islamabad has been balancing its ethnic, cultural, religious and territorial bonds (both positive and negative) with the Afghanis along with the international humanitarian obligations (UNHCR).

There is an attempt to dwells upon the following inter-linked queries: How Global War on Terror (GWOT – led by USA) in Afghanistan led to the Afghan refugees influx into Pakistan; War on Terror implications on Afghan refugees residing inside Pakistan, and; How the post-US withdrawal from Afghanistan has led to another surge of Afghan refugees into Pakistan and finally, how Islamabad is coping with this situation in lieu of its humanitarian and security standpoints?

By addressing these questions, the aim of this paper is to underscore the need for Pakistan to craft a comprehensive and futuristic policy on Afghan refugees keeping in view the geographic realities, centuries old social affinities, tribal, ethnic, and religious associations of the people on both sides of the border and also in the light of unfolding geo-economic prospects of Belt and Road Initiative (BRI). It is argued that stability and peace in Afghanistan is essential to the economic and human development of all the stakeholders in South Asia and beyond. This can translate into the peaceful repatriation of the Afghan refugees into their homeland.

In crux, the paper notes that Pakistan's Afghan refugee policy does exhibit trends of both the humanitarian and the hardcore security perspectives from time to time. And the need to have a holistic policy vis-à-vis Afghan refugees remains inconclusive.

Introduction

Persistent conflict and war in Afghanistan has caused continuous inflow of refugees in Pakistan since the late 1970s. It has become a protracted and seemingly unsolvable challenge for the country for past forty plus years. This persistent inflow of refugee and their legal and illegal settlement in the country has posed diverse challenges for the Pakistani state over the years; especially during the two decades long period of War on Terror (WOT). At the same time, humanitarian considerations often led Pakistan, though reluctantly to overlook its security concerns and economic limitations and let the fresh inflows of refugees with any emergent crisis situation in Afghanistan.

According to the documented sources, Pakistan received at least four waves of refugees from Afghanistan. The first wave started with the famous Sour Revolution in 1978. By the end of 1979, some 190, 000 Afghans migrated to Pakistan seeking refuge.[1] The second and major refugee inflow towards Pakistan was the result of Soviet invasion of Afghanistan in December 1979. By the end of 1980, there were more than four million Afghan refugees in the country with the number still growing.[2] After the end of Soviet war and during the brief period of Mujahedeen rule, it was studied that during the early 1990s around 1.2 million Afghan refugees repatriated for their home country. It was estimated that by the start of 1994, the number of Afghan refugee population decreased in Pakistan from 3.2 million to 1.47 million.[3] The third period occurred after the incident of 9/11 and with the U.S invasion of Afghanistan in 2001. This foreign intervention again forced a large scale refugee movement towards Pakistan and by 2002, UNHCR

documented three million Afghan refugees residing in Pakistan.[4] The fourth major influx of Afghan refugees to Pakistan is again witnessed with the withdrawal of US forces from Afghanistan in August 2021.

Different waves of refugees caused different policy measures as well to deal with the surging refugee issue (Hennel et al., 2022). During the initial period of Afghan refugee influx in Pakistan, they received warm welcome with religious feelings. Refugees did not face any constraints to their movement inside Pakistan and enjoyed the rights to work and live across Pakistan. However, with the increasing number of refugees and their protracted stay in the country over the years, this initial warmth did not maintain its momentum and they were seen as putting pressure on services and the labor market of Pakistan. At the same time, surge in crime rate and terrorism in the country also caused skepticism towards Afghan refugees. In this situation, during the mid-1990s, 'Voluntary' repatriation of refugees became the primary policy response to address the Afghan refugee issue in Pakistan. Similarly, later waves also generated varied response from Pakistani side.

The exact number of Afghan refugees in Pakistan cannot be effectively calculated due to the nature of persistent and multilayered conflict in Afghanistan with tenacious up and down of the situations and with different regimes in power. Similarly, there have been many attempts of repatriation of the refugees as well that helped to return some refugees but renewed conflict has also kept them coming back to the neighboring Pakistan. Similarly, tribal, ethnic, religious and cultural ties with the local population also assisted

Neighbouring countries took in the highest number of Afghans in 2020
Countries with the most Afghan refugees and asylum seekers

Country	Number
Pakistan	1,450,000
Iran	780,000
Germany	181,100
Turkey	129,300
Austria	46,600
France	45,100
Greece	41,200
Sweden	31,300
Switzerland	15,400
India	15,100
Italy	13,400
UK	12,600
Australia	12,400
Belgium	8,900
Indonesia	7,600

Source: UNHCR data for 2020   BBC

them to assimilate with them and not to register with the local authorities or with the UNHCR to avoid forced repatriation or restriction on their free movement in the country.

The uncertainty of the exact number of refugees can be gauged by the documentation of UNHCR's data of the year 2020 reported by the *BBC* that during the year some 1.5 million Afghan refugees fled to Pakistan.[5]

Today, United Nations latest statistics rank Pakistan as the third largest refugee hosting country in the world. It houses over 1.4 million registered Afghan refugees, some 840,000 Afghan Citizen Cardholders (ACC) and an estimated 500,000 undocumented Afghans.[6] While general Pakistani estimate about the number of Afghan refugees both registered and unregistered varies between three to four million people and they are scattered all across Pakistan.

Generally, despite various security concerns, humanitarian considerations remain dominant in Pakistan's Afghan refugee policy. Though, Pakistan is not a signatory party to the 1951 Refugee

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[2] "Afghanistan's Refugees: Forty Years of Dispossession," *Amnesty International*, June 20, 2019. https://www.amnesty.org/en/latest/news/2019/06/afghanistan-refugees-forty-years/

[3] Peter Marsden, *Taliban: War, Religion and the New Order in Afghanistan*, Karachi: Oxford University Press, 1998, p. 37.

[4] "They Left us So Helpless, We Did Not Know What to Do," *Aljazeera*, September 2, 2021. https://interactive.aljazeera.com/aje/2021/afghanistan-refugees-karachi/index.html

[5] "Afghanistan: How Many Refugees are There and Where Will They Go?," *BBC News*, August 31, 2021. https://www.bbc.com/news/world-asia-58283177

[6] *United Nations High Commission for Refugees,* "Fact-sheet Pakistan," January 2022, p. 2. https://data.unhcr.org/en/documents/details/90451

Convention and similarly, does not have a national asylum system in place but allows United Nations High Commissioner for Refugees (UNHCR) to conduct registration process for individuals with urgent security needs. In line with the registration policy, the UNHCR exercises freedom to prioritize registration of those refugees and asylum seekers with heightened security claims. Hence, segment of refuge seekers like minorities, women, children, older persons and single parents at risk, people with disabilities and with specific security concerns are registered and investigated by the UNHCR. Upon the completion of the registration process, the documentation is issued to the refugees and asylum seekers and Pakistan generally accepts UNHCR decisions to grant refugee status and allows them to

remain in the country without any further conditions attached.[7] The following map underscores the presence of Afghan refugees across Pakistan that is reflective of their free movement and settlement in the country. Afghan Refugees' settlements and presence in Pakistan

The paper focuses upon the subject of highly complex Afghan refugees through multi-layered queries: How Global War on Terror (GWOT – led by USA) in Afghanistan led to the Afghan refugees influx into Pakistan and also impacted the Afghan refugees residing inside Pakistan? And how the post-US withdrawal from Afghanistan has led to another surge of Afghan refugees into Pakistan and how Islamabad is coping with this situation in lieu of its humanitarian and security standpoints?

Source: UNHCR, July 2021. https://data.unhcr.org/en/documents/details/88124

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[7] United Nations High Commission for Refugees, "Fact-Sheet Pakistan," January 2022, p. 3.
     https://data.unhcr.org/en/documents/details/90451
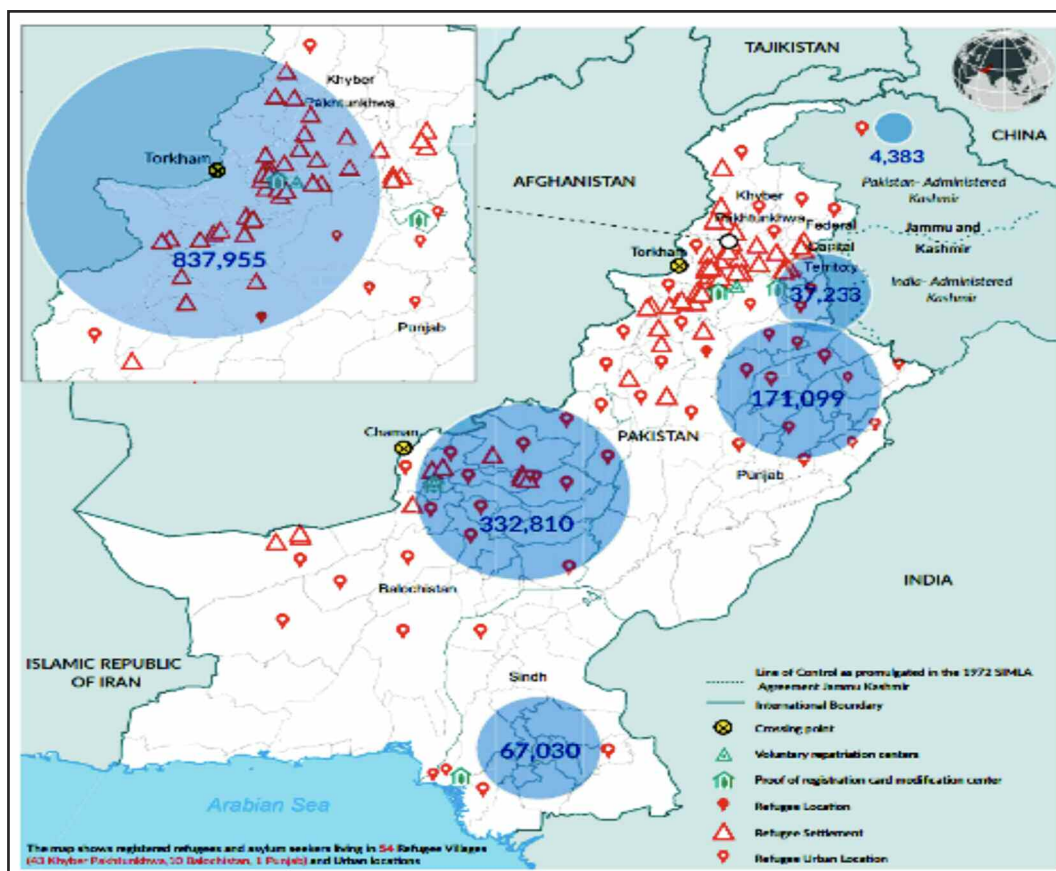
By addressing these questions, a comprehensive and futuristic policy on Afghan refugees on part of the Islamabad is stressed. This is critical given the unfolding geo-political and geo-economic dynamics specifically Chinese led Belt and Road Initiative (BRI) and CPEC being a flagship part of this initiative. Thus, peace and stability is critically required not only for Afghanistan but for all stakeholders.

Global War on Terror in Afghanistan and Refugee Influx in Pakistan

Terror and refugee situation have socio-economic implications (ZAVIS & OLAH, 2022). The Global War on Terror (GWOT – led by USA) in Afghanistan led to the third massive wave of Afghan refugee influx into Pakistan. This refugee movement was in response to a very different and challenging situation for both Pakistan and Afghans. An international development resulted in the initiation of an international war in Afghanistan. That war also led to the regime change and the Afghan Taliban government was replaced by the Northern Alliance's government with Western support. Both groups represented the ethnic divisions of Afghanistan, as former is considered to be the representative of the Pashtun population that constitutes the majority of the Afghan population and latter composed of non-Pashtun population co them rising, Uzbek, Tajik and Hazara communities. Taliban's and Northern Alliance's hostility is well known and well documented. Post-9/11 regime change in Afghanistan reportedly also resulted in the large scale revenge killings of the Taliban by the Northern Alliance. To escape the American coalition's aerial bombing campaigns and revenge killings by the Northern Alliance, Afghans comprising all nationalities including foreign Arab elements, long stationed on Afghan soil, fled to Pakistan.

Pakistan due to its geographic proximity, porous nature of border, historical, tribal, ethnic, and religious ties with the people of Afghanistan and most importantly, under humanitarian considerations was unable to effectively control the entry of Afghans into its border regions. This is despite the fact that Pakistan, first time in its history had deployed considerable number of its military troops to the border region to stop the cross border movement and to capture the Arab fighters crossing into Pakistan from Afghanistan.

WOT clearly demonstrated the intricacy of Pak-Afghan relations. As the years passed, this refugee influx invited an extensive anti-Pakistan campaign with the allegations of cross-border terrorism in Afghanistan for which Pakistan was held accountable. Hence, for Pakistan, its humanitarian considerations cost a heavy price.

War on Terror Implications on Afghan Refugees Residing inside Pakistan

Due to WOT, security considerations of Pakistan dominated the refugee discourse during the war years. Dispersal of the Afghan refugees across the country, as shown in the map above, was increasingly viewed from the security lens by the security managers, especially with the rising tide of terrorism faced by Pakistan during the WOT phase. Unlike earlier episodes of refugee influx in Pakistan, refugees driven because of WOT in Afghanistan faced a different scenario in Pakistan, mainly due to the perception of their possible association with the Afghan Taliban. Hence, trust deficit, and suspicion was the direct result of this challenging situation. With this context in place, resurgence of war and conflict inside Afghanistan, since 2006, caused further difficulties for both Afghan refugees and for their Pakistani hosts as well.

In this scenario (specifically 2006 onward) constant allegations of cross-border terrorism against Pakistan, leveled by the Afghan authorities, United States, and other NATO countries stationed in Afghanistan, also forced Pakistan to start a massive campaign of Afghan refugee documentation and even ask for their repatriation to Afghanistan to address the alleged accusations. There was of course overlooking of the humanitarian considerations putting a lot of pressure on refugees. Islamabad faced immense challenges (internal and external) to its national security due to resurgence of violence in Afghanistan and also being held responsible for that.

Surge in crime rate and terrorism both in Afghanistan and Pakistan also exerted enormous pressure on Afghan refugees in the context of sanctuaries as their refugee camps were seen as reservations for Afghan militants. Hence, triangular nexus among refugees, crime and terrorism dominated the Pakistani narrative surrounding Afghan refugees during the WOT years.

Allegations of cross-border terrorism, allegedly emanating from Pakistan to Afghanistan was another layer of the complex situation and remained a dominant Western, Indian, and Afghan discourse from 2006 onwards till the end of the war in 2021. During the War years, high profile Taliban attacks in high security zones, including Capital Kabul, always caused Afghan accusation at Pakistan and sparked a row between the two countries. One of such incidents was the killing of the former Afghan President Burhanuddin Rabbani in September 2011 in a suicide attack at his residency in Kabul. In response to Afghan allegations, holding Pakistan responsible for the attack, the then Foreign Minister of Pakistan, Hina Rabbani Khar, while briefing the Senate of Pakistan clearly stated that, "We are not responsible if Afghan refugees crossed the border and entered Kabul, stayed in a guest house and attacked Professor Rabbani."[8] Reported by *AFP*, another Pakistani official (without mentioning the name) was quoted by saying that Afghan refugees are the important issue for Pakistan as more than 90 percent of terrorist attacks inside Pakistan at the time were traced back to Afghan refugees.[9]

Similarly drastic surge of terrorism inside Pakistan by the Tehreek-i-Taliban Pakistan, formed in December 2007 (which generally comprised the local dissident people and groups), and their possible connections with Afghan Taliban also caused strains for Afghan refugees as the natural suspicious group for Pakistan and to some, a scapegoat.[10] 2014 Army Public School attack in Peshawar that killed 154 people, majority of them school children, was a major development regarding the refugees' involvement in a terrorist attack. Investigation had disclosed that the attack was

planned in Afghanistan and involvement of an Afghan refugee who was an employee of the school was also confirmed. At the time, senior Pakistani military officials, including the then Army Chief Rahil Shareef, went to Afghanistan to provide the evidence about Afghan involvement and conveyed their concern to the then President Dr Ashraf Ghani and Afghan military officials.[11] This episode clearly undermined the position of Afghan refugees in Pakistan and caused manifold difficulties for them.

Hence, fresh refugee inflow and people who were already residing in Pakistan were increasingly regarded as to undermining Pakistan's counter terrorism efforts especially in the former FATA region that remained a stronghold of TTP since 2007. TTP's cross-border terrorism inside Pakistan from Afghan soil also caused great difficulties for Afghan refugees as Pakistani authorities were suspicious of TTP militants entering Pakistan in the garb of Afghan refugees.

Post-US Withdrawal from Afghanistan and the New Wave of Refugee Influx in Pakistan

US withdrawal from Afghanistan in August 2021 led to the fourth wave of Afghan refugees in Pakistan as fear of the Taliban rule and uncertain future circumstances due to various reasons (general fear of oppressive rule of Taliban regime, possibility of revenge for those who served in previous government and its armed forces, and to avoid any emerging economic or humanitarian crisis, etc.),[12] forced Afghans to rush at the doorsteps of Pakistan. Already overburdened with millions of registered and unregistered Afghan refugees, Pakistan appeared reluctant to open its borders. Initially, Pakistani offi-

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[8] "Pakistan Blames Afghan Refugees for Rabbani's Murder," *The Express Tribune*, December 14, 2011 https://tribune.com.pk/story/306490/pakistan-blames-afghan-refugees-for-rabbani-murder

[9] Ibid.

[10] Ayaz Gul, "UNHCR to Pakistan: Not All Afghan Refugees Are Terrorists," *VOA*, June 23, 2016. https://www.voanews.com/a/unhcr-pakistan-afghan-refugees-terrorists/3389461.html

[11] Margherita Stancati, Saeed Shah, "Pakistan Army Chief Flies to Kabul After School Attack," *The Wall Street Journal*, December 17, 2014. https://www.wsj.com/articles/pakistan-army-chief-flies-to-kabul-after-school-attack-1418814449

[12] Ayaz Gul, " More than 300,000 Afghans Flee to Pakistan since Taliban Takeover of Afghanistan," *VOA*, Dec 16, 2021. https://www.voanews.com/a/more-than-300-000-afghans-flee-to-pakistan-since-taliban-takeover-of-afghanistan-/6357777.html

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cials had openly stated their opposition to the new arrivals.[13]

In an effort to timely address the possible humanitarian crisis in Afghanistan (in the context of the possibility of civil war at the time, that did not happen as the Afghan army collapsed within days of US withdrawal) and resultant refugee influx, Pakistan also organized and hosted a special gathering of foreign ministers of Islamic countries to mobilize their essential support for humanitarian assistance to vulnerable Afghan people inside Afghanistan. It was a preemptive effort by Pakistan to prevent another humanitarian crisis in Afghanistan and to avoid another wave of Afghan refugees.

Though partially fenced, the 2600 km long and difficult border terrain and week border management system posed immense pressure on border patrol agencies and administration. Despite its security concerns and initial denial to allow entrance to fresh Afghan refugees, it ultimately authorized their arrival on humanitarian basis. The then Information Minister, Chaudhry Fawad Hussain had shared that by mid-December 2021, after four months of US withdrawal from Afghanistan, some 300,000 Afghan refugees have made their entries into Pakistan, both legally and illegally.[14] Hence, despite Pakistan's various traditional security concerns, it was compelled by host of factors involving geographic contiguity, ethnic, tribal, religious ties and humanitarian considerations to let in the new refugee inflow into its territory

As mentioned earlier, Islamabad's initial response was the refusal to have new wave of refugees from Afghanistan. Pakistani concerns regarding new refugee inflow were also shared at international level by the then National Security Adviser Moeed Yusuf in an interview with the *Washington Post,* in which he had stated that "Afghan instability could lead to more terrorism, refugees and economic hardship for Pakistan."[15] This reflects the traditional security concerns related to the new influx of Afghan refugees.

Similar refugee concerns had also been reported from other neighboring countries that prompted United Nations to appeal to the Afghanistan's neighboring countries, including Pakistan to open their borders for desperate refugees.[16] Islamabad tried to cope with the new situation in lieu of both its humanitarian and security standpoints. New refugee crisis prompted Pakistan to adopt 'Iran Model' which meant to keep them confined into the refugee camps along the border areas and not allowing them free access into the country like its previous and longstanding policy.[17] But in effect, again due to the nature of geography, demographic linkages, structural administrative weaknesses, humanitarian considerations and sudden nature of crisis, it could not effectively construct the needed infrastructure to confine the refugee movement in the border regions. Ultimately, new arrivals also dispersed across the country as was the traditional pra.

Afghanistan's Geo-strategic and Geo-economic Significance

Afghanistan, though a land locked country but is a gateway to central Asia and beyond for Pakistan and other countries of South Asia. Sim-

[13] Zia UR Rehman, "Pakistan Considers Iran Model to Tackle Afghan Refugee Spillover," *TRT World*, July 20, 2021. https://www.trtworld.com/magazine/pakistan-considers-iran-model-to-tackle-afghan-refugee-spillover-48521

[14] Ayaz Gul, " More Than 300,000 Afghans Flee to Pakistan since Taliban Takeover of Afghanistan," *VOA*, Dec 16, 2021. https://www.voanews.com/a/more-than-300-000-afghans-flee-to-pakistan-since-taliban-takeover-of-afghanistan-/6357777.html

[15] "Afghan Instability Means More Terrorism, Refugees for Pakistan," *The News*, August 27, 2021. https://www.thenews.com.pk/print/883874-afghan-instability-means-more-terrorism-refugees-for-pakistan

[16] "Half a Million Afghans could Flee Across Borders - UNHCR," *Reuters, August 27, 2021.* *https://www.reuters.com/world/asia-pacific/half-million-afghans-could-flee-across-borders-unhcr-2021-08-27/*

[17] Zia UR Rehman, "Pakistan Considers Iran Model to Tackle Afghan Refugee Spillover," *TRT World*, July 20, 2021. https://www.trtworld.com/magazine/pakistan-considers-iran-model-to-tackle-afghan-refugee-spillover-48521

ilarly, it is also an entrance-way for Russia, and Central Asian Republics to reach out to South and South East Asia. In this context Afghanistan holds critical geographic location for regional connectivity. Persistent instability in Afghanistan has definitely impacted Pakistan the most by all means but also hampered the development of the wider region and its economic integration vital for Pakistan and for the regional development. Energy rich Central Asia and energy deficient South Asia is detached by the unstable Afghanistan for past forty plus years. Hence, any prospect of regional networking for trade and energy is dependent on the security conditions of Afghanistan.

Announced in 2014, China's Belt and Road Initiative (BRI) is a $ 900 billion project. This aims to physically and economically connect China to diverse markets of Central Asia, Middle East and Europe through maritime and road transport networks. In essence, it is to revive the ancient Silk Road trade routes that once served as the heart of the greater Eurasian economy.[18] At the heart of this mega Chinese project is the conception that "greater connectivity leads to greater growth."[19] For this greater connectivity, Afghanistan is ideally positioned to do the job of regional trade, transportation and connectivity.

On the other hand, China-Pakistan Economic Corridor (CPEC) is part of wider BRI project and connects the regional road networkings to CPEC. CPEC is delineated as the BRI's flagship project and most ambitious undertaking in any single country.[20] Pakistan's Gwadar Port is the key to this project, located on the Arabian Sea at the mouth of the Strait of Hormuz, characterized as CPEC's jewel.[21]

Since the BRI and CPEC are for regional trade and connectivity and Afghanistan also holding the important geographic location in this regard, is definitely a key player. Since October 2016, Afghanistan also expressed a strong desire to join the project. Afghanistan's ambassador to Pakistan, Dr. Omar Zakhilwal, expressed his country's desire to join CPEC and stressed the importance of CPEC not only to Pakistan but also for the entire region.[22] However, in October 2017, the then Afghan President Ashraf Ghani expressed his reluctance to join the CPEC projects and conditioned it to Afghan trade access to India.[23] Despite Afghan reluctance, on December 26, 2017, Chinese Foreign Minister Wang Yi stated China and Pakistan's willingness to extend the CPEC to Afghanistan in a proper manner for mutual benefit of all the three parties.[24] In March 2022, Chinese foreign Ministery reiterated Chinese desire of extension of CPEC to Afghanistan.[25] However, south Asian regional politics involving the trilateral relations of Pakistan, India, and Afghanistan have overshadowed this prospect so far.

This documentation reflects that instability and insecurity in Afghanistan is not the only impediment that hinders Afghanistan inclusion in

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[18] Annie Cowan, " Afghanistan Reconnected: Challenges and Opportunities in the Context of China's Belt and Road Initiative," *East West Institute*, Policy Brief, March 2018, p. 3.
https://www.eastwest.ngo/sites/default/files/arp-challenges-and-opportunities-in-the-context-of-bri.pdf

[19] Ibid.

[20] David Sacks, "The China-Pakistan Economic Corridor - Hard Reality Greets BRI's Signature Initiative," *Council on foreign Relations,* March 30, 2021. https://www.cfr.org/blog/china-pakistan-economic-corridor-hard-reality-greets-bris-signature-initiative

[21] Ibid.

[22] Aurang Ram Chandran, "Why Afghanistan Should Join CPEC," *The Diplomat,* May 5, 2017. https://thediplomat.com/2017/05/why-afghanistan-should-join-cpec/

[23] "Ghani Refuses to Join CPEC while Access to India is Blocked, *Tolo News*, October 25, 2017. https://tolonews.com/afghanistan/ghani-refuses-join-cpec-while-access-india-blocked

[24] Ministry of Foreign Affairs of the People's Republic of China, "Wang Yi: To Discuss Extending CPEC to Afghanistan in a Proper," December 26, 2017.
Manner,"https://www.mfa.gov.cn/ce/cegh//eng/zgyw/t1522540.htm

[25] "China willing for extension of CPEC to Afghanistan," *Daily Times,* March 26, 2022.
https://dailytimes.com.pk/907601/china-willing-for-extension-of-cpec-to-afghanistan/

the CPEC project. Trust deficit between the two respective countries and Pakistan-India relations also act as obstacles to materialize the Afghan inclusion into the CPEC project for wider benefit of the region.

It has been reported that in 2015, Pakistan and India were the final destinations for over 70 percent of Afghanistan's total exports. The major export products included carpets, dried fruit, and medicinal plants, and not the copper, iron and other valued resources Afghanistan is known to possess in abundance.[26] it has been recognized that Afghanistan's inclusion into wider BRI projects and CEPEC would definitely help boost its economic conditions in two ways: firstly, Afghanistan would gain access to wider markets in China, Central Asia, and parts of Europe that it doesn't currently trade extensively with due to lack of needed infrastructure and secondly, with Chinese investments, it would get an opportunity to diversify its trade products by exporting copper, iron, and other resources it is enriched with.[27] both ways it would gain economic prosperity needed for the war torn country.

Thus, one point is crystal clear that Afghanistan's geo-strategic and geo-economic significance is critical in the unfolding construct of Chinese led Belt and Road Initiative (BRI) and CPEC respectively. Likewise it is conditioned with the long desired peace and stability in Afghanistan. At the same time, it necessitates the development of cordial relations between India and Pakistan. Restoration of peace and stability in Afghanistan is the long desired aspiration of Pakistan for diverse reasons including the peaceful repatriation of the Afghan refugees. Thus, stability and peace in Afghanistan is essential to the economic and human development of all the stakeholders in South Asia and beyond.

Conclusion

Following an academic enquiry into the multi-layered questions this study underscores the need for Pakistan to craft a comprehensive and futuristic policy vis-a-vis Afghan refugees given the geographic facts , centuries old social bondings, tribal, ethnic, and religious assimila-

tions of the people on both sides of the border and also in the light of unfolding geo-economic construct primarily the the initiation of the Belt and Road Initiative (BRI). The major conclusion is: Pak-Afghan relations have registered cyclical curves marked by animosity and fraternity. At times, this uneasy relationship has weighed heavily on the plight of the common Afghan citizen that has been adversely affected by the civil war or foreign inflicted misery on their country. The title of being an 'Afghan Refugee' has often earned them a warm welcome by the Islamabad on the humanitarian basis. However, at times the same status has earned them a label of 'agents of chaos and crises' by the host country (that is, Pakistan).

Following the War on Terror (post 9/11 WTC incident) massive dislocation of the Afghan citizens was registered. Pakistan being the next door neighbor faced critical choice of how to balance its humanitarian commitments with the hardcore security concerns. Thus, humanitarian concerns at time forced the Pakistani state to let in the massive influx of refugees at the cost of it security anxieties while at times it appeared to be overlooking the humanitarian concerns to either avoid or secure its security challenges. In crux, a holistic and proactive policy versus Afghan Refugees at the Islamabad end needs more introspection. In nutshell, sustainable peace in Afghanistan is essential for its people and beyond.

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The Covid-19 Pandemic and Maternal Care

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Original Article

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Abstract:

Introduction: The COVID-19 pandemic has adversely affected the provision of healthcare services, including maternal care. Some services have been restricted or prohibited to a certain extent in order to minimise the risk of COVID-19 transmission to women and newborns.

Objective: The research was focused on evaluating prenatal, intrapartum, and postpartum care provided to pregnant women, mothers, and newborns during the COVID-19 pandemic. In this study, we investigated how women perceived maternal care, measures to reduce the risk of infection, and satisfaction with the care provided. We assessed the extent to which there would be differences in the provision of care in the Czech and Slovak Republics.

Methodology: Empirical data were obtained through a ques-

tionnaire survey. Data collection was carried out at the end of the first wave of COVID-19 and at the beginning of the second wave in 2021. The research sample consisted of 539 women respondents in total, with 270 women from the Slovak Republic and 269 women from the Czech Republic. The research was supported by a joint research project of the Faculty of Health Care Studies of the University of West Bohemia in Pilsen and the Faculty of Health and Social Work of St. Ladislaus in Nové Zámky (St. Elizabeth University of Health and Social Work) and was approved by the institution's ethics committee. The empirical data were processed using the SPSS 20 statistical software.

Results: Statistically significant results were found regarding the relationship between overweight and obesity and the increased risk of COVID-19 infection. Women who were overweight or obese before pregnancy had a positive COVID-19 test result during pregnancy, χ^2= 22,9431, p< 0,001, as did pregnant women who had a positive COVID-19 test before pregnancy and were overweight or obese, χ^2= 13,3497, p= 0,004. Among women who had recovered from COVID-19, we found statistically significant results for the following items: absence of bonding (0.0068), routine recommendations not to breastfeed and to express breast milk instead (0.0203), adherence to epidemiological measures during childbirth (0.032), and adherence to increased hand hygiene and disinfection (0.0481). Regarding the provision of maternal services in Slovakia and the Czech Republic, women expected more information about vaccination and breastfeeding.

Conclusion: To modify preventive recommendations according to international standards for maternal care, to consider criteria for mother-child separation and to improve counselling for mother and child regarding COVID-19.

Introduction

The COVID-19 pandemic posed a risk to pregnant women, the prenatal child, and the newborn. Direct effects of the disease on pregnant women are associated with anatomical, physiological, and immunological changes in pregnancy that increase susceptibility to severe respiratory infections with negative impacts on the woman and foetus (Wastnedge et al., 2021). The risk of infection was associated with the presence of risk factors such as overweight, obesity, comorbidity before or during pregnancy (diabetes mellitus, hypertension, thromboembolic diseases), age over 35, socioeconomic deprivation (RCOG, 2021). The indirect impact of the pandemic mainly affected changes in maternal care provision and clinical practice. The consequences of these changes involved reconfiguring physical spaces in care provided to pregnant and postpartum women, with suspicion or confirmation of COVID-19 positivity. Women became increasingly concerned and afraid of infection and complications that would endanger their health and that of their child. This resulted in a reduction in the number of prenatal visits, which were often conducted online or by telephone. Telemedicine and personalised information on the choice of maternity hospital, delivery, and the presence of the father during delivery, began to be used to a greater extent (B.R. Chivers, R.M. Garad, J.A. et al., 2020, K. Coxon, C.F. et al., 2020). Given the high risk of COVID-19 transmission, the standards of care provided and healthcare teams that provided care in the event of positive results in pregnant women, changed. Changes in obstetric care had an impact not only on pregnant

women, but also on healthcare professionals who were exposed to a higher risk of infection, mandatory quarantine, psychological burden, and restrictions arising from strict compliance with anti-epidemic measures (A.N. Wilson, 2020.3). Restrictive measures in intrapartum care affected the implementation of bonding, increased the rate of routine separation between mother and newborn, and women's concerns about mental health (anxiety, social isolation, stress) were increased. Insufficient direct support for breastfeeding from lactation consultants escalated (Panda S. et al., 2021). All the mentioned changes that were introduced in the framework of maternity care during COVID-19, were not unequivocally accepted by pregnant women and the population.

Objective

The aim of the study was to determine what procedural and structural changes were needed to be adopted in the provision of perinatal care, how pregnant women perceived and evaluated individual measures to reduce the risk of COVID-19, and what differences existed in the provision of care in the Czech and Slovak Republics.

Methodology

In a retrospective case-control study, we obtained empirical data from female respondents who were intentionally selected. The research sample consisted of 539 women, with 270 women from Slovakia and 269 women from the Czech Republic. Within the sample, we compared two subgroups of respondents: one subgroup with a positive COVID-19 test result and one subgroup with a negative result. Data collection was conducted at the end of the first wave and at the beginning of the second wave of COVID-19 in 2021. To collect data, we used a standardized questionnaire with 39 questions. The questionnaire consisted of three parts and provided information on COVID-19 risk factors and the disease (body weight, other illnesses, smoking, COVID-19 test results, symptoms, treatment, hospitalization, source of infection), sociodemographic indicators (parity, age, gestational week), and maternal services (counselling on prenatal care, childbirth, postpartum period, breastfeeding, vaccination, source of COVID-19 information, assessment of satisfaction with care

and changes made to reduce infection risk). The present study, which included two midwifery students, was conducted as part of a joint research project between the Faculty of Health Care Studies of the University of West Bohemia in Pilsen and the Faculty of Health and Social Work of St. Ladislaus in Nové Zámky. The project was approved by the faculty's ethics committee. The empirical data were analysed using the SPSS 20 statistical software. We tested the validity of hypotheses using the Mann-Whitney test, Pearson's chi-square test of independence, and Fisher's exact test.

Results

Out of the entire dataset, 361 (67.0%) female respondents aged 26 to 35 had the largest representation, a similar distribution was also found individually within the Slovak Republic 173 (64.1%) and the Czech Republic 188 (69.9%). 326 (60.5%) primiparous women were more represented in the group than 72 (39.5%) multiparous women. Out of the entire group, 84 (15.5%) respondents were overweight and obese before pregnancy, more in the Slovak Republic, 65 (24.1%), than in the Czech Republic. 85 (15.8%) of the respondents were diagnosed with COVID-19 before becoming pregnant, 59 (10.9%) during pregnancy, 6 (1.1%) during childbirth and only 2 (0.4 %) respondents during postpartum. In pregnancy, a positive test for COVID-19 was mostly diagnosed in the third trimester 23 (37.1%). Respondents who overcame COVID-19 during pregnancy were mainly treated for thyroid disease, 9 (13.4%), high blood pressure, 8 (12%), and thromboembolic disease, 7 (10.4%). Other diseases were not significant. Almost all women were non-smokers, 491 (91.1%). Of the 67 women positive for COVID-19, only 4 (5.97%) women were hospitalised in a health care facility due to a worsening health condition caused by the disease. Of the COVID-positive women, 50 (74.63%) reported mild flu-like symptoms. The most frequent symptoms reported by women were headache, 34 (50.75%), loss of taste, loss of smell and malaise, 32 (47.76%), body temperature up to 38°C was reported by 29 (43.28%), and cough by 27 (40 .3%). Upon overcoming COVID-19, only 6 (8.96%) women had a USG examination performed 2 weeks after the infection was over. From the entire group, 119

Table 1 Areas of requested information about COVID-19 for all pregnant women

Areas of requested information	Dataset	Areas where pregnant women requested more information about COVID-19 in relation to pregnancy and childbirth					Total n=539
		Value on the rating scale					
		0	1	2	3	4	
Prenatal care options during the pandemic	CZ n	52	26	42	45	104	269
	CZ %	19,3%	9,7%	15,6%	16,7%	38,7%	100%
	SK n	40	15	39	28	148	270
	SK %	14,8%	5,6%	14,4%	10,4%	54,8%	100%
The presence of a support person during childbirth	CZ n	8	10	27	30	194	269
	CZ %	3,0%	3,7%	10%	11,2%	72,1%	100%
	SK n	34	21	17	16	182	270
	SK %	12,6%	7,8%	6,3%	5,9%	67,4%	100%
Possible complications	CZ n	12	13	26	35	183	269
	CZ %	4,5%	4,8%	9,7%	13%	68%	100%
	SK n	39	13	22	29	167	270
	SK %	14,4%	4,8%	8,1%	10,7%	61,9%	100%
Transmission of the infection to the foetus	CZ n	10	14	27	40	178	269
	CZ %	3,7%	5,2%	10%	14,9%	66,2%	100%
	SK n	37	8	25	24	176	270
	SK %	13,7%	3%	9,3%	8,9%	65,2%	100%
Preventive measures during pregnancy and childbirth	CZ n	17	23	40	49	140	269
	CZ %	6,3%	8,6%	14,9%	18,2%	52%	100%
	SK n	46	11	26	21	166	270
	SK %	17%	4,1%	9,6%	7,8%	61,5%	100%
Method of newborn care	CZ n	29	23	25	37	155	269
	CZ %	10,8%	8,6%	9,3%	13,8%	57,6%	100%
	SK n	48	12	24	22	164	270
	SK %	17,8%	4,4%	8,9%	8,1%	60,7%	100%

The results show that pregnant women demanded more professional information in all areas.

Table 2 Areas of awareness about COVID-19, among pregnant women after overcoming the disease

| Counselling | Dataset | Rate of information provided, related to COVID-19, to pregnant women who have overcome COVID-19/ | | | | | Total n= 67 |
		0	1	2	3	4	
On prenatal care	CZ n	7	3	1	2	0	13
	CZ %	53,85%	23,08%	7,69%	15,38%	0%	100%
	SK n	27	4	5	6	12	54
	SK %	50%	7,41%	9,26%	11,11%	22,22%	100%
On childbirth	CZ n	9	2	1	1	0	13
	CZ %	69,23%	15,38%	7,69%	7,69%	0%	100%
	SK n	35	2	3	5	9	54
	SK %	64,81%	3,7%	5,56%	9,26%	16,67%	100%
On postpartum	CZ n	11	1	0	1	0	13
	CZ %	84,62%	7,69%	0%	7,69%	0%	100%
	SK n	31	4	2	11	6	54
	SK %	57,41%	7,41%	3,7%	20,37%	11,11%	100%
On breastfeeding	CZ n	10	0	0	2	1	13
	CZ %	76,92%	0%	0%	15,38%	7,69%	100%
	SK n	33	2	3	9	7	54
	SK %	61,11%	3,7%	5,56%	16,67%	12,96%	100%
On vaccination	CZ n	8	2	3	0	0	13
	CZ %	61,54%	15,38%	23,08%	0%	0%	100%
	SK n	42	3	2	3	4	54
	SK %	77,78%	5,56%	3,7%	5,56%	7,41%	100%

(22.1%) women stated that prenatal check-ups with a doctor were in a limited regime, more in the Czech Republic, 75 (27.9%), than in the Slovak Republic, 44 (16.3%). Female respondents with COVID-19, identified family members, 36 (53.73%), as the biggest source of infection. Only 5 (45.46%) women, out of the 11 COVID-19 positive during childbirth, breastfed as recommended by the guidelines. Women in the Czech Republic were mainly afraid of complications that could worsen their health condition, 134 (49.8%), of the COVID-19 disease, 127 (46.9%), of the death of the child, 124 (46.1%), of the transmission of the infection to the child, 118 (43.9%), and childbirth, 117 (43.5%). Women in the Slovak Republic reported the most fear of childbirth 169 (62.6%), of the COVID-19 disease, 150 (55.6%), of complications that would worsen their health condition, 141 (52.2%), of the transmission of the infection from the mother

to the child, 130 (48.2%). The areas where women requested more information about COVID-19 are listed in the following Table 1.

Pregnant women diagnosed with COVID-19 reported receiving the least amount of information in all monitored items in both countries, as shown in Table 2. Based on the results obtained, pregnant women in both countries reported that they were provided with the least amount of information about COVID-19 in relation to pregnancy and childbirth during the given period. They received insufficient and inaccurate information about breastfeeding and vaccination. In the Czech Republic, only 2 women who were COVID-19 positive during delivery were allowed to breastfeed, so we only report the results for Slovakia. Only 2 (22.22%) out of 9 women in Slovakia who had tested positive for COVID-19 during delivery were allowed to breastfeed, while observing preventive measures to reduce the risk of infection transmission to the baby (face mask, hand washing), 1 woman expressed milk and fed it to the baby herself, 3 (33.33%) women expressed milk and had another person feed it to the baby, 2 women (22.22%) did not breastfeed – breastfeeding was not recommended to them, only 1 (11.11%) woman breastfed. Despite the small sample, the results indicate that breastfeeding counselling was not provided to mothers according to national and international recommendations. In evaluating epidemiological measures, we found that women perceived restrictive changes differently depending on the COVID-19 test result. Women with a positive COVID-19 test perceived restrictive measures more and complied with epidemiological measures to a greater extent. A statistically significant result (Mann-Whitney test) was found in the evaluation of care during pregnancy throughout the pandemic, 0.0302, and in the perception of changes in the provision of prenatal care during the pandemic, 0.0094, where women diagnosed with COVID-19 perceived more changes in the provision of maternal services than women without COVID-19 diagnosis during pregnancy, delivery, and the postpartum period. They also perceived epidemiological measures differently – women with a COVID-19 positive test considered epidemiological measures to be significant in reducing the risk of infection transmission to the mother and the child, 0.0281, but felt that the epidemiological measures reduced the time that the staff spent with the mother, 0.0495, they wore masks/respirators throughout hospitalisation, 0.032, evaluated more negatively the absence of bonding after delivery, 0.0068, and routine recommendations not to breastfeed and to express milk, 0.0203. Despite significant measures and changes, overall, 324 (85%) women reported that they were more satisfied than dissatisfied with the care provided during delivery, similarly, from the sample of 58 women who had a positive COVID-19 test, 47 (81%) were more satisfied than dissatisfied with the care provided during delivery. The provision of comprehensive maternity services was rated satisfactorily by 492 (91.3%) women.

Discussion

Based on the results obtained in the study, we can conclude that the majority of respondents rated the provision of care during childbirth as satisfactory in both countries. The COVID-19 pandemic created an opportunity for a new approach to delivering maternal services through telemedicine. Telemedicine can optimise the availability of traditional prenatal visits during unpredictable events such as a pandemic. It helps reduce the potential risk of infection exposure for both pregnant women and prenatal care providers. The need to provide safe and regular obstetric care required an urgent need for adaptive remodelling of the traditional model of care for pregnant women (Kern-Goldberge A, R. et al. 2022).

Despite pregnant women being considered a high-risk group, we did not record a higher incidence of COVID-positive tests among pregnant women. Despite significant physiological and immune changes associated with pregnancy, pregnant women did not exhibit more severe disease symptoms compared to non-pregnant women. In the Kotlar study (2021), most pregnant women exhibited mild symptoms or were asymptomatic (Kotlar B., Gerson E., et al. 2021). Similar results were recorded in our research. New findings from the Royal College of Obstetricians and Gynecologists (RCOG 2022) show that more than two-thirds of pregnant women with COVID infection have no serious symptoms. If they are symptomatic, the most common symptoms are mild fever and cough. Increasing evidence suggests an association between COVID-19 and an increased

incidence of adverse outcomes such as preeclampsia, gestational diabetes, stillbirth, preterm birth, and low birth weight. However, pregnant women who were at increased risk of morbidity (also had other medical conditions) were more likely to be admitted to the ICU, intubated, and on mechanical ventilation (DeBolt CA, et.al. 2019). In our research, those pregnant women whose health condition had worsened related to COVID-19 and at the same time they were overweight or obese, were admitted to a health care facility. Obesity predisposes to increased maternal burden of coronavirus infection. Increased production of pro-inflammatory cytokines and leptin produced by the placenta can negatively affect the birth process and the early period of the newborn (Petrakis D. 2020). Pregnant women who are obese also have a higher rate of gestational diabetes mellitus, preeclampsia, and hypertension in pregnancy. Together with a positive result for COVID-19, this leads to the severity of the disease in the context of the infection. The mother's BMI is an independent risk factor for a serious pregnancy outcome, especially if it is combined with another disease. However, it is important for obese pregnant women to evaluate not only the BMI itself, but also the entire metabolic profile. A study by Weschenfelder (2023) reported that obesity in pregnant women with COVID infection had a limited effect on the course and outcome of pregnancy. We reached a similar conclusion in our study, but this may be biased by the smaller group. Nevertheless, new findings prove that the adverse effects of the COVID-19 infection on the mother and the child can be amplified in women with nutritional disorders, including obesity and overweight (Anttini R., et.al, 2023).

Vaccination can provide pregnant women and children with a higher level of protection against infection. Maternal immunisation can provide protection to infants, particularly during the high-risk first 6 months of life, through passive transplacental transfer of antibodies and through breast milk. The studies published so far indicate that the mothers who were vaccinated did not show any serious adverse effects.

Conclusion

Pregnant women perceived preventive measures related to maternity services differently. In particular, measures related to the prohibition of visits after childbirth and the completion of a preventive PCR or antigen test of mothers after admission to the maternity ward. These measures were imposed more strictly in the Slovak Republic; however, women rated the obstetric services as satisfactory. Based on the research results, it is necessary to continue to strengthen counselling and the provision of relevant information in the field of vaccination and breastfeeding. Pregnant women in both countries stated that they would like more information and support in the mentioned areas. Research limits: greater heterogeneity between COVID-positive and negative pregnant women, the onset of another variant of COVID - Omicron.

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Family and Social Stigma: The Association between Lived Experiences and Suicidality

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Original Article

Abstract:

Framed under interpretive phenomenological approach, this study investigated about the role of family in stigmatizing individuals leading to suicide attempts. This study was conducted in Dir Lower, Chitral Lower and Chitral Upper, Khyber Pakhtunkhwa, Pakistan. A total of 17 participants were interviewed whereby the sampling was purposive and size was determined through saturation point technique. Findings are extracted through thematic analysis technique as suggested by Braun and Clark (2006). It is concluded that family is an important source of stigmatizing individuals (its own members) that is associated with developing suicidal behavior leading to suicide attempts. The experiences of confronting social stigma within family are variable whereby stress, feelings of negation and rejection, shame and guilt are few notable experiences. The reasons of family being the culprit of stigmatizing individuals primarily includes disagreements on decisions related to marriage, unemployment and not meeting the expectations of the family such as educational failure.

Background of the Study

Suicide as a social problem existed throughout the human history; however, it is relative in context of rates, causes and consequences. A key dimension of suicidality is framing it under different perspectives, for example, the personal, psychological, and socio-cultural dimensions. Sociologically, suicide is a social phenomenon whereby classical and contemporary theorists have emphasized it by seeing it through the lens of sociological imagination (Macionis, 2012; Khan, Naz, Khan and Ahmad, 2017). The issue of become more significant as Tsarenko, Bundzelova and Olah (2022) asserts that health related aspects are exacerbated by the current pandemic, and therefore, there is need of intensified focus over it.

Family is a universal social institution whereby structural functionalist; conflict theorists and symbolic interactionists view it differently. Each of these perspectives can be applied to family to explain it as a root cause of suicide and related behaviors. For example, dysfunctional family is culprit developing suicidality among individuals; inequalities and alienation in society are responsible increasing suicide and related behaviors; and, from symbolic interactionist perspective defective socialization, interaction patterns among the family members and other micro level attributes contribute to suicidality (Khan, Naz, Khan, and Ahmad, 2017). the importance of family while studying suicide is evident from the work of Brent (1995) who attributed suicide more to a familial. Gehlot and Nathawat, (1983) are o the opinion that the family unit is the single most important factor in understanding suicide.

Decades ago, Krauss & Tesser (1971) stated that social interaction is significant in terms of suicide and related behaviors. For example, if people are disappointedly unsuccessful in their social interaction, they become socially confused and frustrated leading to an increased risk of suicide and related behaviors. Several theories are prominent in this perspective suggesting that how the nature of normal social interactions such as reciprocity, interpersonal role conflicts and interpersonal frustrations may correlate with suicide (Maskill *et al.,* 2005). At macro level, the possible outcomes of confused and unsuccessful social relations are domestic violence, drug use, marital problems i.e., divorce, and even wars that are important empirical indicators for suicide (Naroll, 1965; Krauss and Krauss, 1971) whereas at micro level Khan et al., (2017) found that familial issues such as hostility, quarrelling, scapegoating, verbal and physical abuse, separation, marital issues and persistent tension at home leads to suicidal behavior. (Agerbo *et al.*, 2002), Qin et al., (2000), Goldsmith (2002) and DeFrain, Brand, Friesen & Swanson (2008) illustrates that quality of parent-children relationship including components such as parental support, frequency and pattern of interaction, agreements and disagreements among parents and children and parenthood are important aspect of social interaction in the family which are important attributes regarding suicidality.

Objective of the Study

This work focuses upon the role of family in stigmatizing individuals and its role in suicide attempts.

Research Questions

- How individuals attribute the act of suicide attempt to their family?
- What are the experiences of individuals with families in terms of confronting stigma in family associated with suicide attempt?
- What are the causes of social stigma within family leading to suicide attempt?

Methodology

This study is framed under exploratory qualitative research design. Sample/participant selection was purposive. The purposeful criteria included a) an individual aging 18 years and above b) an individual who attempted suicide and survived c) The means and method of attempt must also be considered on the basis of its lethality such as use of firearms, taking drugs (lethal dose), taking insecticides and pesticides intentionally, burning oneself, jumping into a river etc. Sample size was determined through saturation point technique whereby 17 participants were interviewed. Suicide and related behaviors are one of the sensitive issues whereby identification and the interview process often become complicated. For this purpose, key informants (friends, nurses, and doctors) were used to access such individuals. An interview guide was used to collect data

from the participants. Thematic analysis technique as per Braun and Clark (2006) has been used to analyze the data using NVIVO 12 pro. The guidelines provided by American Psychological Association (APA) were followed specifically consent, anonymity and confidentiality are very important ethics in context of the current research.

Data Analysis

Three themes and three sub themes were extracted from the interviews conducted. The themes are as follows:

Theme One: Attributing Suicide to Family

Social stigma and labelling leads to many problems in the lives of individuals and social groups who confront it. There is evidence that suicidal ideations are higher among individuals who confronts social stigma. For example, Nathan and Nathan (2020) explicates that many of the people find their families as responsible for situations leading to their decision of attempting a suicide. In this regard, few extracts from the participant interviews are mentioned who asserted that family is the major cause of their decision of attempting a suicide.

"…with any doubt, I attribute my familial environment to be the root cause of the situation that compelled me to attempt a suicide…" (Transcript-1-PhD)

"…As you ask so there is no single thing in my family due to which I can send it I attempted this suicide rather there are bulk of issues which led to the situation of for example first the behavior of my parents specifically my mother…" (Transcript-12-PhD)

"…Yes, without any doubt I can tell you that my family is responsible for my situation. Not only they made so stressful to commit a suicide rather they are rejecting at the moment. I just don't want to live with them…" (Transcript-17-PhD)

Theme Two: Confronting Social Stigma and Experiencing Labelling in Family

Family is a significant dimension of social life, and social stigma is also a concept that is specific to social interaction. Individuals face social stigma in different spheres of life such as in family, in educational institutes and interacting within communities. Social stigma carries different meanings and individuals share different experiences of it by facing it in different spheres of social life. The social stigma faced by individuals from their own family members is a unique experience. These experiences are explained by the participants in the following words:

"…My mother's behavior was problematic, I think. For example, whenever she interacted with my aunts, she used to say negative things about me…" (Transcript-1-PhD)

"…from childhood, my father used to call me by different names. I remember that my uncle once told my father to not call me names in front of others. It was when I was about 13 years old…" (Transcript-2-PhD)

"…On that day he abused me (verbally) for the first time, and told me to come in front of him. I became brave enough to commit it when my brother slapped me on my face and abused me…" (Transcript-4-PhD)

"…my father scolded me a little and told me that the way he spends so much on me, I did not get such good marks. So, the first thing was about money, that they mentioned money, that I was getting money. In 10th class I was always under tension that if I was spending so much then my marks should be higher…" (Transcript-7-PhD)

"…it was like an ignorance from my family. The anger from the parents' feels very bad. It was like hate from them and no one likes to be hated by their parents. They discussed bad things about me which I heard many times…" (Transcript-15-PhD)

Theme Three: Root Causes of Social Stigma and Labelling

Social stigma and labelling have many root causes at different levels such as communities facing stigma and an individual facing stigma. The causes across macro and micro level social stigma are highly variable.

Sub-theme One: Disagreements, social stigma, labelling and suicide attempt

It is a fact that individuals have their own choices as supported by Macionis (2012) by theorizing that in the modern world the individuals are more interested in their choices instead of communal and familial demands.

Disagreement is an important dimension of social interaction. Disagreements can have variable consequences for individuals, for example, it may end in resolution of something and even may lead to conflicts. Love failure is one of the significant life events that are one of the important stressors compelling youth towards suicide. In this context, a study conducted by Kumar and his colleague concludes that 12% of young adults attempts suicide due to failure in love and broken engagement (Kumar and George, 2012). Further, according to Samaritans (2012) breakdown in intimate relations is an important cause of suicide in England and Ireland. Similarly, social stigma has been found to be one of the outcomes of familial disagreements as stated by the participants. Some of the extracts from interviews are mentioned as below to illustrate that how disagreements led to stigmatizing individuals.

"…It was just like I opted to decide about my personal life instead of accepting a familial decision…"(Transcript-1-PhD)

"…The main reason for my suicide attempt is my mother, father and my brother. They wanted me to marry one of my brother's friends, while I had a crush on another boy from my college days. And I wanted to marry him, and that boy also wanted to marry me….."(Transcript-13-PhD)

"…I was interested in taking admission in pharmacy at a university; however, my father wasn't happy with it. So, I decided to improve and try next year…"(Transcript-7-PhD)

Sub-theme Two: Educational Expectations, social stigma, labelling and suicide attempt

Education and employment are two important components of familial life in modern societies. Family as an institution has significant focus over provision of formal education to children, and later expects returns from them in the form of social and economic support (Maskell *et al.*, 2005). Families having high expectations from children makes their children venerable to suicide because failure leads to low self-esteem and feelings of inferiority (Grob, 1983). Lester and Yang (1997) correlated suicide rates with level of education and found significant correlation in case of higher expectations. high in those who are highly educated. Similarly, few extracts from the interviews are:

"….he started a discussion with close relatives that I wasted money on getting education. It would have been better if I was sent to Saudi or Dubai as the uneducated people do. So, they had expectations from me to get a government job as they invested in my education…"(Transcript-3-PhD)

"…The only explanation is that they got angrier and when they were at home, we could not even talk properly in front of him. He paid special attention to my education and because of that I was often under pressure…"(Transcript-7-PhD)

Sub-theme three: Unemployment and Social Stigma and Labelling

Unemployment is one of the major social problems in Pakistani society, and individuals with higher education are even unable to find even low skilled jobs as compared to their educational qualification. In addition, unemployment among men in general is associated with higher levels of stress leading to suicidal behaviors (Walsh and Walsh, 2011). For three of the participants unemployment resulted in social stigma that further was associated with the act of suicide attempt. In this regard, few extracts from the interviews are:

"…So, unemployment and searching for work and not having money and these sorts of things are part of our daily life at family level. I can say that we are poor. It becomes more difficult when family members start to blame you for the situation of the family and tell you that you are not a hard worker. So, if I am not given a good education and my family doesn't care for me. When I was growing up, how could they tell me that I am the one due to which the family is suffering from poverty…" (Transcript-12-PhD)

"…And you know, in this society, people expect from you. It's like, you know, when you get your degree, when you are doing PhD, and you are walking down a street in your village. So, a person will come in and suddenly you will ask, how are you? What about your job? So, it's like difficult…" (Transcript-9-PhD)

Discussion

Family as an important factor in their act of suicide attempt, for example, familial environment such as persistent tensions, the behavior of

family members such as parents and lack of interest in understanding an individual's emotions as supported by Khan et al., (2017) and Mathew et al., (2021).

There are numerous dimensions of social stigma confronted by the participants in the family. For example, participants confronted social stigma in the form of negative discussions within and with relatives leading to suicidality as supported by Van der Sanden et al., (2016). Blaming has been found as an important attribute of social stigma confronted by the participants within their families. The blaming has been found associated with drug use and brings shame to the family as supported by Shah et al., (2020). Name calling is an obvious form of social stigma that specifically is labelling. This experience has been shared by the participants in the form of calling them with bad names resulting from disagreements and their mental status. The work of Rose et al., (2007) is relevant in this regard. One form of stigma is in shape considering the participants responsible for bringing shame to the family that is argued by Koschorke et al., (2017) as well.

The impact of the stigma has been described by the participants in varying manner. For example, some participants named it as a difficult experience and oppression while others explained it as negation, rejection, and mixed emotions as supported by Nxumalo and Mchunu (2017) and Mathews et al., (2021). One common aspect of the impact of stigma is trauma (post traumatic stress disorder or PTSD) which defined by Drgova, Suvada and Olah et al., (2022) as an outcome of stressful life event.

It is extracted that there are 3 main areas of disagreements within family leading to social stigma. The first one is disagreement regarding marriages whereby the participants decided about their life instead of accepting familial decisions. The second one is about educational decision, for example, parental pressure and demands to follow the orders whereas the participants wanted to do something else. The third one is the decision of work and employment. These three indicators led to stigmatization of participants in the form of name calling, calling them disobedient and disrespectful and even leading to lack of support from the family. The outcome of this sort of stigma for the participants was feeling of nega-

tion and rejection leading to stress. Kohli et al., (2014) supports these findings.

It is extracted that parents tend to stigmatize the children in case they don't meet what they expect (such high marks in exams) leading to negation, rejection and stigma. It is the negation, rejection and stigma that leads to situational anger or reaction and chronic stress that is associated with suicidality as supported by Harrell (2021) and Asif (2021).

Conclusion

It is concluded that family is an important source of stigmatizing individuals (its own members) that is associated with developing suicidal behavior leading to suicide attempts. Labelling, name calling, negation and behavioral changes are the key means of stigmatizing family members. Parents and elders in the family are the ones who stigmatized the younger ones. The experiences of confronting social stigma within family is variable whereby stress, feelings of negation and rejection, shame and guilt are few notable experiences. These experiences are key indicators for suicidality among young people. The reasons of family being the culprit of stigmatizing individuals primarily includes disagreements on decisions related to marriage, unemployment and not meeting the expectations of the family such as educational failure. Mental health is affected by confronting social stigma in family leading to suicide attempts.

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The Psycho-emotional State of the Ukrainian Society in the Conditions of War

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Abstract:

The article presents the results of the study of the peculiarities of the psycho-emotional state of the population and the determination of the factors for reducing the destructive impact of negative emotions in society in the conditions of war. The research methodology involves: determination of indicators of psycho-emotional states of the population and internally displaced persons; identification and assessment of the intensity of current social fears in Ukrainian society; determination of factors for reducing the destructive impact of negative emotions in society in the conditions of a long-term war. Peculiarities of the psycho-emotional state of the population have been determined: high level of anxiety and frustration, rejection of changes in the life situation; high intensity of social fears of loss of loved ones, death, war, occupation and forced displace-

ment; increased risk of depressive, psychosomatic and behavioral disorders, PTSD. The leading factors of reducing the destructive impact of the negative psycho-emotional state of Ukrainian society, which can act as mechanisms and tools for overcoming the psychosocial consequences of the war, are identified: institutional (creation of a network of centers and institutions for psychological assistance to the population); educational and personnel (training of qualified specialists in psychosocial support in war conditions, adaptation of educational programs to the cognitive and psychoemotional consequences of children with traumatic experiences); informative and educational (strengthening of the positive-emotional background in the information space).

Introduction

War as a stressogenic factor has catastrophic consequences for any society and is reflected in the spread of destructive psycho-emotional states both at the individual and collective (at the level of the entire society) levels. The negative experience of war causes the spread among the population of a high level of anxiety and social tension, depressive and behavioral disorders, posttraumatic stress syndrome, increased intensity of psychological and social fears, disrupts the psychological well-being of children who have experienced aggression, violence, loss of loved ones [1; 2; 3; 4; 5], and as a result have a long-term influence on the generation that has had a negative experience of armed conflict - being in occupation, torture and violence, being in captivity, losing loved ones, forced displacement and losing homes [6].

The full-scale war in Ukraine that began on February 24, 2022 had a significant impact on the psycho-emotional state of Ukrainian society. As noted by Ukrainian scientists, with the duration of hostilities, the psycho-emotional state of the population passes into a depressive phase with the dominance of such conditions as a constant feeling of anxiety, apathy, pessimism, hopelessness [1, p.89]; increasing panic moods [7]. A special place in the structure of the population of Ukraine is occupied by internally displaced persons (IDPs), for whom the negative impact of the armed conflict had a sharp impact on the psycho-emotional state, which is reflected as a loss of autonomy, subjectivity, identity violation, a sense of insecurity, the state of the victim, PTSD [8, p. .291]. And as sociological studies show, about 50% of the population assess their emotional

state as tense [9, p.45]. Therefore, research and monitoring of the psycho-emotional state and mood of the population is relevant for Ukraine, which will allow to create an effective system of psychological assistance, support and correction, especially for the categories of the population that have suffered the most from the consequences of active hostilities - IDPs, participants in hostilities, children, who suffered psychological trauma.

Methodology

The research is aimed at identifying the impact of war on Ukrainian society, which manifests itself in the form of destructive psycho-emotional states (depression, high level of anxiety, panic attacks, frustration, experiencing loss, increased intensity of social fears, etc.). The research methodology consists of general scientific and empirical (psychodiagnostic, sociological) methods of cognition, which allowed the following research tasks to be identified: 1) determination of indicators of psycho-emotional states of the population and internally displaced persons (IDPs); 2) identification and assessment of the intensity of current social fears in Ukrainian society; 3) determination of factors for reducing the destructive impact of negative emotions in society in the conditions of a long-term war.

Participants

250 people took part in the project. Among them: 1) 50 experts in the field of providing psychosocial support and assistance (psychologists, social workers, medical workers with psychological education); academics dealing with issues of people affected by armed aggression through an

online survey; 2) 75 internally displaced persons from the occupied territories (the average age of the interviewees is 37.3 years, 62% of them are women and 38% are men); 3) 125 people living on the territory of Zaporizhzhia (average age is 37.8 years, 64% of them are women and 36% are men). The study among IDPs and the population was conducted in November-December 2022.

Methods

In accordance with the defined research objectives, we used the following methods: 1) determination of indicators of psycho-emotional states of the population and internally displaced persons (IDPs) using the method "Self-assessment of mental states" by H. Eysenck; 2) to identify and assess the intensity of current social fears in Ukrainian society - a sociological survey of the population, IDPs and experts based on the methodology "Questionnaire of the Hierarchical Structure of Current Fears of the Individual" (ISAS) by Yu. Shcherbatyh and E. Ivlev; 3) to determine the factors for overcoming and reducing the consequences of the destructive psycho-emotional state of the population in the conditions of war - an online expert survey. Mathematical statistics methods were used to process the research results (using SPSS 21.0 for Windows).

Results

In modern psychological science, there is no single definition of the concept of "psycho-emotional state", but many researchers identify key features: the emotional response of an individual according to the dominant type; arises as a result of the interaction of the individual with the environment (in the conditions of war, the environment is perceived as a threat at the biological, psychological and social levels); may not be realized by a person due to a catastrophic stress load on the psyche; depends on the development of emotional intelligence [10; 11; 12].

In the conditions of war, as we mentioned, the psycho-emotional state of a person is characterized mainly by negative emotions (high level of anxiety, depression, despair, negative perception of the environment, etc.) and has a destructive effect on the mental activity of an individual who is in the zone of armed conflict. An individual's reaction to emergency and stressful situations related to combat operations can cause an increase

in the level of anxiety, manifestation of aggression, frustration as an emotional and volitional tension in connection with the blocking of the basic needs of the individual, rigidity as a failure to recognize war as a reality and changes in one's own situation , therefore, to determine the features of the psycho-emotional state of the population in the conditions of martial law, the methodology "Self-assessment of mental states" by H. Eysenck was applied. Figures 1 and 2 show the levels of severity of indicators (in % of respondents) separately for the population of Zaporizhzhia and internally displaced persons (IDPs).

Figure 1 Indicators of the psycho-emotional state of the population of Zaporizhzhia according to the results of the method "Self-assessment of mental states" by H. Eysenck (in % of respondents)

Figure 2 Indicators of the psycho-emotional state of IDPs according to the results of the "Self-assessment of mental states" method by H. Eysenck (in % of respondents)
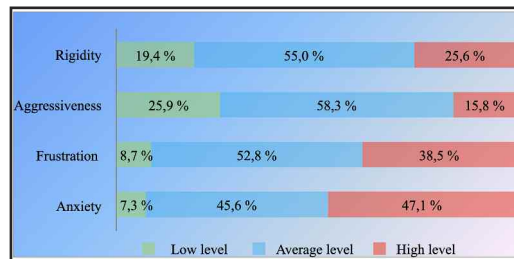
According to the results of the study, the greatest indicator of psycho-emotional state is anxiety, and it is significantly higher in internally displaced persons (39.3% in the population of Zaporizhzhia and 47.1% in IDPs), which mani-

fests itself in a feeling of anxiety, danger and uncertainty in the future. Almost half of the respondents showed an average level of anxiety, which is mainly situational in nature.

The rate of frustration is also more pronounced among internally displaced persons (27.9% of the population of Zaporizhzhia and 38.5% of IDPs), which indicates the impossibility or difficulty of meeting needs, such that the majority of IDPs have lost housing, work and wealth, and the uncertainty of further life in other communities contributes to increasing the feeling of despair and apathy.

Aggressiveness as an indicator of psycho-emotional state has average values (58% of the population and IDPs), although 12-15% of respondents show a high level of aggression towards the environment.

Rigidity as an emotional rejection of war and changes in one's own situation is revealed by 25.6% of the interviewed IDPs, which indicates the inability to experience stress and the inability to independently find internal resources (individual resilience) to reassess one's attitude towards oneself, other people and the world as a whole.

An indicator that reflects the psycho-emotional state of Ukrainian society in war conditions is the intensity of social fears. As scientists note, fear is the main subjective indicator of real and potential risks, threats and dangers [13, p.14], and the rational element of fear is due to the desire to

Figure 3 Current social fears in Ukrainian society
(assessment of the population of Zaporizhzhia, IDPs and experts)
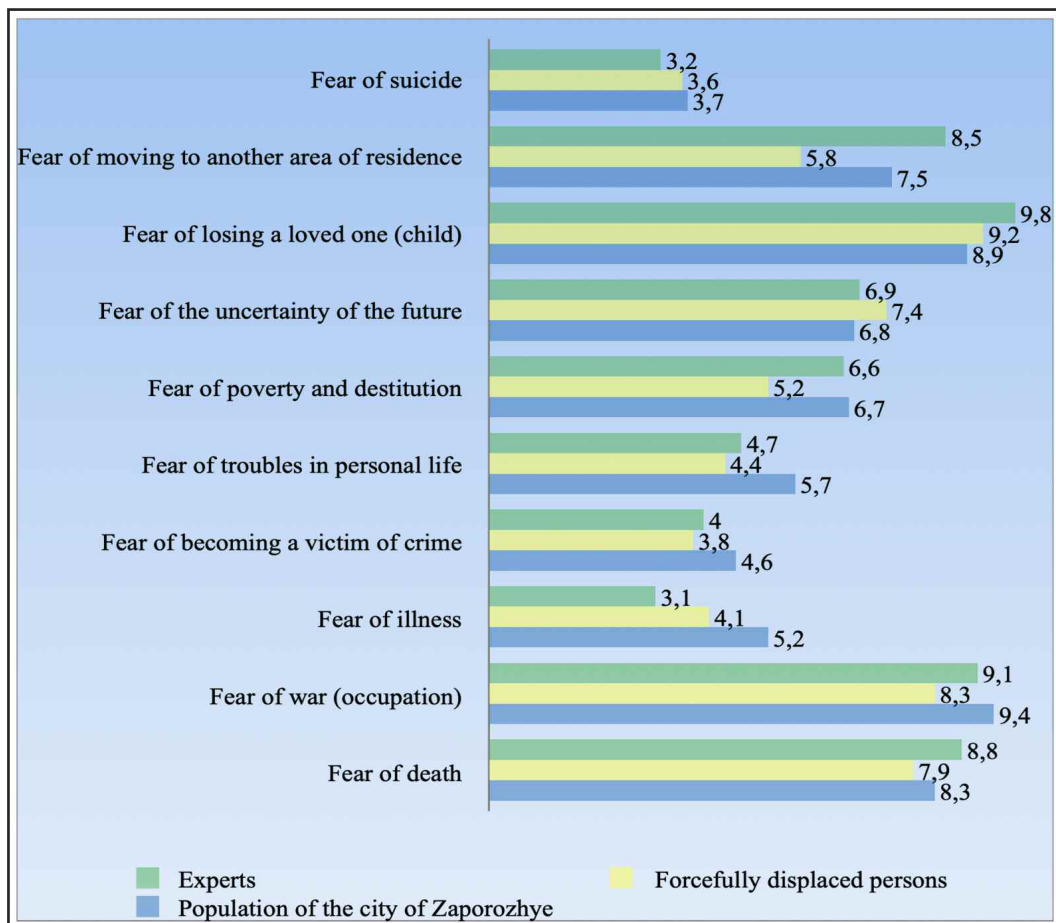
survive in an extreme situation, especially in war conditions [14]. In our opinion, social fears in Ukrainian society in the conditions of war are expressed by confusion, insecurity, feeling of loneliness, fear of death, fear of the future, fear of unemployment, etc.

In order to identify and assess the intensity of current social fears in Ukrainian society, we conducted a sociological survey of the population, IDPs and experts based on the methodology "Questionnaire of the Hierarchical Structure of Actual Fears of the Individual" (ISAS) by Yu. Shcherbatyh and E. Ivlev, where several indicators were selected indicators of methodology and author's claims. The interviewees were asked to answer the projective question: "Please rate the intensity of fear in Ukrainian society in the conditions of war on a 10-point scale?". The results are presented in Figure 3.

The most relevant social fears were identified as: fear of losing a loved one (from 8.9 to 9.8 points); fear of war and occupation (the lowest indicator among IDPs, which may be related to previous experience, the highest among the population of Zaporizhzhia, which may be a consequence of the information background about life in the occupied territories); fear of death (from 7.9 to 8.8 points). The indicators of internally displaced persons deserve special attention - for them, fears related to crime, poverty, illness, moving to another territory of residence are less relevant, while experts consider forced relocation to be one of the most relevant social fears for the population of Ukraine.

Overcoming the negative psycho-emotional state of the population depends on many factors, but, of course, the main thing is the end of the war, the de-occupation of the territories and the restoration of the country. Currently, there is a war and active hostilities in Ukraine, so it is important to determine the factors that would contribute to reducing the level of destructive influence of the negative psycho-emotional state in Ukrainian society in the conditions of the ongoing war. Therefore, the experts were asked to answer the question: "What, in your opinion, will contribute to reducing the level of the negative psycho-emotional state of the population in the conditions of the ongoing war?" The experts were asked to identify the 6 most significant factors in their opinion. The results are presented in picture 4.

As can be seen from the diagram, the most significant factors are: 1) institutional (creation of a network of centers and institutions for psychological assistance to the population - 74.1%); 2) educational and personnel (training of qualified specialists in psychosocial support in war conditions - 64.9%, adaptation of educational programs to cognitive and psychoemotional consequences of children with traumatic experience - 53.7%); 3) informational and educational (strengthening of the positive emotional background in the information space - 61.3%, implementation of media and educational mechanisms to support the values of mutual respect, mutual assistance and tolerance - 39.5%). Separately, it should be noted the sufficiently high indicators of such factors as: psychosocial support of IDPs in host communities - 51.6% and the development of providing psychological assistance in an online format - 49.1%.

Figure 4 Factors reducing the destructive impact of the negative psycho-emotional state of society in the conditions of a long-term war.
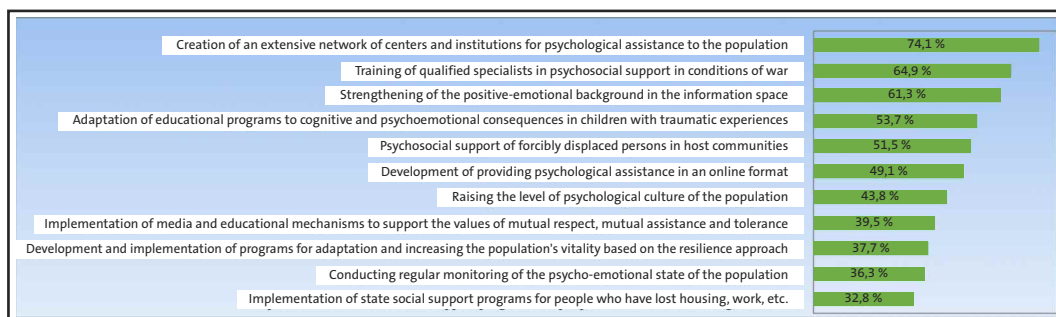
Discussion

The results of the research show a high prevalence of negative manifestations of the psycho-emotional state of the population, the main of which is a high level of anxiety and frustration. It should be noted that these manifestations have a higher rate in internally displaced persons (especially among those who have survived a certain period of occupation), which is manifested in: first, anxiety about one's own future, its uncertainty can provoke the development of depressive disorders and apathetic manifestations of behavior; secondly, the loss of housing and work, moving to another area of residence reduces the level of psychological well-being and makes it difficult or impossible to realize basic needs and security needs. Rigidity also has a relatively high rate among IDPs than among the population of Zaporizhzhia, which indicates a phase of non-acceptance of reality, incomplete awareness of a new (albeit negative, extraordinary, stressful) life situation.

An increase in the level of anxiety among the population can provoke the emergence of mental and behavioral disorders, in particular post-traumatic stress syndrome (PTSD), depressive and psychosomatic disorders, which in the conditions of a long-term war (especially its active phase) tends to increase the risk of an increase in percentage [15; 16], and the risk group includes children who have experienced a traumatic experience [17]. That is why there is an urgent need to increase psychological assistance to the population, especially those who have suffered psychological trauma from hostilities and occupation, as indicated by the results of a survey of experts on the factors of reducing the destructive impact of the negative psycho-emotional state of society in the conditions of a long-term war.

The high intensity of such social fears as the fear of losing loved ones, the fear of war and death, the fear of being forced to leave home as indicators of the destructive psycho-emotional state of the population (especially among those who live in the front-line and safer territory), are related, in our opinion, to psychological the consequences of informational influence (although not consciously manipulative) from the mass media and the media, in which the negative aspect of the war and its consequences prevails over the positive-emotional attitudes towards the future. The survey of experts proves that the strengthening of the positive-emotional background in the information space is one of the factors in reducing the level of negative psycho-emotional state in Ukrainian society.

Another aspect related to the results of the conducted research is the determination of factors for reducing the destructive impact of a negative psycho-emotional state on society, among which, along with institutional, personnel-educational and information-educational ones, it is necessary to highlight the implementation of constant monitoring of the psycho-emotional state of the population, which will allow tracking changes in its dynamics and evaluate the effectiveness of implemented and applied mechanisms and tools for overcoming the psychosocial consequences of war.

Conclusion

So, based on the results of the research, the following conclusions were made:

- firstly, in Ukrainian society during the war there was a rather high level of negative indicators of the psycho-emotional state, which is characterized by: a high level of anxiety and frustration, rejection of changes in the life situation; high intensity of social fears of loss of loved ones, death, war, occupation and forced displacement; increased risk of depressive, psychosomatic and behavioral disorders, PTSD;

- secondly, the factors of reducing the destructive impact of the negative psycho-emotional state of Ukrainian society, which can act as mechanisms and tools for overcoming the psychosocial consequences of the war, are identified: institutional (creation of network centers and institutions for psychological assistance to the population); educational and personnel (training of qualified specialists in psychosocial support in war conditions, adaptation of educational programs to the cognitive and psychoemotional consequences of children with traumatic experiences); informative and educational (strengthening of the positive-emotional background in the information space).

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Rooftop Programme in Burundi implemented in 2018-2022

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Publisher:

International Society of Applied Preventive Medicine i-gap

Abstract:

The article briefly describes a social roofing and simple house construction program in the Songa area in the Bururi district, Burundi, implemented using Slovak money in 2018-2022. The main sponsor of the program was St. Elizabeth's University of Health and Social Work in Bratislava, Slovakia. The initiator of the programme and the first sponsor was the parish of Slovenské Pravno. A total of 41 roofing sheets were provided, including the construction of 7 complete houses (1 earthen and 6 brick). The aim of this article is to highlight the fact that in developing countries the standard of housing for poor families can be significantly improved for a relatively small amount of money.

Burundi is one of the poorest countries in the world and the second most densely populated country in sub-Saharan Africa after neighbouring Rwanda. The population density is probably related to both the favourable climate – a long rainy season from September to May – and the humidity of the air caused by nearby Lake Tanganyika.

The population is made up of the Hutu, Tutsi and Batwa (1-2%) ethnic groups. The climate allows crops to be planted 2-3 times a year. The majority of the population subsists on agriculture, mainly growing beans, maize, sweet potatoes, and potatoes. Thousands of families live in simple houses made of clay or unfired bricks with dry grass roofs. These have to be replaced after about two years because the tropical rains destroy them, allowing it to rain into the house. The standard size of a house is usually 5x6 m, sometimes less. The inside consists of a small entrance room, a room for the parents, and a room for the children. The house is mainly used for sleeping and shelter from the rain, as most of the day is spent working in the garden. The kitchen tends to be located behind the house where there is room for an open fire. It is the children's responsibility to provide dry kindling as well as to fetch water. The water source is often 1 km or more from the house.

Having worked as a doctor – in Africa since 2007, in Burundi since 2009 – I was more interested in the availability of treatment and the prices of medicines than in the prices of building materials. I work in a team with a Burundian, Gaston Ndazegamiye, who is a registered nurse with a social conscience. In 2010-2013, we supplied three pygmy (Batwa) communities with food because their communities had the most malnourished children. Even then, I was met with a request from their leader to help them rebuild the roofs of their huts by buying metal sheets. I assumed that this was a costly solution and my employer (St. Elizabeth's University) was not such a wealthy organization as to be able to meet their expectations.

In 2018, a woman came to the Rumeza Health Centre asking for donations of plastic wrappers. Small bags of peanut paste are packed in these wrappers for malnourished children and she knew that Rumeza is the centre of the area in which the anti-malnutrition program operates. In conversation, we learned that she came from the village of Horezo, 12 km downhill towards Lake Tanganyika. She is a widow who has given birth to eight children, five of whom have died. She uses plastic bags to protect her head from the rain at night. I shared this story with my relative, a catechist in the parish of Slovenské Pravno. The story touched her heart as well as the parish priest and they initiated a collection in the parish as well as among their friends. In a short time, they sent 2,200 euros to Burundi in the hope that it would help the widow repair her roof. They were probably thinking of European houses and roofs. We visited the widow in the village of Horezo and saw that her house of unburnt brick was in fairly good condition and could support a tin roof. We then bought the metal sheets for the roof, special nails, and paid for the work of a builder. With the money sent, we built two complete houses for widows with children in the village of Ndago whose mud houses were falling apart and 10 roofs for the houses of the poor in surrounding villages.

With the approval of the founder of St. Elizabeth's University, prof. MUDr. Vladimir Krcmery, DrSc., we continued with this programme. Suggestions on which widow or poor family needed help were given to us mostly by the representative of Charitas Burundi in the parish of Rumeza, Mr. Jean Nibigira, or by close people in the neighbourhood. We personally visited each case and assessed the condition of the dwelling as well as the social situation of the family.

In early 2022, we were approached by the administrator of Commune Songa to sponsor roofing sheets in the Batwa community, where upwards of 30 families were living in desolate dwellings. The Batwa ethnic group communities are the poorest of the poor. They live on the margins of society with very small gardens that are unable to sustain them. They work for the better-off segment of the population as wage labourers. They eat once a day, in the evening. Children often do not go to school because they are hungry. Very rarely does anyone from this community finish primary school or achieve secondary education. Fifteen families from this community were able to sundry their bricks and build simple houses on their own during the dry season. The municipal authority paid for the builders and nails for the roofs. When the scaffolding for the

roofs was ready in October 2022, we purchased 285 metal sheets for 15 roofs, completing a total of 41 roofs as of 2018.

The strategy for building houses – clay or brick – is chosen by local residents according to the availability of materials and the time of year. In the dry season, from mid-May to mid-September, bricks can be dried in the sun, especially if the family has suitable material in the garden. In the rainy season when the wooden frame of a house and roof is built and covered with metal sheets, the spaces between the wood can be filled with mud. In this type of construction, a larger quantity of wood is needed, starting from large trunks to smaller and even the smallest branches.

Summary

We purchased sheet metal for 41 roofs in 2018-2022 in the Songa area of Bururi district, Burundi, including the construction of 7 complete houses. The purchase of 19 pieces of metal sheets for a standard 5x6 m house, nails, roof work, the purchase of four wooden windows, and two doors cost about 150 euros. We rarely bought more sheets for one house – only if it was a large family and the preserved house was of larger dimensions. Building a complete house costs about 500 euros. I would like to point out that in developing countries it is possible to significantly improve the quality of housing for poor families with relatively small sums of money. In our group, these were mostly widows and abandoned mothers with children. At the same time, I would like to express my gratitude to the management of St. Elizabeth's University and especially to Prof. Krčméry for their support and understanding in the implementation of this project.

Addendum

During a presentation on the first group and their individual fates, I was asked why there are so many widows in the country. In my opinion and personal experience, poor people work hard, accept any kind of work, including carrying heavy loads for construction, and so they wear out sooner physically if they are not well nourished. Another factor is that health care must be paid for and so a poor person will postpone visiting a health centre or hospital until their illness is advanced and can no longer be helped. One widow in our group had to rent out part of her garden for 5 years to pay for her late husband's (unsuccessful) surgery and funeral. There are new challenges ahead to continue providing social assistance to the most vulnerable.

The Importance of meaning in educational Work with adult Migrants

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Original Article

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Abstract:

This article deals with the experience of meaning of employees in educational work with adult migrants. Based on the work of Schnell (2016) and Rosso et al. (2010) factors for meaning in the workplace and fulfilling work design are presented. The answers given by interviewed adult educators are then highlighted as examples. The subjects were asked about the meaning they attach to their work. They should name meaningful moments or positive events that have particularly stuck in their memory in their current work. As a result the formulated specifics (Schnell, Rosso et al.) in relation to meaning are also transferred to adult educators who work in the professional field of training and further education for migrants.

Introduction and presentation of the term "sense

The author of this paper is researching adult education workers who work with adult migrants. What meaning these adult educators see in this work has not yet been empirically researched. The following questions arise:

What expresses a sense of meaning for what they do in the daily work of learning facilitators? What are meaningful moments that can then in turn act as motivators for the work? Is there any time at all in the everyday life of adult educators for questions of meaning? Do some things even seem meaningless? In the course of this paper, we will first look at "meaning in work" and then at "meaningfulness and volunteering". Afterwards, the answers of interviewed adult educators will be presented in order to show their experience of meaning and to give the professional group space in the scientific discussion.

"Meaning" is a complex construct and has many meanings that cannot be discussed further in this article. "Meaning" is attributed to actions, intentions and activities, events, facts and norms. The attribution of meaning is a cognitive-judgmental function that is linked to emotional experience and to behaviour and action (cf. Tausch, 2008: pp. 97-113). According to Schnell (2016), meaning is "[...] the taking of a path, the decision for a direction that determines meaning or meaninglessness. Implicit is a dynamic quality of meaning. Meaning is not definable. Meaning is the path, not the goal" (Schnell, 2016: p. 6).

Regarding the topic of meaning in work, she notes that there is a "love of work" (Schnell, 2016: p. 152), which can express itself in flexibility, availability and self-commitment, even self-exploitation. Yet this love does not have emotional backing, as the Gallup Engagement Index finds every year. In 2014, 85 per cent of Germans said they had little or no attachment to their employer (cf. Schnell, 2016: p. 152). Despite this, the majority of employees say they are satisfied with their employment relationship (cf. Hammermann & Stettes, 2013: p. 1). Quick notes that this contradiction can be explained by the fact that very few people can choose between different jobs. Without these choices and in the awareness of impending unemployment, one is more likely to agree with the given, i.e. to be satisfied. Earning money is in the foreground, from

which the meaningful potential of work suffers (cf. Schnell, 2016: p. 152).

In principle, it is about "professional fulfilment of meaning", which Schnell defines as "individual experience of meaningfulness, orientation, coherence and belonging in the context of the current work activity" (Schnell, 2016: p. 155). Meaningfulness" refers to the perceived benefit and impact for other people, "orientation" refers to values and other guidelines for professional action, "coherence" refers to the coherent interplay between the levels of meaning construction, i.e. whether the activity harmonises with the work goals and the outlook on life, and "belonging" refers to the emotional-cognitive anchoring in and identification with the company (cf. Schnell, 2016: pp. 155-156). On the basis of his own and other empirical studies, Schnell derives "predictors" for the assessment of "occupational fulfilment of meaning" from these components, namely "meaningfulness of the activity", "socio-moral climate", "self-transcendent orientation of the company", "job fit" and "person" (Schnell, 2016: p. 157).

These "predictors" will be briefly described below:

Schnell states that the (1) "meaningfulness of the activity" easily fades into the background as long as growth or other economic metrics are in the foreground. This meaningfulness can be what newcomers to the profession expect from the specific activity, e.g. nurses who want to provide good care, construction site workers who want to help construct buildings they can be proud of, or medical practitioners who want to heal people. "When quantity takes precedence over quality, the "real" meaning of work is forgotten" (Schnell, 2016: p. 158). Therefore, it can be helpful for workers to remember why they chose the particular profession. Employers can make the significance of the work activity visible to others, e.g. through an "open day" (Schnell, 2016: p. 158).

Schnell's working group was able to prove advantages of a good (2) socio-moral organisational climate:

Through open, appreciative and participative interaction, workers show more empathy, reliability, helpfulness and solidarity both with each other and with their superiors and the company as a whole. They feel more committed to the company, which promotes motivation, engage-

ment and ultimately productivity (Schnell, 2016: p. 160).

Schnell refers to an alternative concept called the "fourth sector" (Schnell, 2016: p. 160) as (3) "self-transcending corporate orientation". "Distinguished from the public, private and social sectors, according to Sabeti & Fourth Sector Network Concept Working Group (2009), this sector refers to initiatives such as 'corporate social responsibility', micro-financing of e.g. micro-loans, sustainable business or social entrepreneurship. If values are lived out in this way that go beyond the self-preservation of a company, then companies can expect the employees' professional sense of meaning to grow" (Schnell, 2016: p. 161).

Schnell states that (4) a good "job fit" in terms of education, interests and personality is important. However, this is rather the exception, as a study by Schnell et al. (2013) shows. Here, a quarter of the employees stated that their job and personality were not a good match. The consequences of this "mismatching" include under- or over-demand, overuse and stress. The consequences are physical or psychological complaints such as pain, sleep disorders, irritability, nervousness or dejection (Schnell, 2016: p. 162)

Figure 1 Predictors of meaningfulness at work at personality, activity and organisational level
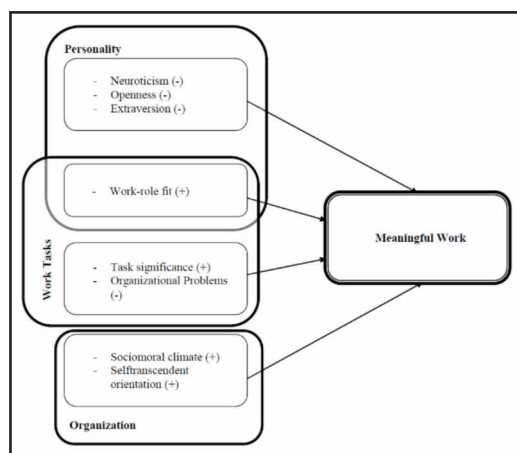
Source: (Schnell et al., 2013, http://www.sinnforschung.org/archives/1609, accessed 28.07.2022)

For the employed persons (5), according to Schnell, "occupational fulfilment of meaning" is specifically reflected in high commitment to work, job satisfaction, performance and loyalty to the employer (cf. Schnell, 2016: p. 164). In contrast, "occupational emptiness of meaning" can be equated with a "crisis of meaning" in general (Schnell, 2016: p. 164). Occupational emptiness of meaning can derive, for example, from burnout, a clinical picture characterised by extreme exhaustion. The causes of this in turn lie in "work intensification" and "loss of control" (Schnell, 2016: p. 165).

Rosso et al. (2010) constructed a theoretical framework model considering the most important components of occupational sense-making.

Accordingly, two central factors of life are the person's agency and the community. On the one hand, it is given to being human to be self-active, i.e. to lead, to construct and to be artistically active. On the other hand, however, there is the need for connection and contact with other persons. Occupational sense fulfilment feeds from both areas. The perception of meaning in working life varies depending on the direction of action. One's own person (self) is confronted with others. Furthermore, the sense of meaning depends on whether the experiences are perceived as intrinsic or extrinsic.

Rosso et al. further identify individuation, contribution, self-connection and unification as essential to the experience of meaning. It is assumed that work experiences that satisfy more than one of the four areas lead to a stronger experience of meaning and thus function cumulatively.

In relation to the experience of meaning in the teaching profession, the conclusion is that a teacher experiences maximum meaning when self-efficacy, autonomy, competence and authenticity are satisfied, a contribution is made to others and she can identify with the values of the teaching institution.

(cf. Rosso et al., 2010, pp. 113-115).

Figure 2 Four paths to meaningful work: a theoretical framework model

Research shows that it is precisely volunteer work that is described by employees as most meaningful (cf. Schnell, 2016: p. 170). Several characteristics support the meaningfulness of this type of activity. It is highly meaningful, is chosen on the basis of personal interests, abilities and time opportunities, and can thus be integrated coherently into personal life. Volunteering often takes place in community, which promotes the development of belonging (cf. Schnell & Hoof, 2012: p. 35).

In a representative study from 2009, Hoof & Schnell proved "that the sense of meaning of volunteers is higher than that of the normal population" (Hoof & Schnell, 2009: 8). The method was used to determine whether volunteers "deviate in the nature and extent of their life meanings from a representative German comparison sample" (Hoof & Schnell, 2009: p. 413). The study was able to show that the volunteers had a significantly higher sense of fulfilment than the general sample.

For volunteering to be experienced as meaningful, the best possible fit between person and activity is necessary. In a study with 168 volunteers, Schnell & Hoof found "that volunteers in hospices are characterised by their high spirituality, while in organisations such as the Red Cross or the volunteer fire brigade, the experience of fun and the exercise of power are more pronounced" (Schnell, 2016: pp. 170-171).

Object of research, research question and methodology

The research subject of this article is adult educators who are involved in the further education of migrants. In 2018-2019, the author selected people who work with migrant adults (e.g. in language courses, integration projects, counselling) and have a pedagogical, adult education or a degree in education or further education. The spectrum was deliberately kept broad to ensure that people from diverse areas of education and training would come forward for a guideline interview. The plan was that these education professionals would be able to provide information about their everyday work and their views on motivations, stressors, coping strategies and experiences of meaning. An information letter was prepared to recruit the interview partners. This

was sent by email to potential actors and institutions in refugee aid in the Rhine-Main region. The project was also made known verbally. There were 18 responses, but 4 people were not involved in adult education but in practical support for migrants. There were two appointment cancellations.

In the following, the interviewees are briefly introduced in the selected profile:

 1 Ms G.: employed, asylum coordinator, political scientist, DaF teacher, 38 years old
 2 Ms B.: voluntary, secondary school teacher, integration teacher, 59 years old
 3 Mr B.: voluntary, bank manager, retired trainer, 69 years old
 4 Ms W.: voluntary, PhD in German studies, language teacher, 75 years old
 5 Ms S.: employed, B. Sc. physiotherapy, M.A. adult education, headmistress of physiotherapy school, 50 years old
 6 Mr. Ba.: employed, M.A. Anthropology, employee Bildungswerk, 53 years old
 7 Ms N.: voluntary (refugee work), employed, B.A. nursing pedagogy, head of rescue service school, M.A. adult education, 32 years old
 8 Ms T.: employed, M.A. Marketing, language teacher, 33 years old
 9 Ms. F.: employed and voluntary, teacher nursing, M.A. adult education, 58 years old
10 Ms D.: employed, 1st service examination in education, DaF teacher, 70 years old
11 Ms O.: voluntary, primary school teacher, VHS teacher, 68 years old
12 Mr R.: civil servant, police teacher, graduate administrator, coordinator of intercultural competence/diversity management, 34 years old.

The respondents were asked, among other things, about the meaning they attach to their work. They were asked to name meaningful moments or positive events that they particularly remembered in their current work.

After transcription, the interviews were analysed by means of qualitative content analysis based on categories in order to draw conclusions about the employees' experience of meaning.

Results

For most respondents, the purpose of their work is to integrate people, be it integration into European norms and values or integration into the world of work. Thus, all participants in the survey want to help migrants arrive and move on in German society. This entry should take place, for example, through language work, support in finding work and through the cultural integration of the refugees. Ms. B. (101)[1] , Ms. S. (289-298), Mr. Ba. (126) and Ms. T. (53-59) mention their joy when a refugee has achieved a school or vocational qualification or found a job. The following quote exemplifies the joy of an adult educator:

"*Of course, positive events are every placement in training, every placement in work, but also small steps. Yes, we talked about it earlier, the young lady from the last course who could neither read nor write in her home language, taught herself everything, could then read and write in German, who has now gone to a placement where she can catch up on her secondary school leaving certificate and gets the whole thing financed and also receives pocket money. These are moments when I say 'Yes, great. That was very worthwhile. Of course, the big moments for me are when a certificate from Darmstadt is recognised and the door opens for training. We have to wait three months, three months plus, and then at some point the day comes. The certificate is there. Great joy.*" (Mr Ba. 114-126)

At the same time, however, the appreciation of the work is also a frequently mentioned aspect regarding meaningfulness. This is the appreciation that the interviewees experience from the migrants (e.g. Ms T. 142-144, Ms B. 68). In addition, the gratitude expressed by the participants, especially in an immaterial way (thank-you notes, support in class) but also in a material way (invitation to a meal), gives their work meaning (e.g. Ms. B. 123, 70-72, Ms. G.137-138). About a third of the respondents also find their job personally enriching. Here, for example, learning about foreign cultures or training in didactic skills is mentioned (e.g. Ms. N. 139, 190). Thus, getting to know foreign food and languages as well as training in self-reflection is perceived as

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[1] Line references of the respective interviews in brackets, available from the author

meaningful (Ms T. 125-126). Mutual profit is also mentioned as an aspect of meaningfulness. There is an opportunity to learn about diversity and to promote it in our society (Ms G., 124-130). Pluralism is seen as good for our society Both migrants and teachers can benefit from each other's experiences. For Ms G. in particular, this aspect gives rise to the meaningfulness of her work (124-130):

"And um, these stories that you get to know, experience, also the differences in language, because it was often something mutual. I taught them something and at the same time they taught me something from their language and their culture. And I always found that enriching. So that's also what I like about pluralism: you just take what you think is good and leave out the bad. That's nice, you benefit from the experiences of others. (Ms G. 124-130)

Ms D. sees the integration of migrants as a social enrichment (Ms D. 94-100, 102-104). One of the respondents emphasises completely selfless help. Mr B. does not want to receive any gratitude, neither on a material nor on an immaterial basis. He does not want to make any profit of his own from his work and adopts a very altruistic attitude (Mr B. 42-91). The satisfaction of others is more important to him than his own:

"There is nothing worse, I think Oscar Wilde once said, than being constantly grateful to another person. Gratitude in the long run is never, never good and so I don't expect it permanently, but I say I do it on my own initiative and not in order to get some kind of reward, be it financial, that's not the case anyway, or be it immaterial". (Mr B. 86-91).

For Ms N., the meaningfulness lies in the acquisition of intercultural competences. This represents more meaningfulness for her than the gratitude of the migrants. (190, 206-207) For Ms N. (138-139), Ms F. (62-66) and Ms S. (432-433) it is meaningful to reflect on one's own seminar and training contents against the background of people's "being different".

Conclusion and outlook

The sense of purpose in the work seems to be perceived as very high by the respondents of the present study. This is suggested by the diversity of the answers. As presented above, Schnell was able to show that it is precisely voluntary work

that is described as most meaningful by the employees (cf. Schnell, 2016). This can also be seen in the responses of the test persons in this article. Furthermore, it could also be established for adult education with migrants that meaningfulness correlates with motivation. Most of the interviewees see the meaning of their work in the integration of people. They want to make it easier for people to start a new life. Since they help the refugees intensively through their work, they experience a lot of gratitude and appreciation. This positive feedback encourages the education workers and increases the meaningfulness of their work. For their part, they give back empathy and an altruistic attitude. The interviewees also learn through their work in terms of intercultural and linguistic competence and feel this to be a personal enrichment. There is also a further meaning to their work through learning about diversity and the social diversity that arises through integration. Some educators find it meaningful to be able to reflect on their own seminar content against the background of interculturality. One adult educator would like to work through his own migration biography in his work with people. In comparison to the literature presented, there are some similarities. For example, the "socio-moral climate" mentioned by Schnell (2016) also contributes to a sense of meaning in work in adult and continuing education according to the present study. Furthermore, in the essence of the interviews Rosso et al (2010) confirmed that a teacher experiences maximum meaning when self-efficacy, autonomy, competence and authenticity are satisfied, a contribution is made to others and she can identify with the values of the teaching institution.

Overall, more interest should be given to the topic of meaningful work in (voluntary) migrant education. A working hypothesis could be: If the adult educators feel they are doing meaningful work, this will also transfer to the education recipients. This would have to be tested in a further study.

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Perception of personal Security on the Example of Poland and Austria

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Abstract:

The article presents an analysis of quantitative and qualitative research carried out on a sample (N = 163) of Polish and Austrian citizens using the direct testing method. The subjective assessment of the sense of security was used in the study. Statistical analysis using the chi-square test revealed that Polish citizens assess their public security at the satisfactory level. Yet, in the public space, regardless of the region of the country, minor forms of social pathology appear many times. The obtained data is to be treated as a pilot study that can be continued on a wider group of respondents.

Introduction

The way people perceive security often results from their ability to observe the world and perceive events. As a result, security means satisfying people's own needs and freedom from fear as well as the certainty that emerging threats will be minimized by institutions established for this purpose. Security issues emerge in many different areas of human life sciences, including economics and political science. Security is broadly defined as an objective state of non-threat that is subjectively felt by individuals or groups (Korzeniowski, 2000, Urbanek, 2015). This definition covers two perspectives of understanding security - objective, related to external, objective factors that are important for a safe and active life, and subjective, related to an individual, subjective assessment of the state of possession or availability of basic goods, and related to experience.

The content of the article was conceptualized on the basis of a review of the literature and quantitative research of the authors carried out using a questionnaire on the personal sense of security perceived through the prism of public and spatial security as a result of the observed pathological social behaviors. occurring with varying intensity in their places of residence.

Personal security and public safety

Contemporary man deals with sudden problems created by the civilization of the surrounding world, experiencing a military, ecological or moral threat. But every man wants to be safe, to have a sense of security (A. Pieczywok, 2011, p. 130). Karen Horney claims that the need for security is the main motivation that directs the way of life and activity of a person (K. Horney, 2007). Security is one of the basic needs of every human being. It is a state that provides a sense of existence and guarantees its preservation, as well as gives a chance for improvement. The American psychologist Abraham Maslow, placing security at the second level in terms of needs, proved that if this need is not satisfied, it is impossible to feel and meet higher-order needs (K. Zaremba, D. Zbroszczyk, 2016, p. 166). Still another view of security is presented by N. Ferguson, who considers security "as the main need of man and the institutions he creates, because it is related to the social and civilization development

of man in various historical periods and cultural conditions in which the subject of security functioned" (N. Ferguson 2013, p. 392; after: D. Zbroszczyk, 2019. p. 30.).

One cannot speak of security outside the subjective context (in relation to "someone"), because the personalistic dimension emphasizes the importance of subjectivity. The subject of subjectivity is taken up by Marian Cieślarczyk, noting that "(...) security cannot be analyzed without reference to a specific entity" (M. Cieślarczyk, 2014, p. 41). Subjectivity is identified with the conscious shaping of reality, transforming it in the direction consistent with one's own needs. The general sense of personal security in literature (Baar-Tal and Jacobsen 1998, Bańka 2002, Klamut 2012) is understood as a subjective state of belief in having sufficient resources to act. It is a state of internal balance resulting from having a certain (sufficient from the point of view of an individual) level of security (Klamut, 2014).

The objective dimension of security concerns phenomena that cause a state of uncertainty and fear. It covers actual threats and is rationally assessed. The subjective element of security refers to the feeling and perception of phenomena considered unfavorable or dangerous and focuses on their mental perception. Certainly, the perception of threat determines the overall level of security, contributing to a deeper understanding of it. (V.I. Ghebali, B. Sauerwein, 1995).

Results and discussion

Research project called *Sense of security* was carried out in Poland and Austria. The study used a simplified questionnaire of the Sense of security by Uchnasta (1990), which is used to assess the level of it. The questionnaire contains 30 questions. Four types of results are obtained in the study. General sense of security (Pb) and the results related to each security dimension. The first group includes "Sense of closeness": a sense of closeness with others, with the world, a feeling of being at home and a sense of separation, alienation and isolation. The second group "Sense of stability" includes: a sense of stability, order, and a sense of instability, randomness, chaos and anxiety. The third source of "Self-confidence" includes: a sense of self-confidence, self-affirmation, a sense of insecurity, intimidation, inferiority. The authors' concept was not to fully discuss

Fig. 1 Closeness Indicator (Bl) - For questions 1-9, preferred ranges 3 and 4; for question 10, the preferred ranges 0 and 1
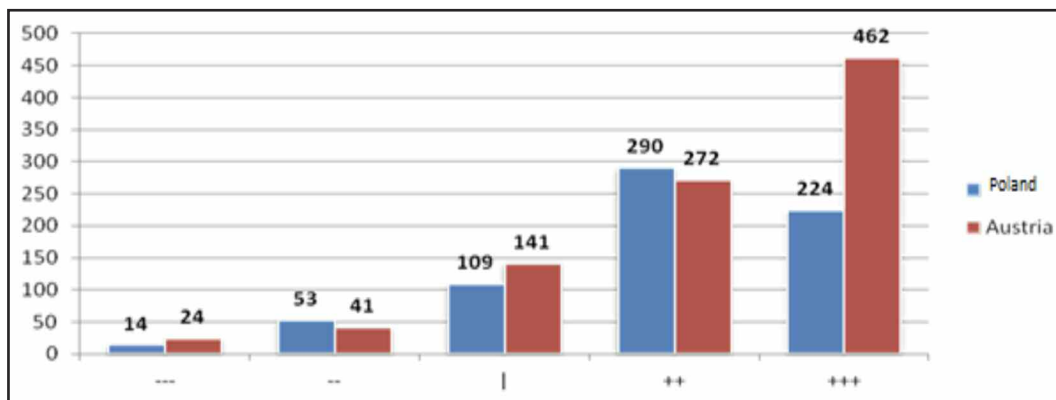
Fig. 2 Stability index (St) - preferred ranges 0 and 1 for questions 11-20; Therefore, in the conclusions, the scale must be reversed, positive answers are considered to be answers from the 0 and 1 scale; neutral ones on a scale of 2; negative ones refer to a scale of 3 and 4
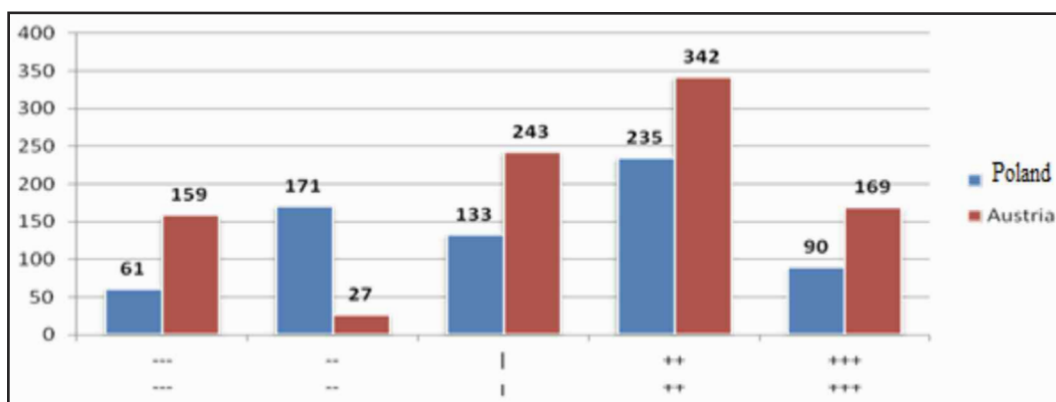
all dimensions of the sense of security, but only to indicate those that constitute a subjective assessment of this state. The following research problems have been identified in the work:

*1. Is there a difference between the respondents from Poland and Austria and their sense of closeness?*

2. Is there a difference between the respondents from Poland and Austria and their sense of stability?

3. Is there a difference between the respondents from Poland and Austria and their self-confidence?

The present-day society, often referred to as a risk society, must therefore face sudden and unexpected new situations and challenges, which bring with them threats of various nature. The emerging social threats have negative effects on various areas of social life and are dynamic and multidimensional in terms of various forms and strengths of influence.

When analyzing the closeness index (Bl), a repetition of the tendency from the components of the questions can be noticed. In the group "Poland" most of the respondents (approx. 42%) indicated the answer - "++", while in the group "Austria" most of the respondents (approx. 49%) indicated the answer "+++". If you compare the

Fig 3. Self-confidence indicator (Zs)
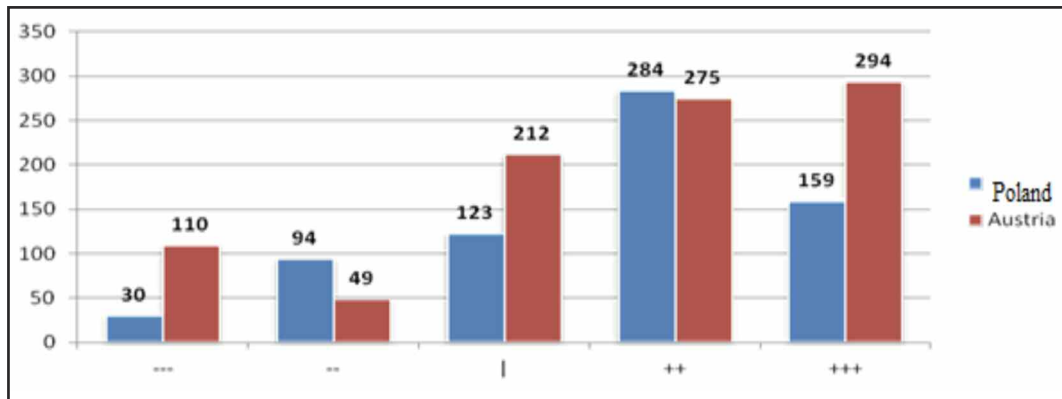
highest indicators on the scale (++ and +++), it should be noted that the group "Poland" indicated them approx. 74% (514 times selected positive levels), while the group "Austria" indicated them in approx. 78% of all selections (734 times selected positive levels). High results of the index indicate in both groups that the need for belonging and personal relationship with the immediate environment; a sense of closeness and openness to direct contacts with the environment are relatively well met. It should be emphasized that the "Austria" group has this indicator higher by approx. 4% of all indications (It is not worth comparing the number of indications, because the studied groups "Poland" and "Austria" are different in terms of numbers, and thus the percentage comparison is more appropriate).

When analyzing the stability index (St), a repetition of the tendency from the components of the questions can be noticed. In the group "Poland" the majority of respondents (approx. 34%) indicated the answer - "++", similarly in the group "Austria" most of the respondents (approx. 36%) indicated the answer "++". If you compare the highest indicators on the scale (++ and +++), it should be noted that the group "Poland" indicated them in approx. 47% (325 times selected positive levels), while the group "Austria" indicated them in approx. 54% of all selections (511 positive levels selected). High results of the index indicate in both groups that the need for safe functioning in everyday life; to ensure the orderly functioning, to predict and influence the course of events and matters in which

one participates are relatively well met. It should also be noted that in the group "Poland" approx. 25% of respondents indicated answers like "-(rather true)", while the group "Austria" indicated answers like "| (I'm not sure) ". Such a relatively high percentage of choice is associated with a sense of tension, instability, randomness, chaos and generalized anxiety, as well as a limited sense of security among the respondents.

When analyzing the self-confidence indicator (Zs), a repetition of the tendency from the components of the questions can be noticed. In the group "Poland" most of the respondents (approx. 41%) indicated the answer - "++", while in the group "Austria" most of the respondents (approx. 31%) indicated the answer "+++". If you compare the highest indicators on the scale (++ and +++), it should be noted that the group "Poland" indicated them in approx. 64% (443 times selected positive levels), while the group "Austria" indicated them in approx. 60% of all selections (569 positive levels selected). High results of the index indicate in both groups that relatively well satisfied are: the need for self-respect ; sense of competence, internal consistency, personal preferences and confidence in coping skills in life in a way that is right for you. It should also be noted that in the "Poland" group, approx. 18% of respondents indicated neutral responses "| (I am not sure) ", similar behaviors were revealed in the" Austria "group, where approx. 23% indicated neutral responses" | (I'm not sure) ". Such a relatively high percentage of choice is associated with the disclosure of features that affect the feel-

ing of insecurity, intimidation, discouragement, a sense of inferiority, tendencies to compulsively analyze one's own experiences.

The χ2 test was adopted to check whether the selection of given scale values depends on belonging to a given group: Poland (P) or Austria (A) in response to the research problem. It should be explained that the just noticed diversity of answers in multiple-choice questions (Q1 and Q2) has become a factor influencing the verification whether the choices of respondents are statistically determined by belonging to a given group: Poland (P) or Austria (A).

Tab. 1. Examination of the described dependences with the χ2 test

$$k = 0{,}05$$
$$\chi^2 = 74{,}669$$
$$\chi^2{}_1 = 9{,}488$$
Result: There is a dependency

$$k = 5$$
$$r = 2$$
C-Pearson = 0,2093
$$\mathbf{C_{max}} = 0{,}8008$$
$$\mathbf{C_{kor}} = 0{,}2614$$
Result: Weak correlation
$$\mathbf{T} = 0{,}1513$$
$$\mathbf{T^2} = 2{,}29\%$$

p-value= 0,000000
df= 4

V-Cramer's= 0,21403
Result: Weak connection
$$\chi^2 = 0{,}045809$$
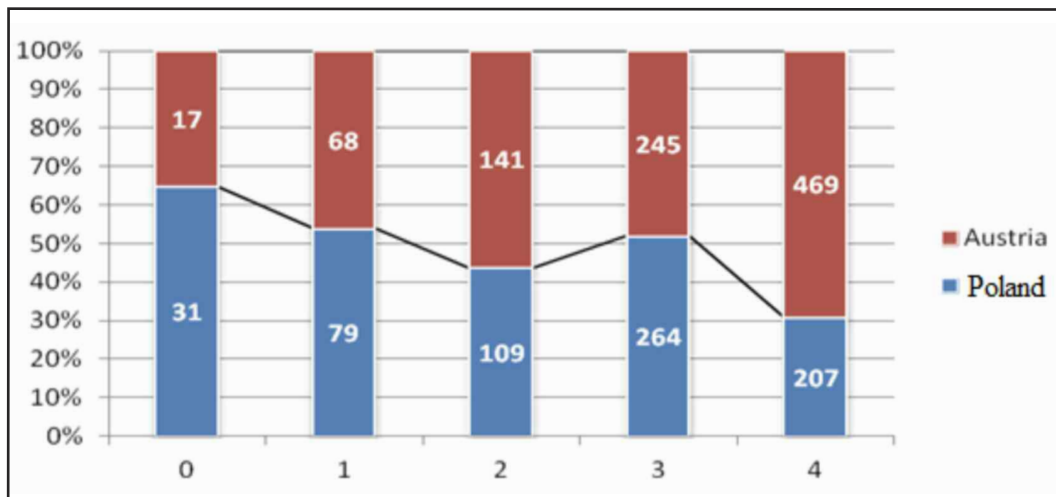$$\chi = 0{,}214031$$

Source: own elaboration

The data obtained in order to verify research problem 1 and 2 are presented in Table2.

Tab. 1 Closeness (BI) - χ2 test

		Levels					
		0	1	2	3	4	Total number
Country	Poland	31	79	109	264	207	690
	Austria	17	68	141	245	469	940
	Total number	48	147	250	509	676	1630

Source: own elaboration

Fig. 4 Closeness (BI) - χ2 test

Source: own elaboration

Tab. 2 Stability (St) - χ2 test

		Levels					
		0	**1**	**2**	**3**	**4**	**Total number**
Country	**Poland**	90	235	133	171	61	**690**
	Austria	161	331	259	25	164	**940**
	Total number	**251**	**566**	**392**	**196**	**225**	**1630**

Examination of the described dependencies with the χ2 test.

Tab. 2. Examination of the described dependences with the χ2 test

$$k = \quad 0,05$$
$$\chi^2 = \quad 199,113$$
$$\chi^2_1 = \quad 9,488$$
Result: There is a depedency

$$k = \quad 5$$
$$r = \quad 2$$
C-Pearson = 0,3299
$$C_{max} = \quad 0,8008$$
$$C_{kor} = \quad 0,4120$$
Result: Mean correlation
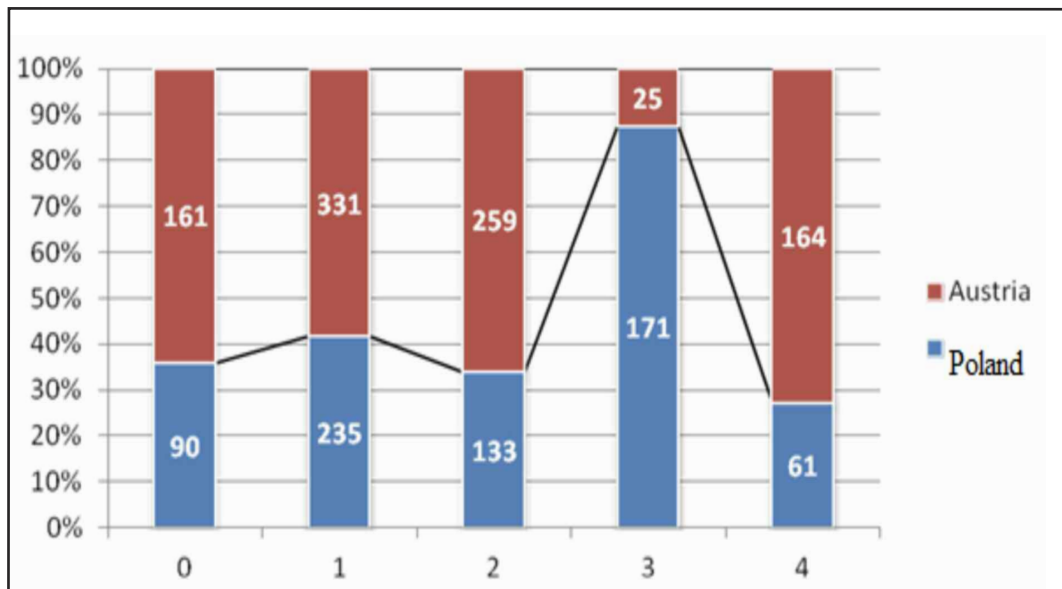$$T = \quad 0,2471$$
$$T^2 = \quad 6,11\%$$

p-value= 0,000000
df= 4

V-Cramer's= 0,34951
Result: Moderate connection
$$\chi^2 = \quad 0,122155$$
$$\chi = \quad 0,349507$$

Source: own elaboration

Fig. 5 Stability (St) – test χ2

Source: own elaboration

The data obtained in order to verify research problem 1 and 2 are presented in Table 3.

Examination of the described dependencies with the χ2 test

Tab. 3. Examination of the described dependences with the χ2 test

$$k = 0{,}05$$
$$\chi^2 = 78{,}745$$
$$\chi^2_1 = 9{,}488$$
$$Result: \text{There is a depedency}$$

$$k = 5$$
$$r = 2$$
$$\text{C-Pearson} = 0{,}2147$$
$$C_{max} = 0{,}8008$$
$$C_{kor} = 0{,}2681$$
$$Result: \text{Weak correlation}$$
$$T =$$
$$T^2 = 0{,}1554$$
$$2{,}42\%$$
$$\text{p-value} = 0{,}000000$$
$$df = 4$$

V-Cramer's=
$$Result: 0{,}21980$$
$$\chi^2 = \text{Weak connection}$$
$$\chi = 0{,}349507$$

Source: own elaboration

Psychologists pay attention to the personality determinants of a sense of security, which include:

- Permanent anxiety experienced in life accompanied by a feeling of danger
- Passive egocentrism- low self-esteem and critical evaluation from other people
- Low self-esteem or affective attitude towards oneself
- Tendency to engage in risky behavior

The above-mentioned conditions are only a signal of selected risk factors. They usually appear in interrelationships and are subject to various modifications.

Tab. 3 Self-confidence (Zs) - test χ2

		Levels					
		0	**1**	**2**	**3**	**4**	**Total number**
Country	**Poland**	75	202	123	176	114	**690**
	Austria	140	208	212	116	264	**940**
	Total number	**215**	**410**	**335**	**292**	**378**	**1630**

Fig. 6 Self-confidence (Zs) - χ2 test
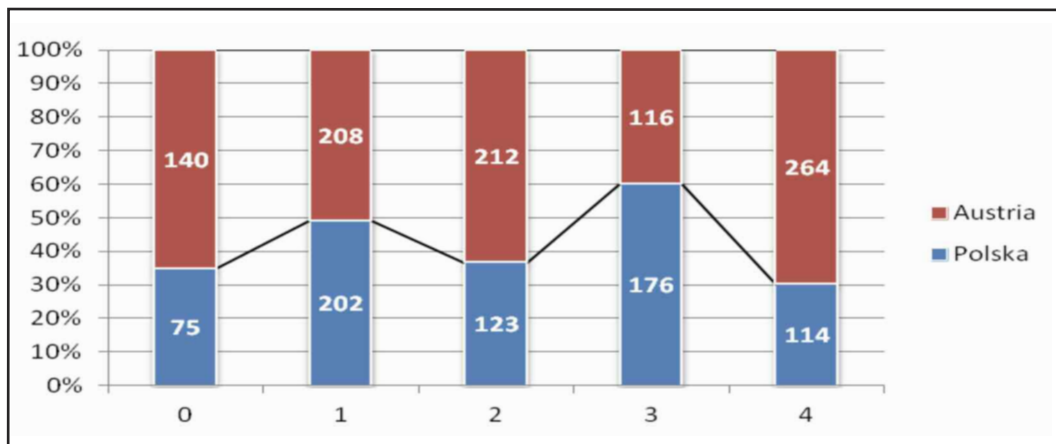
Source: own elaboration

Conclusions and implications

Bearing in mind the phenomena to which the psychosocial context of security relates, the article indicates the subjective dimension of security. The $\chi 2$ test was used examined whether there was a relationship between individual indicators and the respondents' country of origin. Despite the similarity with the previous tests, it should be emphasized here that marking 0 on the indicated scale did not always mean a negative answer. In all three indicators, the $\chi 2$ test detected a relationship between the group of respondents and their choices. In the first case, concerning the closeness indicator (Bl), weak correlations were detected. A similar correlation was found in the third self-confidence indicator (Zs). In the second indicator, i.e. stability (St), the calculated correlation was at the average level.

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Unemployment as a Predictor of Poverty and direct Impact on the Quality of Life of young Adults

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Original Article

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Abstract:

Introduction: The work focuses on the positive probability of influencing young people to achieve education in the real chance of getting meaningful, long and dignified work and thus prevent poverty due to unemployment. Current expectations regarding the quality of life of young people who have negative control.

Methods: Quantitative methodology has been chosen for research purposes. Due to the specificity of the topic, it was not possible to use standardized questionnaires and therefore we proceeded to compile our own questionnaire. By means of questioning we found out on the sample of respondents, where the demand for work is currently the greatest and the chances of their application on the contrary, the lowest, in the context of their application on the labor market, the existence of their real differences and limitations.

Results: The research findings reflect the current state of employment for young people in the labor market. It shows that

finding a suitable and unambiguous criterion of applicability in a particular field is currently very problematic.

Conclusion: The carried out quantitative analysis brought statistically significant findings in terms of set objectives and other intentions arising directly from the analyzed issue.

Introduction

Today's society places great emphasis on building the complex value dimension of a young person, which is constantly changing under the influence of the spectrum of life situations. Frequent social, economic and political changes in today's society result in the emergence and development of several social problems. One of these problems is precisely unemployment, which affects the lives of people all over the world now more than ever before. Even experts Lisý et al. (2007) are of the opinion that unemployment is perhaps the most complex problem of the current market economy, while the effort to create new jobs or the effort to minimize the burden of unemployment and consequently the emergence of poverty is not only a serious economic but also a social and political problem. Losing a job or failing to get one's first job is an unpleasant event for every person, which affects both the life of the individual and the entire society. According to the Sociological Dictionary (Jandourek, 2012), unemployment is currently a natural phenomenon that occurs in any democratic society based on a market economy.

We believe that unemployment is a complex social problem, the consequences of which, such as the emergence of poverty, have an impact on various areas of human life and society. Unemployment as a socio-economic phenomenon is closely connected with the labor market. Therefore, we can conclude that poverty, also due to unemployment, currently also affects the economically active, but nevertheless low-paid population. Despite the fact that these persons are employed on the labor market, as a result of their small earnings, they form a new class of the poor, the so-called the working poor. Poverty resulting from low income and based on income differentiation is a serious type of poverty. It is often associated mainly with positions on the secondary labor market, where the demand for unskilled labor is concentrated. Rather than the insufficient quality of human capital, it is their unreliability that pushes workers to the secondary labor mar-

ket (Mareš, 1999). The opinion of Sirovátka (2003), who says that the manifestation of increasing risks is not only unemployment (especially long-term), but also job instability, interrupted work careers, temporary employment, involuntary part-time work, work below the qualification level, deteriorated wage and working conditions of employment, involuntary and non-standard forms of employment, such as subcontracting, self-employment, or even informal employment.

With the article, we wanted to point out the advantages of a responsible approach to education among young people. Such an approach greatly increases the likelihood of securing meaningful, long-term employment that provides dignity and stability, thereby significantly reducing the risk of unemployment poverty. In addition, the article identifies various aspects of the overall quality of life of young people that are negatively affected by unemployment.

Methods

The actual implementation of the research consisted of systematic data collection using a questionnaire as the main research tool. Mathematical-statistical processing is carried out by first-stage data analysis, in which, with the help of the Excel program, we demonstrated the correlation between selected socio-demographic characteristics and the indicators set by us, by second-stage analysis, in which we also tested the hypotheses compiled by us using contingency tables in the Excel program and by verifying the hypotheses, with the help of the SPSS program.

Research objectives

1 We identified the primary goal as proving the correlation between unemployment and real factors affecting the chance to get a job, especially the quality of education achieved.
2 Secondary goal of the research was to determine the correlation of unemployment to the quality of life of young people.
3 Tertiary goal was to determine the correlation

of social isolation and the length of the unemployment period in the overall context of unemployment.

Sociodemographic data

Socio-demographic data show that respondents with completed first, second and third level of university education took part in the research. The research group consisted of 355 men, which is a percentage of 45.34%, and 428 women, which represents a percentage of 54.66% of the 100.00% of the research sample.

Results

In the first hypothesis, we concluded that young people who already consider applicability on the labor market when choosing an education have a significantly better quality of life than young adults who cannot find employment on the labor market due to an inappropriate choice of school.

From the results of the research, we can conclude that a statistically significant difference was confirmed (the critical value of the tested criterion $p = 0.0324$ is $\leq$ as 0.05), which makes our hypothesis no. 1 confirmed in practice.

Table 1 Quality of life and approach to study choice

Quality of life and choice of study	regularly		often		occasionally		I don't feel any changes	
	count	%	count	%	count	%	count	%
I considered the possibility of my application	86	52,44%	91	39,91%	83	41,71%	96	50,00%
I did not consider the possibility of my application	78	47,56%	137	60,09%	96	53,63%	116	54,72%
Together	164	100,00%	228	100,00%	179	100,00%	212	100,00%

Chi square = 8.78   df = 3
Cramer's V = 0.1059   p = 0.0324

Table 2 Social isolation and approach to study choice

Social isolation and study choice	agree		rather agree		rather disagree		do not agree	
	count	%	count	%	count	%	count	%
I considered the possibility of my application	59	30,73%	77	38,69%	127	55,70%	93	56,71%
I did not consider the possibility of my application	133	69,27%	122	61,31%	101	44,30%	71	43,29%
Together	192	100,00%	199	100,00%	228	100,00%	164	100,00%

Chi square = 38.49   df = 3
Cramer's V = 0.2217   p = 0.0001

In the second hypothesis, we concluded that young adults who cannot find a job due to an inappropriate choice of school have a significantly greater sense of social isolation than young people who have secured a stable social environment by choosing their studies appropriately.

From the results of the research, we can conclude that even in this case a statistically significant difference was confirmed (the critical value of the tested criterion p = 0.0001 is ≤ as 0.05), which makes our hypothesis no. 2 confirmed in practice.

In the third hypothesis, we found that young adults who are unemployed for a long time due to an inappropriate choice of school have a significantly longer unemployed status than young people who are unemployed only for a short time due to an appropriate choice of study.

From the results of the research, we can conclude that a statistically significant difference was confirmed (the critical value of the tested criterion p= 0.0497 is ≤ as 0.05), which makes our hypothesis no. 3 marginally confirmed in practice.

Discussion

The research findings confirmed the significant dependence of quality of life assessments on the duration of unemployment. The longer the examined persons were unemployed, the lower their quality of life was in the mentioned aspects. As other research points out, the context of the environment from which the unemployed come

from also requires separate attention. These are mainly regions with a rising unemployment rate in the monitored period. In this context, the chances of the long-term unemployed to find a job are significantly lower compared to the short-term unemployed. Unemployment means a situation of loss, the impossibility of finding adequate employment, which in the long run results in the emergence and increase of poverty.

Conclusion

In an effort to preserve a healthy and prosperous society for the next generations, it is highly desirable to pay attention to the social and psychological aspects of unemployment and thus eliminate the emergence of poverty. For young people, whom the public considers to be the future of the country, it is essential to ensure not only too much theoretical knowledge but also enough practical experience or the opportunity to develop their competences directly in everyday practice. In order for this to be the case, it is necessary to guide and guide young people in such a way that their decision about further education is not only in line with their interests or ease of study, but above all that it is in line with the requirements of the labor market.

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Table 3 Length of unemployment period and approach to study choice

Length of unemployment period and choice of study	more than 24 months		from 12 to 24 months		from 6 to 12 months		within 3 months	
	count	%	count	%	count	%	count	%
I considered the possibility of my application	70	45,75%	98	47,80%	95	39,75%	93	50,00%
I did not consider the possibility of my application	83	54,25%	107	52,20%	144	60,25%	93	50,00%
Together	153	100,00%	205	100,00%	239	100,00%	186	100,00%

Chi square = 5.15   df = 3
Cramer's V = 0.0811   p = 0.0497

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