

## Chapter – II

### REVIEW OF RELATED LITERATURE

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Literature review, being one of the important parts of the study, has been done in the present chapter. Previous studies conducted on the concerned topic have been reviewed with the aim of not only just to gain insight but also to explore the unexplored areas to gain a depth understanding of the subject matter. Moreover, National and International reports on the identical scenarios have been amply consulted for the huge amount of statistical data that they provide and to underline the universal and regional aspects of the present study. Furthermore, various journals, books and articles have been subjected to critical scrutiny and have been for source of much of the information that this study is based on. Besides, of course, to locate and contextualize this study within the current academic understanding of the topic i.e. Conflict Driven Frustration: A Critical Study of Psychological well-being and Academic performance at graduate level.

#### 2.1 Review related Conflict Driven Frustration

Drummond (1993)<sup>53</sup> conducted a survey on refugees of Bosnia and mentioned in the survey that children are suffered from emotional trauma because of long drawn war. He found high stress, headaches and anxiety are the common symptoms. Children whose parents perished in the war, suffered from a blame complex. In the survey he added that in many cases the children found their lives meaningless.

Wanietal (1997)<sup>54</sup> conducted a study on the stress induced disorder among children in Kashmir valley. 210 samples were selected in the study between the age group of 6-12 years.

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<sup>53</sup>Drummond A. Children Especially in Difficult Circumstances, My name is Today, (1) Nov, 1993, pg 112-113.

<sup>54</sup>Wani G.A., Rehman S., & Shah, H. (1997).A study of Stress Induced Disorders among Children. Aroosa Dijoo, Assessment of Welfare Programme for children and women in Armed Conflict, *Department of Home Science in Jammu.2009.*

In order to collect data and to access the disorder among the children. In this study during the previous 05 years of aggression viz-a-viz and socio-political uprising was taken into consideration. The study reveals that strain and stress related symptoms were found visibly among the children's in Kashmir. Furthermore, in totality 210 cases, out of which one hundred twenty cases were figuring in the domain of stress disorders, out of which eighty cases, were of severe stress. Lastly it was found that ten cases were in the form of disorder adjustment. One more finding was added in the study that psychological depression also figured among the weaker section I.e. children. The important aspect of the study reveals that opposite gender i.e. female children were badly affected rather than male children.

Kamiya&Wils (1998)<sup>55</sup> investigated in the study the puzzle of conflict Dynamics, that conflict is because of the material, natural resources and technology which pays way to the conflict in the society. In this study the investigator analysis the two countries on the basis of the technology and resources. A country which is technologically sound mounts a pressure on the country with low level of technology in order to monopolize the natural resources of that country this turn into the violent conflicts. The finding of the study concludes that small country with low level of technology build internal tension which leads to cyclic pattern of internal conflicts.

Madhoh, A.G. (1999)<sup>56</sup> based his study on the “plight of children in Kashmir” and purpose of this study is to access the intensity of damage caused to children's health and the overall intensity of damage to the education during violent conflicts. The findings attempt to convey that learning centers were partially or completely gutted or were occupied by armed forces. Another finding of the study showed that the decreased rate in class one to eight has increased for girls and boys students who have abandoned the Kashmir both boys and girls and the qualified teachers have left the valley. Furthermore, cardiac problems, mental depression and other psychoneurotic problems were evident during the armed conflict.

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<sup>55</sup>Kamiya, M. &Wils, A. (1998).The puzzle of conflict dynamics. *International political science review/ revue internationale de science politique, sage publication, (19): 407-424.*

<sup>56</sup>Madhosh A.,G.(2001). The present turmoil &Plight of Children in Kashmir.' *Journal of Insight in Education for Social Change.6( 1): 71-82.*

Dabla, B.A. (1999)<sup>57</sup> Investigated a study on the orphans and widows of six Districts in Kashmir province. In this study investigator took 600 respondents (300 orphans and 300 widows). 100 respondents were taken from the each district which includes 50 widows and 50 orphans. The study was assessed to see the economic condition of these widows post their husband's death. For this study investigator used questionnaire and interview methods to collect data from the respondents. The findings of the study highlights the problems i.e emotional stress, sexual harassment, the loss of control over children, loneliness and remarriage. It was found in the study the mothers were eager for their children to receive the education, but they could not receive their education. It was also found that dropout rates in both rural and urban schools were significantly high. The orphans prefer to work outside but they were harassed at workplace.

Pedersen (2000)<sup>58</sup> Political Violence, Ethnic Conflict and Contemporary wars: Broad implications for Health and social Well-being. The paper highlights the impacts of political violence and conflicts on the health. The crux of the paper is to overview that in developing or poor countries issues like conflict pays way to environmental decline, food security and assets depletion. He mentioned in the study despite the rising number of aggressions across the globe, distressed experienced by local masses has not been taken into consideration. Countries where long or short term conflicts or wars are going on the population of these countries suffer from many health issues. The author finds that violence and health are interrelated, so it should not examined only on the individual level but only the number of causalities and trauma related disorders. It has been observed that indirect effects such as disruption of economies, displacement of families have deep implications on the health and well-being of survivors.

Mir Assadullah (2000)<sup>59</sup> conducted on the brazen violations of human rights in the valley. He mentioned that with inception of Army struggle crimes against women have

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<sup>57</sup>Dabla, B., A. (1999). Impact of Conflict Situation on Women and Children in Kashmir: Report of the research project. Srinagar: Kashmir University, department of sociology Department of Sociology University of Kashmir.

<sup>58</sup> Pedersen, D. (2002). Political violence, ethnic conflict & contemporary wars: broad implications for health & social well-being. *Social science & medicine*, 55: 175-190.

<sup>59</sup>Mir Assadullah, Human Rights Abuses in Kashmir, Criminal Assault on Women, Legal News and View's. Oct. 2000.

increased particularly rape. The victims do not disclose to any one because of the social stigma attached to them, or due to far-flung area where the incident takes place and the media could not reach to highlight the issue. He mentioned in his study that state human rights commission, National press and Non governmental organizations are mute spectators on deplorable condition of human rights in valley.

Zia (2001)<sup>60</sup> the study examines the effect of the turmoil which has spread fear, depression and anxiety. It was also found in the study that schools were seen without the teachers and the students were found missing in the educational institutions where the guidance and academic encouragement were considered key elements and the students were lagging behind from this type of guidance. This violence has created a sense of lawlessness, which affects the routine of the academic cycle in general and the psyche of the students. In addition this has increased the dropout rates in the educational institutions and it leads to child labor in the valley.

Shreedharan (2001)<sup>61</sup> analyzed the study on the educational situation of Kashmir Division, in this study it has been observed that educational system of the valley has badly suffered and has been brought down to its receding level. The two factors anxiety and uncertainty discouraged the motivation level of the students which had resulted in lack of concentration and loss of memory. During the crucial phase of the valley, the dropout rates increased at least by 20%. In this study, it was observed that most of the learning centers were found without staff, because the highly and competent teachers have migrated to the safer places. Rehabilitation councils were formed and non-governmental organizations helped the sufferers of armed conflict.

Sagar, D (2001)<sup>62</sup> the aim of the study was to establish the fact that the vulnerable group I.e. children who migrated from Kashmir, Kishtwar have badly affected from the point

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<sup>60</sup>Zia, A.S. (2001). Impact of Conflict on Students, *New Hope, Journal of Kashmir Foundation for Peace and Development Studies*, 2:11-13.

<sup>61</sup>Sreedharan Chindu. Impact of Armed Conflict on the Children of Kashmir. [www.rediff.com/lost.2001](http://www.rediff.com/lost.2001).

<sup>62</sup>Sharma, D Sagar A, Militancy and Children in J & K, 2001, [www.punjabiloc.com](http://www.punjabiloc.com). 2001

of health as well as psychological issues. The long term memories of their migration places and the adjustment in the new environment have polluted their minds socially. Those children whose parents were killed by the militants have developed hatred because they have left their homes. This has caused disturbance in all spheres of their lives. In addition they were not capable of building their future of life.

Wig (2002)<sup>63</sup> observed in the study, the effect of violence on children's due to militancy. He interviewed the participants and come to the conclusion that the violence brought them in a state of depression, anxiety, fear and panic. In the study he further added that traumatic stress disorder was common among the children who lost their guardians in the violence and these children are easy prey to drug addiction and other antisocial activities.

Sahba Hussain (2002)<sup>64</sup> investigated in the study regarding the violence in Kashmir and she concluded in the study that due to violence and terror people suffered from depression, loss of appetite, sleep disorders and acute anxiety were found common among people. It was also found that suicide rates among young girls and boys have increased and about 2000 have committed suicide; the most active group in this study was ranging from 16-20 years.

Nighat Shafi (2002)<sup>65</sup> a survey was conducted in Srinagar, Budgam and Kupwara on the victims of violence, 252 families were selected for the study that had lost one of their family member in militancy related incidents. The study revealed that 76% of widows who belonged to poor economic condition with income less than 4000 p/m and 21% participants received the relief from the govt. Each family had four children on an average but few of them were getting education due to bad financial condition. Study further suggests that discrimination was quite evident in the society with the widows of the surrendered militants and their children were not allowed to receive education in the public schools. She emphasized

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<sup>63</sup>Wig, WW. Violence and Mental Health, ht// www. Tribune India Com/2002.

<sup>64</sup>Sahba Hussain, Will Peace Return? Trauma and Health related work in Kashmir, by Urvashi Butalia2002,op.cit.ot 241-251.

<sup>65</sup>Shafi, Nighat, Victims of Violence in Jammu and Kashmir by V. MohiniGiri,2002, op.cit,pg 136-155

that both Govt. and NGOs should take the necessary steps to readdress the grievances of the orphans and widows.

Murray et al (2002)<sup>66</sup> mentioned in their paper “Armed Conflict as public health problem”. That aggression between the various states fighting with other countries and groups within states has played a devastating role on the mortality and issues of the ill health. In the history of mankind, death and injuries in the war field which give space to allied diseases and many other issues like interruption to communication process in the society and displacement of population. Breakdown of information and communication process leads to increase in the magnitude of disability and mortality rate. The study emphasized on the use of refined methods to assess the effect of conflict on public health and its prevention.

Zutshi Bupinder (2002)<sup>67</sup> aim of the study was to examine the condition of displaced widows and the changes which occur in their cultural, social and economic life. In this study a random sampling technique was used to collect the data for the study. In this study random sampling technique were used in order to collect the data. For this purpose 80 families from three rehabilitation centers and 3 residential colonies of Delhi were selected. In this study it was revealed that that 80% of widow live with their sons, 12% reside alone and eight% with daughters/ sons –in-law or with other family relations. It was found that they were facing worst economic condition, socially and cultural isolation, besides they were not in position to take decision in life. This type of life made them dependent on their children.

The study finds that 89% respondents are in favour that the effect of conflict is mostly negative. Respondents do not find Kashmir safe place for living because fear and uncertainty are the major factors behind the reason. So far as the education is concerned in the region 83% of the respondents is of the opinion that education has suffered a lot, because of indefinite curfews, shutdowns which hamper their education. 68% of the respondents are of the opinion that education sector has deteriorated over last years. A major problem which was mentioned

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<sup>66</sup>Murray, C.J.L., King, G., Lopez, A.D., Tomijima, N., & Krug, E.G. (2002). *Armed Conflict as a public Health problem*. Retrieved from <http://gking.harvard.edu/files/armedph.pdf>

<sup>67</sup>Zutshi Bupinder, Status of Widows of Kashmir. The Displaced Population, by V. Mohini Giri, Cyan Publishing House New Delhi 2002, pg 134-148.

in the study is unemployment and drug addiction. The study highlighted and suggested the reconstruction of education and health sector and the government should take the initiatives for the youth and assist the victims of armed conflict.

Oxfam (2003)<sup>68</sup> examined thirteen year Kashmir conflict on the student community of Kashmir region. Throughout the valley he has interacted with 200 students and administrative staff members and teachers regarding the education. The study mentions that the quality of education has suffered a lot. Frequent deadlock and curfews which resulted in the suspension of class work. Education sector received a big jolt, students unions were not functional in the colleges.

It was found in the study that growing number of psychiatric patients has resulted in long term violence in Kashmir. One more problem was found among the students were fall pray of drug abuse. Due to dearth of unemployment opportunities which resulted in unemployment. It was also mentioned in the study that no efforts to generate the private enterprise. Conflict has shaken the interaction pattern among the members in the society.

So far as the study is concerned which showed positive aspect in terms of political consciousness and the changing roles of women from traditional on. The study also mentions the narratives of student community which is full of energy and their energies is to be channelized in the proper direction.

Kashnai & Kant (2003)<sup>69</sup> studied the adverse impact of violence on student fraternity. In which 50 participants were taken from district Anantnag and 50 from Srinagar. Meanwhile, findings reveal that ongoing cycle of violence plunged the masses into fearful ideas and suspicion about new things happening in the society, the recognized organizations are also suspected and the learners were not eager to take part in any activity.

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<sup>68</sup>Oxfam. (2003). *The impact of Violence on the Student community in Kashmir*. New Delhi: RajPress.

<sup>69</sup>Kashani, S and Kanth I, *The Impact violence on the Student in Kashmir. Oxfam hidia Trust, New Delhi, Raj Press, 2003*

Chaudhary, R. K (2003)<sup>70</sup> studied the effect of traumatization of children in Punjab. The aim of this study was to examine socialization process outside their homes. In this study 85 children were taken sample as sample. Out of 85 children 58 children were the victims of militancy where both of the guardians were killed and rest 27 children were belonging from those families whose parents survived but faced threats of purging (violent removal of group) by outlaws. Observation and questionnaire method were used as tools for the collection of data. The study also examines that weaker group I.e. children's of 1 or both slain parents were stigmatized by numerous ways which ultimately led to Neurosis. Thus it led to acute psychological problems. Besides this, the attitude of socialization process also changes in the children and it also leads towards the shattered feelings of security. It was also observed in the study that children faced the rejection by relatives; they passed through the stage of anxiety, mental torture, stress and strain. Furthermore, it was observed in the study that schools helped them to remove the horrors of violence and helped them, to a greater extent in the process of socialization. They further helped them to behave normally and became the contributing member of the society.

Balraj Puri (2003)<sup>71</sup> study was based on the vulnerable section of society I.e. children of valley and other parts of Jammu region where uncertainty prevails. Besides this study was further conducted on the migrants of border area, Kashmiri Pandits and police personnel. The results of the study showed that the children suffered from Psychomatic and Psychiatric problems. The study mentioned the figures like 54.25% could not sleep properly 55.36% suffered from depression and 57.38 became fearful in Kashmir valley. The study further suggested that in other parts of Jammu province it was observed that the figures were 51.17%, 41.17% and 25.98 respectively. Those who were killed belonging to lower economic strata and the children of these families did not continue their studies because they have to look after their families for livelihood. It was also found that educational hubs were gutted partially or were under the occupation of armed forces and lack of trained teachers became setback for the educational setup. Furthermore, investigator mentioned in the study that girls were exposed to sexual violence and flesh trades were evident in the big cities.

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<sup>70</sup>Chaudhury, R.K, Traumatized children in Punjab. [www.Punjabilock.com/Misc/Terroris,2002](http://www.Punjabilock.com/Misc/Terroris,2002)

<sup>71</sup>Balraj Puri, Young Victims of Armed Conflict. Frontline Vol. 22 - Issue6, July-Aug, 2003.



Anita Katiyal (2003)<sup>72</sup> conducted his study on the inception of militancy in Kashmir which has given rise to number of mental illness like depression, anxiety and trauma. Number of physically disabled persons has increased due to land mine blasts and grenade attacks. The study mentions government did not heed to their grievances.

Aasia Jeelani (2003)<sup>73</sup> study was investigated on the mental health of vulnerable groups I.e. women and children. The study revealed that disorders related to mental setup were high when situation is made in comparison to the normal days in the year 1989. investigator in the study collected the data from the Lone psychiatric hospital which mentioned that 60% post traumatic disorders were women. The study added that drug addiction, suicide, injections, sleeping pills, sleeping disorders and night terror were found increased in children. Furthermore, the study mentions that lack of security and depression symptoms were found among orphan children.

Zamrooda Khanday (2004)<sup>74</sup> in her study conflict in valley which resulted in disappearance of loved ones. Another factor which impacts on the health of the people is process of displacement which effects negatively on the overall mental makeup of students. Furthermore, it has effects which are negative and has a direct bearing on the reproductive health of women and the breakdown of socialization process in the society which is quite responsible elements which affects their health.

Subramanyam A. Raju (2004)<sup>75</sup> ) investigated the study in which women as a weaker section where more prone to vulnerability than men in south Asia conflict. Women were directly or indirectly victims and were found mentally disturbed. It was also found that the

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<sup>72</sup>Katiyal Anaita, Militancy Takes its toll on psyche of J & K Children, TheTimes ofIndia, July 19,2003.

<sup>73</sup>JeelaniAasia, Turmoil and Trauma Voices Unheard (a new letter of KashmiriWomen's Initiative for Peace and disarmament, Vol. 3/Jul. Sept.2003, pg 8-11.

<sup>74</sup>Khandy Zamrooda Women in Kashmir negotiating for life, Women's GlobalNetwork for Reproductive Rights Newsletter No 1 ;2004pg 12-14.

<sup>75</sup>Subramanyam A. Raju, Women and Terrorism in South Asia: Some observation by Sabramanyam A. Raju, Terrorism in South Asia: Views from India, New Delhi, India Research Press,2004.

guardian of some women were either assassinated by banned outfits or armed forces and other migrated to neighboring countries.

Ritu Dewan (2004)<sup>76</sup> mentioned in her study that in Kashmir region which is occupied by Military and paramilitary forces violence against women were quite evident. Girls do not receive their education due to shame by the armed forces like lifting of veils/ burkas. This has a deep impact on the mental setup of the girls like hypertension, depression, dizziness etc. She has also mentioned in her study that educational institutions in rural areas are not functioning well due to the raising down of school buildings and mass departure of non-Muslim teachers. The investigator mentioned in her study that destruction of school buildings, migration of Kashmiri pandit teachers educational institutions were not functioning properly during the days of turmoil which adversely effect on the academic cycle of the students like postpone of exams, incomplete syllabi by making the ineligible for jobs and entrance exams.

Pamela Baghat (2004)<sup>77</sup> study was conducted in Kargil District of Kashmir division on the health issues of internally displaced women. The findings of the study mentioned women were severely affected by exchange of firing on border areas. It was found that fear of uncertainty had increased the death rates in females because of the stress and excessive loss of bleeding during deliveries. Moreover, in the study increase in miscarriages and premature deliveries were also found.

Choudhary, K.L (2004)<sup>78</sup> investigated the study on minorities community of J&K, regarding the displacement of Hindus due to the violence in Kashmir valley which has considerably resulted in total loss of valuable years of economy, identity and education. Women faced psychological and mental diseases like hypertension, depression, diabetes. The

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<sup>76</sup>JeelaniAasia, Turmoil and Trauma Voices Unheard (a new letter of Kashmiri Women's Initiative for Peace and disarmament, Vol. 3/Jul. Sept.2003, pg 8-11.

<sup>77</sup>Pamela Bhagat. Reclaiming Lives The Health of Internally Displaced Women in KargilDistt. By Butalia Urvashi, Speaking Peace, Women's Voices from Kashmir, Kali for women New Delhi, 2002 pg 96-112.

<sup>78</sup>Chaudhary K.L.,(2004).Impact of Violence on Minorities in Jammu and Kashmir.*New Hope Journal of Kashmir Foundation for Peace and DevelopmentStudies*, 5(6): 79-86.

minorities living in tents and one room which have made their life congested because the process of interaction is very less in the periphery where they are residing. This type of situation has made their life miserable.

Bukhari Fayaz (2004)<sup>79</sup> study was carried on the Kashmir women, in the study women suffered psychological disorders because the death of their husbands or beloved ones in the family. Furthermore, the study also mentions that due to torture in custody the suicidal rates among married couples has increased and it also led to the impotency among males.

Arshid A. Malik (2004)<sup>80</sup> ) examined a study on the violence and its severe effect on the weaker group i.e. children's, the findings of the study reveals that increase in smoking and drug addiction were evident at the early age. In addition weaker section i.e. children in the age group of 6-18 belonging to rural places were facing sleep disorders, lack of confidence, night mares and cardiology disorders.

Women's Commission for Refugee Women and Children (2005) report "Youth Speak Out" a study conducted in Kosovo, Northern Uganda and Sierra Leone. In this report it was mentioned that the young people confronted the problems and challenges during and after the conflict. The Youth that there was a informal is dire need to build solid relationship between the young and the adults. In this report it was observed that both boys and girls were concerned about the pressures of violence, psychosocial difficulty, physical insecurity, and range of socio-economic development problems in specific.

Puri (2005)<sup>81</sup> carried out his survey the "young victims of militancy" to access the multiple effects of conflict among children. 2236 children from different socio- economic background from Kashmir region, including migrated children of Kashmiri pundits, migrants

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<sup>79</sup>Bukhari Fayaz, Report Dying day by day Taking Stock of Mental and Social Health in Kashmir, 2004.

<sup>80</sup>Malik, A. (2004). ) Impact of Violence on Children. *New Hope Journal of Kashmir Foundation for Peace and Development Studies*, 5 (6): 67-78.

<sup>81</sup>Balraj Puri. Young Victims of Armed Conflict. *Frontline* Vol. 22 - Issue16, July-Aug, 2003.

of border area and children of police personnel were investigated in the survey. Due to mass migration of Kashmiri pundits to Jammu province and various parts of country. Study also mentions that 88.85% Muslim children have no Hindu Friends and 82% Hindu children have no Muslim friends. This isolation has affected on their personality make. The study mentions that major outcome of the survey was impact on psychological aspect, because the children are witnesses to killing and inhuman nature. This situation has created fear, which results in depression among children.

Violent conflict in region has badly affected on the education of the children. Survey mentions that 928 educational institutions were destroyed by militants. The rich cultural heritage of Kashmir region, the conflict ridden children have ignorance of this vital aspect. Preliminary report of the survey mentions that none of the children admitted to addiction of substance abuse, but the research scholar from Kashmir University showed that it exists.

The survey recommends that psychiatric department should be established in every District headquarter. One more recommendation of this survey reports that govt. To provide stipend and treatment to affected children by the armed conflict. Furthermore, a campaign should be launched which declare that children should be considered as zone of peace, and no child shall be used in the fighting operations.

Pandith, K.N. (2005)<sup>82</sup> the purpose of the study was to access the impact of violence on youth. It was observed that the destruction of educational hubs, laboratories, libraries and the absence of teachers from the schools have become the responsible factors for the educated youth and finally became the mass victims of psychological disorders. Researcher suggested to the youth in the study to choose the right candidate and establishment of new governmental organizations who will work for the welfare and help them in shaping the standards and of the society.

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<sup>82</sup>Pandith, K. (2005). Kashmir Turmoil and the Youth. *New Hope Journal of Kashmir Foundation for Peace and Development Studies*, 6(1):10 17.

UNICEF (2006)<sup>83</sup> Survey was conducted on the war Affected youth in which 1000 household were taken into survey in Northern Uganda. 750 participants were taken into survey the participants were male youth only. The survey mentioned that psychological impact was among the youth. Employment and earning were very low. One more factor was seen among the youth is illiteracy. Further more, the survey mentioned that family conflicts, ill health and emotional distress were also found in youth.

Rajni Dhingra & Vaishali Arora (2006)<sup>84</sup> the study was conducted on the displacement of Kashmiri Pandits. Due to displacement process it brings a change in the pattern of their life styles, change in the structure of family and the important thing that was evident is financial setback and it was observed that families were dependent on the relief of the govt. for their livelihood. Demands of the family members pays way to the frustration and this has resulted in the disruption of the families. It was also mentioned in the study that fertile rate was reduced because due to short coming of privacy related matters. The investigator mentioned that students have developed isolation in their hearts.

Rajendran, Veronsei, Mohammad & Mala (2006 in their paper showed the impact of conflict on male youth in Mindanao, Philippines, to see the impact of armed conflict. The perception of the people that youth are being used to train for wars, and majority of the youth do not want to be part of the violence. The major concern in the study which was found that lack of opportunities to receive the education, physical insecurity, threats of violence were the main expressed concerns. The study further mentioned that youth want to participate in peace building measures in Mindanao.

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<sup>83</sup>UNICEF. (2006). *The state of Youth and Youth protection in Northern Uganda*. Retrieved from <http://chrisblattman.com/documents/policy/sway/SWAY.Phase1.FinalReport.pdf>

<sup>84</sup>DhingraRajni, Arora V. At the Cross Roads.Families in Distress.Postgraduate Department of Home Science (Human Development) University ofJammu. A Project Report,20  
92 Rajendran, S., Veronesi, D., Mohammad, N., & Mala, A. (2006).*The impact of ArmedConflict on Male Youth in Mindanao, Philippines*.

Medecins sans Frontier's (MSF) (2006)<sup>85</sup> investigated a study "Kashmir: Violence and Health a quantitative assessment on violence, the psychosocial and general health status of Indian Kashmir Population". The study showed that people in Kashmir had affected badly. The masses in Kashmir valley are not in a position to cope up with the prevailing situation which has become dysfunctional and this turns into psychological stress and trust deficit among the masses affects their daily routine functioning. Economic and educational sector has suffered. The study suggested that the strengthening of health issues is of primary importance.

Hassan (2006)<sup>86</sup> investigated the impact of conflict situation on mental health in Srinagar. A sample of 200 respondents were selected through randomly from various parts of Srinagar city. The aim of the study were to (i) analyze the impact of mental illness on general health (ii) to assess the impact of mental illness on their social, Economic and personal life. (iii) To analyze the impact of conflict on mental health (iv) and to analyze the help offered by the government and the N.G.O,s towards them

Asima Hassan (2006)<sup>87</sup> studies were entitled "Impact of conflict situation on mental Health in Srinagar." She mentioned in her study feeling of insecurity and sense of fear that women have gone through after losing their dear ones in the family. Participants suffered from various problems including aggressive behavior and other problems like stress and strain. Furthermore the study revealed that patients prefer to go to general physicians instead of specialists having the specialization on concerned ailments, as they do not want themselves to be called mental patients because of the social taboo appended to it.

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<sup>85</sup>Medecins Sans Frontieres. (2006). Kashmir: Violence and health a quantitative assessment on violence, the psychosocial and general health status of the Indian Kashmiri population. Retrieved from <http://www.artsenzongrenzen.nl/pdf/KASHMIRFINALVERSION 221106.pdf>.

<sup>86</sup>Hassan, A. Impact of Conflict Situation on Mental Health in Srinagar. Department of Sociology Kashmir University. M .Phill Dissertation.

<sup>87</sup> Ibid.

Sudan (2007)<sup>88</sup> conducted case study on the students enrolled in Kashmir University, Jammu University and Hindu youth who have migrated from Kashmir valley and residing in migrant camps. This study has followed interview and focused group discussion for the tools in order to gather the data from respondents. Purpose of the investigation was to examine the attitude and perception regarding the armed conflict in Kashmir. Perhaps the youth faced numerous problems both socially and psychologically. Less employment opportunities and economic insecurities was another evident factor which was seen in the study, besides this growing immorality was also found due to violent conflict.

Suchita Vermuri (2007)<sup>89</sup> study was conducted on the thirty thousand displaced people during Kargil war. This war resulted in psychomatic and psychiatric disorders among women. It was found that frequent shutdowns, lack of teachers due to attack on the educational institutions which deteriorated the quality of the education besides, this war resulted change in the family pattern like loss of parents which compelled their children's to earn for the livelihood for their families, this reduces in them the motivation power for the studies and this becomes the reason for the dropout rates at primary level the figures were 48% and at middle level it was found 56%.

JKCCS (2007)<sup>90</sup> A door to door study was conducted by the Jammu & Kashmir coalition of civil society in Baramulla District of J&K. " titled Dead but not forgotten: Baramulla 1989-2006". The study found that 5106 innocent people were brutally killed between 1990 -2007, in which 3634 belonged to the age group of 18-35. The study mentions that this age group which was full energy and were bread winners for their families. This killing has taken the livelihood and left the whole family in distress. The study also finds that

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<sup>88</sup>Sudan, F., K. (2007). Youth in violent Conflict in Jammu and Kashmir: A comparative analysis of perceptions and attitudes of youth in Jammu University and Kashmir University and migrat Camps.

<sup>89</sup>Vemuri Suchita, Kashmir Drenched in Women's Tears, Isis International, May 18,2007.

<sup>90</sup>JKCCS, (2007).Dead but not forgotten: Baramulla 1989-2006. *Economic and Political Weekly*, 42(47):13-17.

during the year of 2007, 343 enforced disappearances were emerged out of which 72% were civilians.

MC-Ikemenjima (2008)<sup>91</sup>the study was carried out on the young people in post conflict Africa, conflict which has shaken the consciousness of youth, this conflict has snatched the opportunity of conducive environment in the society where they learn the values and ethics of their community. The study mentions that the people of Africa face severe problems and needs care of rehabilitation, educational needs, health and avenues of employment opportunities. The youths are very eager that their energies should be channelized towards the betterment of the society or for sustainable development.

Margoob (2008)<sup>92</sup> investigated in the project “the menace of drug abuse in Kashmir”. The study revealed the following figures 24.32 lakhs are substance users in Kashmir. Among the figures 38,000 are taking alcohol, 1.37 are cannabis abusers. Due to long term violence in Kashmir which has resulted in mental disorders and the people are suffering from stress, depression and adjustment problems. They use these drugs in order to avoid anxiety symptoms.

Arshad (2008)<sup>93</sup> the study highlighted the educational development in Kashmir, sine 1857 during the two decades of militancy the education sector effects heavily which gave rise in dropout in addition to it this conflict increases the number of orphan and widows. These factors became compulsive forces for the students to left the schools and colleges in order to support their families. The study also mentions that economy of Kashmir was crippled by the conflict which became hurdle to achieve the real progress in the educational sector.

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<sup>91</sup>Mac-Ikemenjima, D. (2008). Youth development, Reintegration, Reconciliation and Rehabilitation in post-conflict West Africa: A framework for Sierra Leone, Liberia and Coted’ivoire. *International NGO Journal*, 3(9):146-151.

<sup>92</sup>Margoob, M., A. (2008).The menace of Drug abuse in Kashmir.

<sup>93</sup>Malik, A. (2004).Impact of Violence on Children.*New Hope Journal of Kashmir Foundation for Peace and DevelopmentStudies*, 5(6):67-78.



UNICEF (2008)<sup>94</sup> survey was conducted by UNICEF on war Affected youth, in which six hundred nineteen young women and girls were taken in the survey. The survey mentioned that both women and girls faced problems as compared to men. In jobs preferences were given to men, it was also observed in the survey that poverty which invites ill health and violence which is based on gender. The study suggested that programmes and policies should be made to over the challenges which they faced in health and education sector.

Shakya (2009)<sup>95</sup> the study was intended on the “social impact or armed conflict in Nepal- causes and impact.” In this study various sections of the society like children’s, women, youth, dalits were considered as part in the study. The findings of study showed positive and negative effects of conflicts on these sections of the society. So far the positive outcomes are concerned the youth became aware about the political, social, economic and cultural issues. Another aspect that is also seen is tremendous loss of generation. This conflict has the major effect on mental and physical health of the people, they fall in the trap of depression which forces them to take drugs. Sports and Entertainment which are considered as the good indicators for the sound health, youth were deprived from these facilities. One more aspect mentioned in the study, is that the agents smuggled and trafficked youth to foreign countries. Vulnerable section of the society is the youth which suffers a lot during the armed conflict.

Mckay (2009)<sup>96</sup> conducted a study on the impact of conflict on girls and “women peace and conflict”. He analyzed in the study that during the armed conflict girls, women and children effect to a greater extent. He further analyzed that if one wants to destroy the culture of the society, women are used as targets because they have to play important roles within the family structure. Furthermore, he mentions in his study that rape is considered a weapon of

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<sup>94</sup>UNICEF. (2008). *The state of Female Youth in Northern Uganda*. Retrieved from <http://chrisblattman.com/documents/policy/sway/SWAY.Phase2.FinalReport.pdf>

<sup>95</sup>Shakya, A. (2009). *Social impact of Armed Conflict in Nepal - Cause and impact*. Retrieved from [http://www.internal-displacement.org/8025708F004CE90B/\(httpDocuments\)/BA26441B80B500C5C1257677004DC85F/\\$file/Social+Impact+of+Armed++Conflict+in+Nepal+by+Anjana+Shakya.pdf](http://www.internal-displacement.org/8025708F004CE90B/(httpDocuments)/BA26441B80B500C5C1257677004DC85F/$file/Social+Impact+of+Armed++Conflict+in+Nepal+by+Anjana+Shakya.pdf)

<sup>96</sup>M, Susan. (2009). The effects of Armed Conflict on girls and women. *Peace and conflict*, 4 (4):381-392.

war to weaken and terrorize populations and to force the enemy to flee. He further analyzed that adolescents girls are most vulnerable to sexual violence because of their younger age, they think they are less infected with HIV/AIDS virus or other sexually- transmitted diseases.

Amin & Khan (2009)<sup>97</sup> a study was conducted to examine the depression in the population of conflict ridden atmosphere in the Kashmir valley. It has showed that due to continuing deteriorating situation which has put the masses in the psychiatric morbidity, the study mentions that 55.725 are suffering from depression. In the age group ranging from 15-25 years it was seen 66.675 which was considered highest one. The study added that depression was found higher in females than males.

UNESCO (2010)<sup>98</sup> published a report which is entitled as “Education under Attack” the report mentioned that during the period from 2007 to July 2009 targeting of educational institutions, teachers, and students was at very peak during this period. The report highlights that it is not an attack on civilians but it is the attack o the education system which provides stability and development to democracy to the country, these contributing factors helped to increases in the displacement of population and pays way towards the violence.

Hasan (2011)<sup>99</sup> the study was investigated on the “conflict and youth in Kashmir” a sociological study. The study was conducted on the graduate and post graduate students who were enrolled in colleges of Six District in Kashmir. The object of the study was to critically evaluate the sociological variables related to dimensions of youth life. The study reveals that 89.1% of conflict situation proved negative on the society of Kashmir. It is also found in the study that 51.4% respondents have participated in peaceful street protests regarding the mass killing of people and violation of human rights. The youth were raised in the stressful

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<sup>97</sup>Amin, T., & Khan, A., W. (2009). Life in Conflict: Characteristics of Depression in Kashmir. *International Journal of Health Sciences*, 3 (2): 213-223.

<sup>98</sup>UNESCO.(2010). Education under attack. Retrived from [http:// unesdoc.unesco.org/images/0018/001868/186809e.pdf](http://unesdoc.unesco.org/images/0018/001868/186809e.pdf).

<sup>99</sup>Hasan, A. (2011). *Conflict and Youth in Kashmir: A sociological study* (Doctoral thesis). Department of sociology, University of Kashmir, Srinagar.

environment which is not in their interest. The study concludes that employment, education, physical security and peace deficit were the major concerns in the study.

Smith (2011)<sup>100</sup> in the report of EFA global monitoring the hidden crises: Armed conflict and education, mentioned many things in the report that in conflict affected countries it has been observed that separate schooling which is based on the identity factors that is religion, language and common culture. It is because of the absence of trust between groups which can strengthen the divisions. One more aspect has been mentioned in the report that mother tongue which can play an important role as the medium of instruction and official and international language. Moreover faith based schools has also mentioned in the report, that faith based schools helps us to develop tolerance, promoting positive values and respect for tolerance.

Dar (2011)<sup>101</sup> a study was conducted on youth in Kashmir in collaboration with N.G.O based in London. The study analyzed that youth in Kashmir are deprived of their basic rights of life like freedom of expression, live with dignity and civil and other political rights. Misrepresented by media and politicians, media has also played a negative role in representing the image of Kashmir outside the valley. Alienation and political conflict are two major issues which the youth face Corruption, degradation of flora and fauna, unemployment issues were the major socio-economic issues that were traced in the study by the respondents.

So far as the narratives of youth is concerned in the study, democratic environment which is free fear, basic rights of life, they want a society which is dependent on the youth in turn contribute the betterment and bringing the change from the gross root level. The youth are talented and intelligence to trace the issues and want to address the issues and want to change in these issues. The youth in Kashmir live under in a stressful situation because they

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<sup>100</sup>Smith, A. (2009). The hidden crisis: Armed conflict and education. Retrieved from [http://eprints.ulster.ac.uk/17700/1/Smith%2C Alan \(2009\) Education and Conflict. Think piece prepared for the Education for All Global Monitoring Report 2011 The Hidden Crisis Armed conflict and education%2C Paris UNESCO.pdf](http://eprints.ulster.ac.uk/17700/1/Smith%2C%20Alan%20(2009)%20Education%20and%20Conflict.%20Think%20piece%20prepared%20for%20the%20Education%20for%20All%20Global%20Monitoring%20Report%202011%20The%20Hidden%20Crisis%20Armed%20conflict%20and%20education%20Paris%20UNESCO.pdf)

<sup>101</sup>Dar,F., A.(2011). Living in a pressure cooker situation: A need assessment survey of youth in Indian Administered Kashmir. Retrieved from [http:// www.c-r.org/downloads/ IPK\\_ Fayaz Ahmad Dar\\_ WEB.Pdf](http://www.c-r.org/downloads/IPK_Fayaz_Ahmad_Dar_WEB.Pdf).

have to full fill the needs and demands of their family along with their own expectations, which puts their life like a pressure cooker situation.

Dabla (2011)<sup>102</sup> examined a study on the disability in Jammu and Kashmir, the study mentioned that rise in the disability population is because of the on-going conflict. He furthers states that younger generation is the major proportion in the disabled population. The proper functions of the gets paralysed due to disability. The situation creates crises in their life.

Dabla (2011) study was carried out on the “victims of militancy in Kashmir: the case of widows and orphans”. This study mentions the miserable and wretched conditions of widows and orphans, the two groups that are the result of armed conflicts. In 2008, the figures of widows and orphans were 129,600 and 226,800 respectively who belong to former militants and innocent assassinated in armed conflict. And are harassed and exploited at work places. it was also found in the study crime rate, delinquency and drug abuse were alarming. This section of the society suffers from depression and psychological problems.

Naqashbandi (2012)<sup>103</sup> the study was conducted on the Kashmiri youth to know the view point of drug addiction for this study 250 youth were selected from the five districts of Kashmir region. Interview schedule was used as a tool for data collection. The study mentions that unemployment and conflict are two reasons that compel the youth to take drugs. The study also mentions that girls are also taking drugs to avoid the frustration. One more factor was mentioned in the study that educational stress was one of the factors for youth indulging in drugs. The study suggested that counselling cell should be established in each District for the youth who suffer from stress, depression and disappointment. So that they can be motivated and prevented from drug addiction.

Mir (2012)<sup>104</sup> theoretically analyzed the armed conflict in her book and to develop an insight and to measure the socio- psychological impact of conflict in Kashmir valley. The

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<sup>102</sup>Dabla, B., A. (2011). Social impact of Militancy in Kashmir. New Delhi: *Gyan publishing*.

<sup>103</sup>Naqshbandi, M., M. (2012).Drug addiction and Youth of Kashmir. *International NGO Journal*, 7(5): 84-90.

<sup>104</sup>Mir Assadu Uah, Human Rights Abuses in Kashmir, Criminal Assault on Women, Legal News and Vievv's. Oct. 2000.

Study was carried out in six districts of valley, where 600 respondents were included as sample in the study. The sample consists of 71% rural and 29% urban. In order to fetch the information from the respondents, Interview and questionnaire were used as tool from different sections of the society. The aim of the study was to examine the mental health which has emerged as a major issue which affects the fabric of the society and other health problems in Kashmir due to conflict and the strategies which are available within the present system.

Naqashbandi& Amin (2013)<sup>105</sup> the study was carried out in three conflict affected Districts of Kashmir province i.e. Kupwara, Pulwama and Srinagar. Accidental sampling method was followed in the study in which 312 youth were selected accidentally for the investigation of the study. 104 respondents were selected from each of the district. The object of the study was to access the impact of conflict on economy, social development and to access the psychological issues on youth due to conflict. The study further mentions that youth feel that the conflict has put blot on their life which hampers to sustain in today's world. It was also found besides, Psychological and Unemployment problems, they travel through the stage of identity crises. The study also mentions that cultural erosion and family issues are indicator of conflict. Youth being intelligent are not in position to express their potential at many times.

IGSSS (2013)<sup>106</sup> a study was investigated o the “issues of youth of Kashmir: Aspiration and challenges- special focus on Srinagar”. The study tried to examine the conditions and problems faced by the Kashmiri youth. It was conducted in Srinagar District. For this study Stratified random sampling technique and structured interview technique was adopted in the study in order to fetch the data. For this study sample of 1000 respondents were taken ( which comprising of 800 youth,50 government officers, 50 notable persons in society, 50 intellectuals/scholars and 50 senior citizens having the knowledge on different issues) were selected. In this study structured interview was used a tool for collection of the data. The purpose of the study was to examine the socio- economic features of the youth, access and educational opportunities in education sector. The study also mentions to know the attitude

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<sup>105</sup>Naqashbandi, M., M.&Wani, A. (2013). Conflict Zone and developmental issue faced by youth: A study from Kashmir. *International Journal of peace and development studies*. 4(1): 8-15.

<sup>106</sup>IGSSS. (2013). Issues of Urban Youth of Kashmir: Aspirations and challenges.

regarding the conflict in J&K and the mind-set of youth in understanding and improving for the betterment and solution for the conflict in J&K.

Amin (2013)<sup>107</sup> investigated a study which is entitled as “the delusion of pleasure: Understanding the pathology of drug abuse in Kashmir valley”. The aim of the study was to unearth the reasons of drug abuse and to assess the effect on mental and physical health. The study added that drug addiction has been attached to current prevailing situation. In addition the study added that majority of the substance abuse users were in the age group ranging from 15- 25 years, with regard to the health perspective the effect of drug was found very bad. Problem like optical problems, respiratory problems, liver and kidney problems were found among the drug users. Mental health also suffered besides the general health problems. The study also adds that the relationship between drug and crime was difficult to analyze.

Shaheen & Shafiq (2014)<sup>108</sup> tried to examine the present status of mental health and coping among the youth in conflict affected Kashmir. Convenience sampling methods were used by the investigator. In the study investigator selected 100 participants from three zones of Kashmir regions which are Central, southern and Northern zones of Kashmir valley. Mental health inventory (MHI-38) and Brief COPE inventory were used as tool to assess the coping and Mental health status of youth. Majority of the youth on the mental health index fall in between the medium range. So far as the gender basis are concerned females showed lower mental health as compared to males. On the other side of coping no gender differences were found. Other factors were not taken into consideration like socio-economic status which effect on the mental health.

Basumatary (2014)<sup>109</sup> the study was examined on the community known as Bodo in Assam, the object of the study was to know the Psychological impact of conflict on youth.

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<sup>107</sup>Amin, P.M. (2013).The delusion of pleasure: Understanding the pathology of drug abuse inKashmir valley. *International Journal of Pharmaceutical Science Invention*, 2(5):1-10.

<sup>108</sup>Parveen, S., &Shafiq, M. (2014). Mental health and coping among Youth in Kashmir:Implications for psychological interventions. *Delhi psychiatry journal*, 17(2):295-302.

<sup>109</sup>Basumatary, D. (2016).Psychological impact of Conflict on Youth in Assam: With referenceto the Bodo community. *Indian Journal of Dalit and Tribal Social Work*, 2(2): 37-48.

Furthermore, the study added that youth of Bodo turned to be soft targets of rape, mental torture and molestation. During and after the conflict, the researcher highlighted the psychological impact like stress, feeling of revenge, frustration, negative attitude and weak personality. The family environment gets changed after the conflict, the bond of the family member's breaks after the conflict which effects the relationship of the family members. It was mentioned in the paper that peace building initiatives to be encouraged to tackle the psychological impact on youth which was considered as vital aspect to reduce the effect of conflict on youth.

Mercy Corps (2015)<sup>110</sup> established a study in Afghanistan, Colombia and Somalia. The findings suggested that no relationship between joblessness and willingness in political violence was found in the study. But it was quite evident in the study that the main driving factors contributing to violence are poverty, injustice and humiliation by security forces. The youth in these three regions pick up guns not because they are poor but they are dissatisfied with the establishments of the states. This de-motivates the youth of Kashmir to invest in a business projects. The study mentioned the views of the respondents that economic prosperity was the only potential indicator in resolving Kashmir conflict. The study emphasized that better vision of future, is the job of the development. Furthermore, multi sector programmes, vocational training and psychosocial support are needed for the conflict affected youth.

Kudakwashe& Richard (2015)<sup>111</sup> in their paper causes of armed conflict and their effect on women. The investigator analyzed the forty research papers and after the content analysis of these research papers. The researcher identified in the study that on the basis of the ethnic differences, inequality of resource distribution, limited access to land, differences on the basis of the religion. Furthermore, another paper was analyzed and was undertaken to establish the effects of armed conflict on women. The findings of this study were revealed that

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<sup>110</sup>Mercy Corps. (2011). Youth Entrepreneurship in Kashmir: Challenges and opportunities.

<sup>111</sup>K, Mubik ,& R, Bukaliya (2015). Causes of Armed conflict and their effect on women. *International journal of Research in Humanities and social Studies*, 2(4): 77-85. ISSN-2394-6288

armed conflict occurs due to the limited access to land by citizens and undemocratic governance. Another finding of this study showed that effect of armed conflict that traumatization and stigmatization of the raped women and being thrown into widowhood.

Mir, Rather & Prusty (2016)<sup>112</sup> conducted a study of conflict and its effect on mental set up of youth in Valley. The object of the study was to access impact of conflict under the age group of 16-25 years. The study mentions that neuroticism and anxiety level were higher in rural areas, who have witnessed violent episodes. Both in males and females mental tension was nearly equal.

Cervantes & Fernandez (2016)<sup>113</sup> conducted a multi vocal review on impact of armed conflict on Education and educational Agents: A Multi vocal Review. They observed in the study that the stage of childhood which is regarded as beautiful stage of the life, when this stage is passing in the conflict it has a long lasting effect on the all life stages. Furthermore, they analyzed in the study how educational agents are affected badly and the skills of the skilled people for their livelihood got affected to a greater extent. He further emphasized in the study that the damage to the educational infrastructure affects a lot on the academic cycle of the learners.

Bertoni & Maioetal (2017)<sup>114</sup> conducted an investigation of Boko Haram conflict in Nigeria. They investigated that Nigeria which is one of the conflict ridden zones because of the ethnic, cultural and religious factors. The data was obtained from the 03 rounds of Nigeria general house hold survey panel (GHS-Panel) conducted by the National Bureau of statistics.

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<sup>112</sup>Mir, Z.S., Rather, Y.H., & Prusty, B. (2016). Effect of Armed Conflict on the Mental health of youth in Kashmir. *International Journal of Contemporary Medical Research*, 3(5): 1409-1414.

<sup>113</sup>Cervantes, L., & Fernandiz, A. (2013). Impact of Armed Conflicts on Education and Educational Agents: A Multi Vocal Review. *REVISTA ELECTRONICA EDUCARE (EDUCARE ELECTRONICS JOURNAL)*, 20(3): EISSN: 1409-4258.

<sup>114</sup>Eleonora, B. & Michele, M. (2017). Education is forbidden: The effect of the Boko Haram conflict on schooling in Nigeria. world bank Project. Poverty and conflict analysis in Northern Nigeria.



In this study it was observed the violent impact of aggression viz-a viz on education and enrolment.

The study revealed the impact of this situation on mental state which finds that 86% respondents suffer from depression, psychological stress, 87% from sleep disorders, 31% from nightmares, 38% from aggressive behaviour, 66% from loss of interest in life, 90.5 from fear, 27% from vulnerable to suicide. 100% respondents admitted that psychological problems affect the general health of the people. Cardiac problems, hypertension and eating disorder are the health problems which study showed. The study emphasized that early prevention and intervention services and the responsibility of the mass media to promote mental health and foster positive attitude.

Increase in the stress level, insecurity, anxiety are the main issues were found in the ongoing conflict. 47% respondents are inclined towards the suicide. Two high risk groups were found in the study widows and youth. The study recommended the professional counselling, Economic policy and to chalk future strategy for youth to prevent them from being a victim of social issues and mental health problems. Photographs and the written work done on the conflict form the media which makes her study more authentic.

## **2.2 Review related Psychological well-being**

Rutledge, Carolyb Marcom, Davis, S. Margaret & Davis (1994) carried a study and found unhealthy behavior and attitude that has overall affects on the overall well-being of students. Investigation carried out on the medical science students of first year and it revealed a very important difference between low and high levels of psychological well-being in their contentedness with the help of family and closely related people.

Diner, Ed & Fujita, Frank (1995)<sup>115</sup> determined that resources taken at once which are considered moderately strong indicators of well-being such as money, social skills, family support and intelligence.

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<sup>115</sup>Fujita , F. Diener, Ed. (2005). Life satisfaction point: Stability and change. Journal of personality and social psychology, 85 (1):158-164. doi: 10.1037/0022-3514.88.1.158.

Colbry, Sheila Lynds (1995)<sup>116</sup> discovered very important relationship among self-regard, environment of the family, Support from the society and healthy well-being of the college students.

Towes, Lync C, Cohen &Lawrance H. (1996)<sup>117</sup> delved the relation among psychological distress and the acute stress among the college students that revealed meaningful relations among them.

Pilcher, June J; Ginter, Douglas R & Sadowsky Brigitte (1997)<sup>118</sup> determined degree of health, drowsiness with respect to relation of sleep quality.

Pilcher & June J. (1998)<sup>119</sup> implies subjective life contentedness pre-determined by drop in despair, strength energy and determination of the college students.

Sagiv, Lilach&Schwartz (2000)<sup>120</sup> through their explorations found that well-being of a student depends upon the conformity between continuing value environment and personal values among the college students.

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<sup>116</sup>C, Sheila. (1995). Predictors of general well-being among female single parent college students. *Journal of Divorce and remarriage* 23(3): 89-99.

<sup>117</sup>Walsh. Froma (1996). The concept of family resilience: Crisis and challenge. *Family Process*,35(3): 261-281.

<sup>118</sup>Pilcher, sadowsky.(1997). Sleep quality versus sleep quality: Relationship between sleep and measure of health, well-being and sleepiness in college students. *Pub.Med. Gov. US National library of medicine National Institute of Health*.42(6):583-96.

<sup>119</sup>Pilcher, J. (1998). The relationship between sleep nad measures of health and well-being in college students: A repeated measures approach. *Journal in Behavioural medicine*. 23 (4: 170-178. doi: 10.1080/08964289809596373.

<sup>120</sup>Sagiv, L., & Schwartz, S.(2000). Value priorities and subjective well-being: direct relations and congruity effects. *European Journal of social psychology*. 30: 177-198.

Shek, Daniel T. (2000)<sup>121</sup> revealed the connection between parental marital quality and well-being of adolescent with psychological well-being. The study revealed paternal effect turned up to be much stronger than maternal impact on the progress of adolescents.

Brandely, Robert H &Corwyn, Robert F (2000)<sup>122</sup> ) examined relationship between the tussel in the family and the family atmosphere by taking the psychological well-being as independent variable. The results of study shows that strong relations were found in families with high conflict.

Wilkinson, R.B &Walford, W.A (2001)<sup>123</sup> study was carried out on the basis of attachments towards parents and the peer groups. The study found that more impact of parental attachment were found on the well-being and less level of stress were also found in the investigation as compared to the effect of the peer groups.

Oishi, Shingehiro & Diener, Ed (2001)<sup>124</sup> investigated the pattern of life and the human needs in subjective well-being of students. The holdings imply that goal pursuits which help the students in attainment of subjective well-being and have extending emotional value through the cultures.

Leak ,Gary K. Cooney, & Ramie R. (2001)<sup>125</sup> carried a study on the self-determination in adoring relationship were found positively linked with the well-being and psychological health of the college students.

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<sup>121</sup>Shekh, Daniel, T. (2000).The Chinese purpose in life test and psychological well-being in Chinese college students. *International forum for logotherapy*. 16 (1):35-42.

<sup>122</sup>Robert, H. Corwyn, F.(2002). Socioeconomic status and childhood development. *Annu. ReV. Psycho*. 53: 371-399.

<sup>123</sup>Wilkinson, R.B., &Walford, W.A. (2001).Attachment and personality in the psychological health of adolescents. *Personality and Individual differences*, vol, 3 (4): 473-584.

<sup>124</sup>Shingehiro, o. Ulrich., S & Ed, Diener. (2001). Pleasures and subjective well-being. *European Journal of personality*. Vol, 15(2): 153-167.

<sup>125</sup>Leak, Gary K; Cooney, Ranie, R.(2001).Self-determination, attachment styles and well-being in adult romantic relationship. *Representative research in social psychology*.25: 55-62.

Richard J, Contrada, Gray & Elliot et al (2001)<sup>126</sup> cross sectional study was carried on the under graduate students denoted that identity construct and ethnic- related stress act upon psychological and physical well-being of the students.

Nezlek, John B., Plesko & Rebecca M (2003)<sup>127</sup> showed that day-to-day well- being is interrelated with daily adverse and progressive happenings. Positive events protect the effects of negative events on day to day respect, day to day depressogenic thoughts.

Trait, Robert & Hulse (2003)<sup>128</sup> reported that state of feeling, respect and sadness were importantly independent indicators of general health.

Maybery, Darry (2003)<sup>129</sup> examined that interpersonal troubles have correlation with the distress and well-being.

Meyers, Steven A. & Miller (2004)<sup>130</sup> investigated in a study that neighborhood plays a significant role in the development of adolescence period. The study showed that neighborhood has direct relation with the psychological adjustment of the adolescents.

Sallinen, Marjukka, et. Al (2004)<sup>131</sup> conducted a study on the hostile work experiences of parents directly affects the psychological state of happiness. The explorations of the study

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<sup>126</sup>Contrada, J., Gary, E. (2001). Ethnicity- related sources of stress and their effects on well-being. *Current directions in psychological science*. 9 (4):136-139.

<sup>127</sup>John , Nezlek & Plesko, R. (2003). Affect and self-based models of relationship between daily events and daily well-being. *Personality and social psychology bulletin*.25(3: 584-596.

<sup>128</sup>Robert, T & Hulse, G.(2003). Validity and psychometric properties of the general Health questionnaire -12 in young Australian Adolescents. *Australian and New Zealand Journal of Psychiatry*. 37 (3):374-381.

<sup>129</sup>Dary , M. (2003). Incorporating interpersonal events within hassel measurement. *Stress and health: journal of the international society for the investigation of stress*. 19 (2):97-110. Retrived from [https:// doi.Org/ 10.1002/ smi.961](https://doi.org/10.1002/smi.961).

<sup>130</sup>Meyers, S. A., & Miller, C. (2004). Direct, mediated, moderated and cumulative between neighbourhood characteristics and adolescents and adolescent. *Journal of Adolescence*, 39: 121-144.

<sup>131</sup>Sallin, M. Kinnunen, U.(2004). Adolescent's experiences of parental employment and parenting: Connections to adolescent's well-being. *Journal of Adolescence*, 27 (3):221-237.

disclosed that psycho social problems were found more among the adolescents living with only parent as compared to both father and mother. The study mentions that adolescents residing with fathers have more problems than those who live with mothers.

Attree, P (2004)<sup>132</sup> study was conducted on the disadvantage childhood which has negative effect on well-being and health. The investigator used systematic review method by using qualitative method. The study added that poverty also influences on the mental health of the adolescents. The results of the study showed family relationship, neighborhood, and friendship play an vital role to mitigate effect of disadvantage on their health and well-being.

Donchi, Lauren & Moore (2004)<sup>133</sup> study was conducted to see the relationship between well-being and internet. In this study 336 samples were taken in which 15-21 years of adolescents were selected. The results indicated that girls with more friends chatting with them seemed to be on higher in self-esteem and low in isolation with those female adolescents which are having less online friends. But the case was totally different for the male adolescents. In the males face to face effect on psychological well-being was higher than female adolescents.

Love, Keisha, M & Murdock (2004)<sup>134</sup> assessed the affection to parents as possible clarification for differences in psychological well-being of college students. The findings of the study mentioned that affection was a very important indicator of well-being. Furthermore, the study discovered that individuals who belong to step-families have less secure affection than individuals from integral families.

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<sup>132</sup>P,Attre. (2004). Growing up in disadvantage: a systematic review of the qualitative evidence. *Child care health and development*. 30 (6): 679-89. <http://doi.org/10.1111/j.1365-2214.2004.00480.X>.

<sup>133</sup>Lauren, D. & Susn, M. (2004). It's a boy thing: the role of the internet in young peoples's psychological well-being. *Journal in behaviour change*. 21(2):76-89. [doi:10.1375/beh.21.2.76.55426](http://doi.org/10.1375/beh.21.2.76.55426).

<sup>134</sup>Love, Keisha, M. & Murdock, Tamara, B. (2004). Attachment to parents and psychological well-being: An examination of young Adult college students in intact families and step families. *Journal of family psychology*, 18(4):600-608.

Wainright, Jennifer, Stephen T, et al (2004)<sup>135</sup> normative study was done which signified on the measures of social adjustment in relation with school outcome of youths. The study found that adolescents were performing better and their adjustment was not generally linked through family type. It was found that the report described that the adolescents whose parents depicted close relationship have better school adjustment.

Kumcagiz & Gunduz (2016)<sup>136</sup> proposed a study on the student's level of psychological well-being and addiction with smart phone. Study was conducted on 408 students selected through random sampling technique. For this purpose data was analyzed through the one-way analysis of variance, which shows that smart phone addiction effects on the psychological well-being of students studying at the departments of primary Education, Art and crafts teaching, guidance and counselling at the faculty of Education.

### **2.3 Review Related Academic performance**

**Benjamin (1999)**<sup>137</sup> the study was conducted on the university students studying in Albany Campus of University College, Newzland. The focus was to investigate the relationship between academic achievement, general well-being and other variables were taken into consideration for the social support like experienced difficulties, self-efficacy and English language ability. For this purpose data was collected through a student difficult scale which was constructed to face the difficulties in specific experience. The study found that positive correlation between academic achievement and variables of general well-being and other supportive variables which was taken into consideration. In addition ability in English language was indicated as best predictor in academic achievement.

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<sup>135</sup>L, Jennifer, Wainright, T. Stephen & Russel.(2004). Psychosocial adjustment, School outcome and Romantic relationship of Adolescents with same-sex parents.*Child development*.75(6): 1886-1898.

<sup>136</sup>Kumcagiz,H.,&Gunduz, Y. (2016) relationship between psychological well-being and smart phone addiction of University student's.*International Journal of Higher Education*, 5 (4):144-156.

<sup>137</sup>Seymour,B.(1999). Academic achievement and general well-being of undergraduate students.*M.A thesis department of Psychology*, Massey University, Newzland.

**Rani &Latha (2005)**<sup>138</sup> a study was investigated on the association of home adjustment, family environment and academic performance in adolescent students. Study found the home environment affects the academic performance as well as on the home adjustment.

**Gakhar & Mashas (2005)**<sup>139</sup> analyzed a study on the relationship of emotional intelligence with cognitive characteristics. For this study 400 students of class XI were taken in the studies, who were studying in private and government schools which are located in urban and rural places of Jammu province. The study mentions that positive correlation between emotional intelligence and the cognitive variables were found with respect to emotional intelligence and no major difference between boys and girls was found in study.

**Siwach (2008)**<sup>140</sup> reported the ill effects of Home environment on scholastic achievement of students. Findings of the study shows that the students belonging to good home environment were found significantly high on the mean score than the students coming from the low home environment. It was further observed in the study that scholastic achievement in boys of the positive correlation was found high than girls. Furthermore, study revealed that environment of home gets disturbed which automatically reduces the achievement decreases in boys.

## 2.4 Research gap

Psychological well-being and Academic performance are some of the very important psychological determinants whose influence reflects heavily on academic performance of students. There has been research work done on the individual variable like Psychological

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<sup>138</sup>Rani, Mohanraj &Latha, (2005).“A study of perceived family Environment in Relation to Adjustment and Academic Achievement. ”*Journal of Indian Academy of Applied Psychology*, 31 (2): 13-18.

<sup>139</sup>Gakhar, S.C., &Manhas, K.D. (2005). Cognitive correlates of Emotional Intelligence of Adolescents. *Ram- Eash Journal of Education*, 2 (2): 78-83.

<sup>140</sup>Siwach, M. (2008).Impact of home environment on the scholastic achievement of Children.*Journal of Human Ecology*, 23(1): 75-77.

well-being, and academic performance in different contexts from different perspectives but none of these variables have been analyzed in the context of conflict driven frustration. My research work is not to examine the individual variable but it will analyze the collective impact of all these variables with reference to conflict driven frustration. Therefore it seems very clear that this work is very new in its character in terms of conflict variable. In addition there has been no work on such type of research in Kashmir division. I personally believe this might be the first research work focusing on conflict and education relationship qualitatively and quantitatively. Therefore it might bring to surface new findings and there solutions.

The educational processes and policy in Kashmir needs to be sensitized to the psychological makeup among college students and correlation of how the policy addresses these important concerns needs to be built. The study that aims to lay bare these influences is to need of the hour in two ways, firstly it would inform and sensitize the policy formulations and secondly it would help engender a stimulating environment in colleges to foster the quality academic performance in colleges.

The way in which different psychological variables such as Academic performance, psychological well-being and behave in context with factors related with college going age of students cultural and religious background, must have received a little more attention than it has. A meaningful research done in this direction borders on negligible. The relationship between these factors needs to be explored considering their significance to the academic performance in particular and over all college education in general.

Finally Kashmir being a conflict zone and level of mobilization having increased from last three decades and being territory where politicization of educational institutions tends to be a norm.

## **2.5 Analysis of Review of Related Literature**

Conflict which occurs in every society on the basis of difference of opinions, values among individuals, which causes great damage to human capital. Conflict varies from society to society, some societies have acute conflicts and some have mild conflicts. According to Karl Marx conflict is a fundamental factor in the social life of man. India is one of the youngest countries having large number of young people which forms the vital asset of the country in terms of economy and the nation depends on this generation that is skillful and hard working.



When we look the happiness index of India it ranked below to rest of the other countries. So there is urgent need to create such type of atmosphere which is full of happiness.

Conflict has wider and deeper impact on all the sections of the society. It damages the fabric of the society. War not only damages its physical structure but also disrupts the entire social process, its culture and heritage and normal life processes (**Mir 2012**)<sup>141</sup>. Furthermore, conflict paves way to the destruction of educational institutions, displacement, death of students, teachers and educational administrators. Educational institutions which are considered the vital organs of the society, they fulfill the needs and demands of the society. Due to the prevailing condition in the valley which affects the normal functioning of the educational hubs due to the frequent shutdown which has resulted in the boiling down ratio of teacher and students (**Ritu Dewan 2004**)<sup>142</sup>.

Conflict affects the psychological makeup of the students because the aspiration level of the students decreases which triggers them towards the frustration and forces them to face in the anti-social activities (**Wig 2002**)<sup>143</sup>.

So far the review of related literature is concerned which clearly indicates that the younger generation is more vulnerable to the psychological effects of war (**Bloch, Silber & Perry, 1956**)<sup>144</sup>. Mental problems in the region have risen up rapidly since 1980. Reports mentioned that nearly 1200 to 1400 patients were looking for cure since 1980s (**Margoob 1995**). In addition to it, there is increase in the use of narcotic drugs among the masses (**Margoob 2004**).

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<sup>141</sup>Mir Assadu Uah, Human Rights Abuses in Kashmir, Criminal Assault on Women, Legal News and Views. Oct. 2000.

<sup>142</sup>Dewan Ritu, What Does Azadi Mean to you by Butalia Urvashi, 2002 op.cit,pg 149-161.

<sup>143</sup>Wig, WW. Violence and Mental Health, [http:// www. Tribune India Com](http://www.TribuneIndia.com)/2002.

<sup>144</sup> Ibid.

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