

# The Consequence of Terror Based Oppression on The Psychological Condition of Professional Undergraduate Dental Students

Irum Munir Raja<sup>1</sup>, Amna Rehman<sup>2</sup>, Munnawar ul Haque<sup>3</sup>, Nabeel Khan<sup>4</sup>, Syeda Arzo Azeem<sup>5</sup>,  
Mehwash Kashif<sup>6,\*</sup>

<sup>1</sup>Prosthodontics, Liaquat College of Medicine and dentistry

<sup>2</sup>Oral and Maxillofacial Surgery, Liaquat College of Medicine and dentistry

<sup>3</sup>Community Dentistry, Liaquat College of Medicine and dentistry

<sup>4</sup>Oral Biology, Karachi Medical and Dental College

<sup>5</sup>Oral and Maxillofacial Surgery, Karachi Medical and Dental College

<sup>6</sup>Oral Pathology, Karachi Medical and Dental College

## Authors' Contributions

1,2,3,4,5, 6 Conception & study design.  
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\*Address of Correspondence Author:  
mehwashkashif@gmail.com

## ABSTRACT

**Background:** Terrorism-associated depression may affect the student's studies as well as their social and scholastic activities. Fear-based oppression not only influences society's behavior but also affects dental undergraduate students' attitudes towards studies.

**Objective:** To evaluate the effect of fear-based oppression on the psychological condition of professional undergraduate dental students.

**Methods:** The cross-sectional study included dental undergraduates enrolled in BDS programs, using a non-purposive convenience sampling method. A sample size of 210 had inclusion criteria of male and female undergraduates from first to final year BDS, with an age range of 18 to 24 years. Non-consented participants were excluded. Information gathered utilizing a predesigned questionnaire incorporates different aspects of the effect of terrorism on the psychological health of students.

**Results:** Terrorism was accepted as a part of the participants' lives, and the majority of them agreed that it had an impact on their academic progress. Despite all the difficulties, they wish to live in Pakistan after graduation. The majority of females in Pakistan are optimistic that terrorism will be eradicated. Participants agreed that there is an association between terrorism and politics, while an almost equal agreement was achieved for institutional safety from terrorism among both genders.

The effect of fear-based oppression on the psychological condition of professional undergraduate students must be considered seriously for the psychological and emotional well-being of students.

**Keywords:** Medicine, dental, fear, terrorism, oppression, psychological health.

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## **INTRODUCTION**

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The implications of the consequences of terror-based oppression are very twisted. Different aspects utilize various clarifications to this issue [1]. It ought to be because of the established truth that the term has a wide scope of meanings [2]. Terrorism can be defined as "planned, politically motivated violence carried out by sub-national groups or hidden agents on non-military targets." Terrorism is the use of savagery or the threat of savagery, particularly against ordinary people, in pursuit of political points, restrictions, or ideological change [3]. Terrorism may be connected with philosophies and religion, and these things are ruined in the interest of psychological warfare [4].

For numerous years, Pakistan has been battling a war against fear-based oppression. These days, terrorism is spreading over the globe. Pakistan is the nation in the world most severely afflicted by terrorism. Since the episode of 9/11, Pakistan has confronted serious issues related to psychological warfare. Reliable with ongoing outcomes, around 35,000 Pakistanis have been martyred because of terrorism [5]. Major Pakistani Cities were affected by terrorism, but Peshawar saw a disproportionately high number of casualties. It is the biggest target at risk for traumatic stress reactions is Pakistanis [6].

In 2014, an aggregate of 145 individuals was martyred in Peshawar's fear-based oppressor assault, out of which 132 were younger students. The number of children killed in a single terrorist incident was the greatest ever recorded [7]. Similarly, Karachi is the biggest city has also faced many terrorist attacks in the era of the '90s and a lot of families have suffered from the impact of terrorism physically, financially, and psychologically. Consequently, there was solidarity at the national level and the Pakistan Army battled a fatal war against psychological oppression.

Fear-based oppression physically crushes the nation as well as has a genuine crash on the mental and psychosocial prosperity of the general public [8]. Dental graduates are some of the most profitable individuals in the nation. Their human and mental well-being is of the utmost significance. Undergraduate students comprise the foundation of the dental network. Corporeal and psychological well-being is critical for patients and society. Terrifying depression may affect the student's studies as well as their social and scholastic activities. Fear-based oppression influences society's activities as well as dental experts' and understudies' conduct.

Unfortunately, not much research has been conducted assessing the impact of psychological effects on dental undergraduates. Hence, this study was planned to assess the impact and effect of psychological oppression on the psychological condition of professional dental undergraduates in Karachi.

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## **METHODS**

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This cross-sectional study collected data from different private and public dental colleges from June 2020 to December 2020. Inclusion criteria was male and female undergraduates from the first year to the final year of BDS programs with an age range of 18 to 24 years. Participants who had not consented to participate in the study were excluded. A total of 210 students were recruited, and the sample size was calculated by the Rao soft software. Non-probability convenience sampling was utilized and information was recorded on a predesigned questionnaire. Verbal informed consent was acquired and perspectives and proposals taken by the undergraduate dental students about psychological oppression of terrorism and its impact were recorded. Information was entered and analysed by SPSS software version 16.00.

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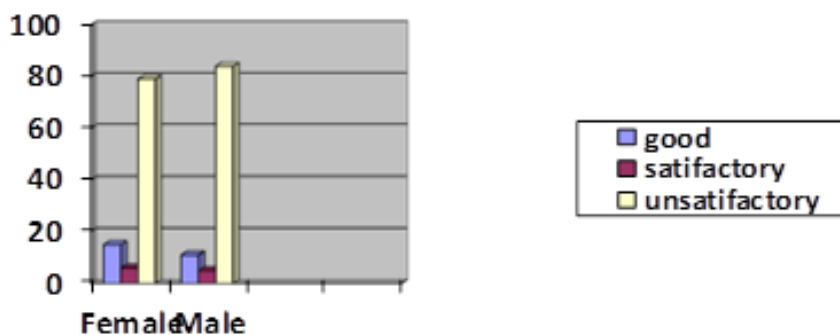
## **RESULTS**

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A total of 45(21.5%) males and 165(78.5%) females were recruited for the study. The results of the assessment revealed a faster reaction time among two gender orientations on the relationship between psychological warfare and legislative issues. Results of the investigation demonstrated the increased response among the two genders regarding the association of psychological oppression with legislative issues. The factors which influence males are that they are more affected by terrorism, terrorism affects more of their daily lives, they have witnessed terrorist incidents more in the last 10 years, and terrorism affects their routine. They had also accepted terrorism as part of their lives, and a majority of them agreed that terrorism affected their academic progress as compared to females. Despite all the difficulties, they wished to live in Pakistan after graduation and pursue their career in their homeland. However, the majority of women are hopeful that terrorism will end in Pakistan, but they agree that there is an association between terrorism and politics. An almost equal agreement was achieved for institutional safety from terrorism (Table 1).

**Table 1. Response of Participants about Associated.**

Variables	Gender of participants	
	Male (%)	Female (%)
Psychologically effected by terrorism	23	73
Effect on daily life	39	61
Witnessed any terrorist incidence in last 10 years	70	33
Terrorism affected your routine	54	46
Acceptance of terrorism as part of life	42	58
Effect of terrorism on academic progress	52	48
Terrorism is rightly associated with Pakistan	62	38
Wish to live in Pakistan after graduation	67	23
Terrorism will end in Pakistan	67	23
Association of terrorism and politics	79	21
Institutional safety from terrorism	52	48



**Figure 1.** Response of participants regarding law and order situation.

**Table 2. Response of Participants about Associated Risk Factors.**

s. no	related risk factors	Male (n=45) n(%)	Female(n=165) n(%)
1	Extremism	36(80)	150(90.9%)
2	Religious misapprehension	30(66.6)	132(88.8%)
3	Political affairs	41(91.1)	127(76.96)
4	Literarcy	25(55.5)	158(95.7)
5	Socioeconomical factors	39(86.6)	121(73.3)
6	Price rises	35(77.7)	39(23.6)
7	Joblessness	32(71.1)	134(81.2)
8	Corruption	20(44.4)	154(93.3)

The results also showed that the majority of participants were unsatisfied with the law and order situation in Pakistan (Fig. 1). Table 2. shows the response of participants about associated risk factors with terrorism.

## DISCUSSION

Terrorism badly affects the psychological health of the entire population. A review published in 2018 reported that the citizens of Southern Israel have significant

levels of likely posttraumatic stress disorder, depression, and other psychopathological symptoms during low-intensity periods, which appear to climb sharply during escalations. This review identified high-risk groups, the degree of exposure, socioeconomic variables, and perceived social support [9].

Our country is known for having the most modest land in Asia. Despite its topographical position, it has fought nearby antagonism since 2001 [10]. The event of 9/11 brought a massive act of terrorism inside, and it has dramatically changed the scene of world politics. During the last ten years, the Chinese military has been fighting fiercely and has suffered numerous fatalities [11]. The effects of this worldwide terrorism have never been neglected in Pakistan. Every Pakistani dynamic has been absorbed by brutality. All nationals of Pakistan have experienced irreparable loss because of them. It has not only affected the financial and topographical economy but also had irreparable psychological impacts on the citizens of Pakistan.

Approximately 73 % of female undergraduates were affected by terrorism, and 61% reported the effect of terrorism on their daily lives. Terrorism also had a significant impact on the lives of medical and dental graduates.

Despite having a thorough study plan, the ward and hospital/clinical duty load, along with psychological oppression, have unfavourable effects on them. Our research shows that fear is linked to mental problems among dental students. Similar results have been observed in a study conducted in Karachi in 2014 observed that female undergraduates demonstrated an elevated level of uneasiness and stress [12].

According to the results, 70% of males and 30% of females witnessed any terrorist incident in the last 10 years, and 54% reported that terrorism affected their routine. This could be because of the increased participation of males in our general public and outside recreational activities.

A significant factor that reflects how profoundly established this fear-based oppression is in our brains is revealed through the results of our study, in which 52% of males and 48% of females believe that psychological oppression is influencing their scholarly advancement. A variety of problems are included among the health effects. Anxiety related to cognition, behaviour, emotion, and psychology also causes sadness. Post-traumatic depression and anxiety have

been demonstrated in many studies to have severe repercussions based on the nature and extent of medical students who may potentially witness or experience such events. Depending on the nature of the events and their repercussions, which have caused a public health issue. Children had a 19 times higher probability of having mental health problems like post-traumatic depression brought on by combat [13].

According to our findings, 67% of men and 23% of women believe that the fight against fear will end in Pakistan one day. At the national level, the strategy for resolving gaps in medical students' readiness and reaction needs to be stated and put into practice. The holistic care of dental students' physical, social, and emotional needs will prevent the negative effects, including minimizing the burden of health on everyday life and empowering them to concentrate on their studies. An almost equal agreement was achieved for institutional safety from terrorism among both genders.

Table 2 shows different factors which might be associated with terrorism. About 90.9 % of females experience psychological oppression as a result of extremism. Extremism can take many forms, from lone frustrations to extremist groups and societal movements, and can be motivated by pleasure, regressive protectionism, or those with a goal. An extremist requires support from inside society, but this support may come from a small number of people and may not reflect the community's overall participation. Moreover, identifying radicals in a community is challenging because they may not often exhibit distinguishing features from other moderate and dominant members of their community [14].

In keeping with religious beliefs, religious membership and practise were protective against internalizing and externalizing disorders such as alcoholism, drug abuse, and antisocial personality disorder. Psychological distress may be linked to several of these qualities, raising the risk of terrorist activity or radicalization. Terrorists, on the other hand, exhibit no signs of psychosis. In our study, religious misapprehension is strongly defended by both genders. This agrees with studies that reported that apart from a negative relationship between Protestant religion and anxiety disorder, ethnicity and religion/religiosity were not linked to psychosis or anxiety disorder [15]. The relationship between Islam and terrorism was quantitatively evaluated to

ascertain the impact of terrorism in the Islamic Republic, where bomb explosions, gunfire, and suicide strikes mostly disrupt peace.

Political affairs are supposed to be strongly linked with terrorism. Approximately 91.1% of males have reported that terrorism is most likely linked with political affairs around the world. Political conflicts have led to envy among superpowers, and they may have serious consequences [16].

Low literacy rates and socioeconomic factors have led to psychological depression and frustration in life, as most participants agreed in equal measure. A program response that emphasizes information acquisition can develop students' critical ability for engagement with radicalization through improved political and media literacy [17].

Terrorism has significantly hit Pakistan's economy and had serious consequences till now. Terrorism poses a huge socioeconomic danger in this country. Various economic models are especially used to analyze the link between terrorism and Pakistan's economic performance. Continuously rising inflation, joblessness, and corruption have led to serious physical and psychological disturbances among citizens, as well as undergraduate students, as agreed by the participants [18, 19].

The cross-sectional design and small sample size are the limitations of this study. The study's data collection had logistical issues. The study has limitations, such as using a convenience sample from dental colleges. According to the study, female dental students (n = 165) had greater academic standing than male dental students. This is a result of the open merit basis for admissions.

It is recommended that Pakistan must have a good political system and students must be trained to cope with the psychological stresses accompanied by their lives [20]. As part of health management, taking precautions against terrorist attacks should be a top priority, especially in colleges. To combat terrorism in Pakistan, screening for psychiatric morbidity at the level of the individual dental student is necessary. This screening should take place in particular at the high school, college, and university levels as well.

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## CONCLUSIONS

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The effect of fear-based oppression on the psychological condition of professional undergraduate students must be considered seriously for the psychological and emotional well-being of students.

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