PREFACE

Armed conflict is a very serious problem in many parts of the world. Some countries are at the verge of conflict, some are engaged in conflict, some emerging from it and some are in a long term recovery phase. Knowledge about the armed conflict is important for many reasons. Empirical studies on the armed conflict are still scarce. During recent years there have been a few major studies on the subject. These studies are however rather different in focus and are therefore difficult to compare. They differ in types, nature and impact. There is no doubt about it that conflicts are devastating in their implications. The adverse affect of conflict is that conflict-hit areas are exposed to increased mortality, increased morbidity and increased disability (physical, psychological and social). Conflicts cause untold sufferings, loss of human life, violation of human rights, destruction of economy, devastation of environment and wastage of natural resources which provides the essential support system to any society. The invisible parameters of conflict are deeper and bound to profoundly impact the future societal dimensions.

The impact of conflict situation in Kashmir has been in more ways than one. It has changed the total life style because of the lack of trust, lack of collective responsibility and lack of emotional ties; therefore, it has multifaceted impact on the social architecture. Conflicts are actually not one-off event, these are often on going for years together and therefore, their repercussions are wide and big.

This study will focus on the impact of the conflict situation on social and mental health problems in Kashmir due to conflict situation. This empirical study gives us an insight of different propositions based on the field work carried out in six districts of Kashmir. The aim of the theoretical analysis of conflict is to develop an understanding of the variables to gauge the socio-psychological impact of conflict in Kashmir. This enables us to understand, explain, analyze, and identify the mechanisms that help us out to look for preventive measures, resolutions and solutions.
Chapter one synthesizes the conflict implication in terms of socio-psychological impact and is supported by conceptual framework, conflict theories in Sociology and historical background of Kashmir conflict. While discussing the scenario of armed conflict situation after 1989, the people of Kashmir landed up in a new exposure zone and they have experienced a range of psychological and social deprivation, lack of security (a daily fear of life and dignity) displacement, abuse of human rights, including random acts of violence and destruction and uncertainty among population, loss of social networks and family structure that comprises the fabric and meaning of daily life, loss of daily activity, the loss of social roles that guide behavior, loss of livelihood, access to employment opportunities; resulting in extreme poverty and poor environment. Such things increased the vulnerability of the conflict affected areas. Hence Kashmir broken down economically, hassled politically, isolated socially, distraught educationally, and mentally shattered due to the armed conflict situation.

Chapter two describes the methodology of the study. In this chapter the main thrust will be on the frame work of the study. The chapter will discuss the theoretical propositions, area of research, objectives, sample size, methods and techniques of the study. The details of the questionnaire will be discussed in the same chapter. In the Case Studies section, the theoretical approaches are used as a guideline to analyze theme-specific cases of conflict.

Chapter three provides the theoretical revision of literature. The knowledge and ideas have been established on a topic to highlight the strengths and weaknesses. The necessary details available on the topic has been collected from secondary sources which include research documents, books, journals, newspapers, newsletters of development department, magazines, pictures, documentaries / films, observation / assessment reports, university grants commission reports, official reports like: Acts, Agreements and so on.
Chapter four will focus on case studies of the respondents to describe an empirical inquiry and to see the contemporary happenings within the area of the problem to present the real-life depiction. The study also tries to present the psychological understanding of the connection between social reality and the inner life of man who is directly or indirectly affected. The main aim to document the case studies of vulnerable respondents is to bring fresh insight to the intensity of the conflict situation in Kashmir and its impact on mental health status. It obtains a phenomenological position towards its subjectivity. The most immediate and out come of conflict situation are direct deaths, migration, disappearance, disorganization of social life, deterioration in mental health and coping mechanisms.

The fifth chapter of the study will be discussing the themes which include: death, migration, disappearances, social life, mental health and combating mechanism. As the framework of the study is based on conflict situation and its social and mental impact in Kashmir, therefore, over view of the this chapter says that the adverse affect of conflict is that vulnerable areas are exposed to increased mortality, increased morbidity and increased disability (physical, psychological and social).

Chapter six illustrates the news highlights / clippings with photographs and cartoons which presents the clear picture about the social issues and mental health problems in Kashmir after 1989. Through following piece of work one will look at the role of the media over the years as the conflict has evolved.

The final chapter presents the recommendations / suggestions with concluding comments of the report, based on the findings of the research study.