

A Qualitative Exploration of Psychological Experiences of IDPs in Bannu, Pakistan

Tehmina Saqib* & Rameesha Nareen**

The study explored psychological experiences of people displaced from North Waziristan as a result of army operation against terrorists and taking shelter in Bannu. IPA was used to draw out themes from in-depth interviews of 8 men and 4 women. Two focus groups were conducted and data was content analyzed for themes. The psychological symptoms identified included deep anxiety, identity confusion, adjustment issues, depression and a general feeling of uncertainty. Many people had been contemplating suicide, a clear reflection of gloom and despair. Women expressed an even deeper level of despair and dependency. However, a substantial number of people showed resolve to face the hardships and were very hopeful of going back to their land soon. At the same time, economic difficulties were reported by every individual ranging from soaring rents to preserving property back home. Overall, terrorism was seen in a conflicting manner.

Key Word: Displacement, psychological experiences, qualitative, women

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