

IMPACT OF ARMED CONFLICT ON THE YOUTH OF KASHMIR

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Abstract

For nearly three decades, Kashmir has "been suffering a chronic socio-political turmoil. Kashmir's social fabric has been torn apart by the ongoing fighting, which has impeded its physical infrastructure as well (creating social, economic and psychological problems). The strife in Kashmir has had devastating impacts, especially on the young people of the region. This report emphasises the extent to which the violence has impacted the lives of young people in Kashmir and their opportunities for gainful employment. As well as the impact that "violation of fundamental rights" has had on young people in Kashmir.

Keywords : *Kashmir Conflict, Violence, Mental-Psychological and Physical Health, Employment*

1. INTRODUCTION

The Kashmir dispute has wreaked havoc on the economic, social, and political landscapes of the region, particularly among the region's young people. This prolonged violence has had a psychological and emotional impact on everyone, regardless of their "desired" parameters. It's normal for people to worry about whether or not they'll be able to return home once they've left. For nearly three decades, India and Pakistan have been at odds over territorial rights, making life difficult for young people, especially in Kashmir. Border skirmishes, fights between security forces and armed rebels, bombings, and shootouts have had a terrible effect on the lives of young people in the country where they live now.

Restlessness among the youth has grown since 154 "rounds of talks" with various supposed stakeholders have produced nothing. Young people's mental mechanisms have been strained as a result of these events. As a result of their stress, young people are more likely to have psychological issues. Throughout the world's conflict zones, people's mental health is negatively impacted as they engage in anti-social behaviour. Conflict, murder, and adolescence (the surge in hormones during adolescence) have a detrimental effect on the mental health of young people. In spite of this, conflict has a significant impact on all parties involved, disrupting "the serenity of mind."

Kashmir has been a major issue of conflict between government of India and Pakistan since its partition in 1947. Jammu and Kashmir has the largest youth population compared to all the states of India and are very important for the development of this region. Due to lack of governance, leadership and misrepresentation of people's sentiments the youth has been dragged into violent conflict resulting in loss of lives and a deteriorated future of many families has led to

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serious medical as well as psychological issues. The armed conflict has also ruined the socio-cultural ethics that were the part and parcel of Kashmiriyat.

Apart from psychological problems the present conflict in Kashmir has huge effects on the education and employment of youth. The school institutions in Kashmir are either targeted/burnt due to violence or occupied and besieged by security forces. Moreover, restrictions and strikes result in reduction of school days disturbing the school routine. The chaotic environment in Kashmir discourages investments in the form of both public and private. Which creates hindrances for implementation of development policies and reduces employment opportunities? Human rights violations are commonplace in times of conflict. There is no end to the conflict in Kashmir.

Amin and Khan (2009): The study has focused on growing mental health problems in Kashmir This is because of the violence in Kashmir for the last 18 years. There has been a lot of mental health problems.

Anton Parlow (2011): The Study has focused on the impact of conflict on education of Kashmiri youth. The knowledge of the Kashmir uprising has been taken in consideration for measuring effect of equipped skirmish on scholastic results of adolescents during 90's. Teenagers who went to primary and secondary schools in urban areas of Kashmir during 1990 and 1996 are effected utmost by uprising. based on the results of surveys of those who finished high school before the 1990s and of teenagers from less affluent parts of Jammu and Kashmir. The study's recommendation is that literacy and employment programmes be developed for women who have been affected by the study's findings. A. Rather (2013): The paper has deliberated on the main complications encountered by people in Kashmir. The unrest in Kashmir Valley directed the homicide and dislodgment of people, devastation of property, and decomposing of funding arrangements, etc. It is based on the results of surveys of those who finished high school before the 1990s and of teenagers from less affluent parts of Jammu and Kashmir. The study's recommendation is that literacy and employment programmes be developed for women who have been affected by the study's findings. The bearing has put into test the main significances for existence, growth, and well-being

Naqshbandi and Amin (2013): The study has emphasized on optimistic growth as well as effects of conflict on youth. "Kashmir unrest has increased the figure of orphans in Kashmir urging them to leave education and earn for survival". (Naqshbandi, 2011). Kashmir unrest has played an excessive part in youngsters being hired by many automobile garages and other sectors. The outcomes of this study have made certain stimulating disclosures. Young people are addicted to thinking about conflict as the source of all kinds of personal issues, such as identity crises and redundancy. This report consists of many realities that have been discovered and many others that have been recertified.

Mir, Rather, Prusty (2015): Unrest of any sequence or nature has effect on young people because they are sensitive emotionally hence more exposed to abuse. The study has targeted to associate the level of neuroticism, general apprehension, psychological strain, guiltiness susceptibility, crookedness, adulthood level and willpower in adolescents of Kashmir based on their Habitation, gender, and countersigning of brutal incidents.

Abdul Naik (2016): The study has displayed mental health and demonstrated how there has been more emphasis on mental illness rather than psychological well-being in Kashmir. It has explained importance to safeguard mental health and how it is equally important. Also it has examined the impact of violence in Kashmir. The emotional and psychological effect of

substantial vehemence is intensely sensed by all, regardless of sexual category, age, livelihood plus vicinity

Mehraj, Rather, Adil and Kazmi (2018): This study has reflected on the condition of youngsters in the continuing equipped unrest in J&K. It has predominantly looked at the condition of children throughout past fifteen years. It has confirmed that staid offences have been committed against youngsters in J&K. Extensive plus long-standing human rights defilements on people of J&K by the fortified militaries are recognized and acknowledged.

Although human rights exploitations in contradiction of youngsters in war zones such as Palestine, Iraq, Syria and Afghanistan in Asia, congregated worldwide consideration – the human rights exploitations against youngsters in J&K have not been stressed upon. Youngsters in J&K live in the most militarized zone of the world, with the existence of seven lakh troopers, more advanced compared to America's invasion of Afghanistan and Ira

RESEARCH METHODOLOGY

This research is conducted based on quantitative approach with non-probability (convenience sampling) as sampling technique. The instruments used are questionnaires (with close ended questions), personal interviews and observations. This study is conducted exclusively in Kashmir, excluding Jammu and Ladakh as these provinces are moderately effected by violence. The subject of the study is youth of Kashmir and the number of respondents are 100, examined on the basis of four categories. Cognizant consent was taken from the respondents. To maintain confidentiality, the names of the participants is not recorded.

OBJECTIVES OF THE STUDY

1. To Study the impact of conflict on youth of Kashmir.
2. To Study the impact on conflict on youth on the basis of their gender.
3. To Study the impact of conflict on youth on the basis of their age.
4. To Study the impact of conflict on youth on the basis of their habitat.
5. To Study the consequence of conflict on well-being of youth (health, education, mental illness etc.)
6. To Study the impact of conflict on employment (increase in stone pelting incidents)
7. To Study the violation of fundamental and constitutional rights in Kashmir

FINDINGS

Conflict creates lasting harmful effects on individuals and people of Kashmir are witnessing a prolonged socio-political unrest from almost three decades now. This unrest in Kashmir has a distressing impact on the people of Kashmir regardless of gender, age, livelihood and location. Youth suffers from high amounts of psychological problems resulting in general health problems. Incessant strikes and violent incidents have a miserable consequence on the well-being and education of the youth. The unstable condition in Kashmir hinders the growth in all aspect be it social, psychological or economical. Employment chances of the youth are being hindered due to conflict. This study demonstrated a broad outline of impact of the conflict over the youth of Kashmir. During the study, the respondents have exhibited number of effects of conflict over them. Based on examination of the results, interviews and observations many conclusions have been drawn

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- 1) In keeping with the results of this study, majority of the respondents have agreed on being stimulated by the unrest in the Valley. Most of them have been victims of oppression directly or indirectly. Majority of them have experienced killing of family, close relatives and friends. The impacts of conflict have been experienced by all, in every facet (social, psychological and economical). However, there are substantial alteration in the respondents of this research based on their gender, age and habitat.
- 2) 2) As per the results of this study, all the respondents have been vulnerable to conflict some way or the other. It is evident from the transcript of this study that people are not satisfied with the way of life in Kashmir under the shadow of the conflict; they are bothered by the instability and unrest. This causes psychological and physical disorders in them. Effect on the wellbeing has consequences on the education as well, thus resulting in worrying effects on the education of the youth. Also they find it difficult to study in distressing surroundings and that is why, they prefer to go outside the state if given any opportunity. 3) Analysis of the research findings shows that conflict has badly impacted the employment opportunities in Kashmir. Majority of the respondents said that the situation in Kashmir is conducive neither for the government job nor for the selfemployment opportunities. This scenario leads to a compelling situation wherein the youths migrate to outside state for better chances of living a meaningful life
- 3) 4) Result of this study exhibited that increasing incidents of stone pelting are not exclusively the consequences of unemployment. It has been found that stone pelting has become a way of expressing anger and frustration against the government establishment
- 4) 5) Rendering to the results of this research it has been observed that bad governance is the main reason behind violation of human rights in Kashmir. Respondents reveal that security forces are mainly responsible for the violation of human rights in Kashmir. From last couple of years frequent ban on internet ban, has been perceived as the direct violation of basic right which is substantiated from the present study. Human rights violation every now and then in Kashmir acts as catalyst for the ongoing unrest, resulting in perpetuation of violence in Kashmir

IMPLICATIONS

This Research has provided us detailed account of conflict in Kashmir and its effect on the mental health of young generation. Below mentioned are some of the ways by which these consequences can be reduced.

- 1) Youth have lost trust in the government and specially in recruiting agencies. In order to restore trust of youth recruitment in government jobs should be free and fair and more employment opportunities should be provided to them, both on state and central level.
- 2) Sports infrastructure should be developed to engage youth. Skill development should be focused upon. Over all well-being of youth should be given more attention to.
- 3) Mental health consultants should be employed by the government to treat youngsters suffering from different types of psychological ailments.
- 4) Security forces should not use lethal guns against the protestors because in recent past many youths have lost their eyesight completely due to the usage of pellet guns.
- 5) Peacefully protesting civilians should not be targeted by the security forces.
- 6) Due to incessant strikes in the Kashmir region schools and colleges remain closed and students suffer the most. In order to save the career of student's exams should be conducted on time and results should also be declared on time.

7) Though we are fast evolving in a digital India but ban on internet in Kashmir valley curtails the basic right freedom of expression. Social media is the only platform where youth express themselves and social media gap should be stopped. 8) Dialogue is the only way forward to deal with the conflict and it should be started soon to restore peace in the region again.

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