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Exploring Frames and Slants in Coverage of IDPs From Swat In Leading Pakistani English Newspapers

Abstract

The paper elaborates how three leading English newspapers of Pakistan, i.e. Daily Dawn, Daily The News and Daily The Nation treated the issue of Internally Displaced Persons (IDPs) from Swat. The content analysis of news stories on front and back pages and editorials of sample newspapers for a period of three months after the crisis started in Swat highlights the Frames and Slants used in coverage of the IDPs. The total number of news stories and editorials analyzed was 270, out of which there were 219 News Stories and 51 editorials. The News gave maximum coverage while Dawn gave the smallest space to the issue. The maximum number of stories were having slant 'Unfavorable to Government'. The Frame used in the largest number of stories was 'IDPs as Co-Citizens', the second 'Taliban as Foe', third 'War on Terror as an Issue', fourth 'IDPs as Burden', fifth 'War on Terror as Solution' and the Frame found in minimum number of stories was 'Taliban as Friend'. It is also important to note that coverage was more favorable towards IDPs, as the frame 'IDPs as Co-Citizens' was used in a total of 117 stories.

Keywords: Newspaper, IDPs, Slants, Frames, Taliban

INTRODUCTION

After 9/11 Terrorist Attacks in the United States, President Bush told the world, "Every nation in every region now has a decision to make, either you are with us in the war on terror, or you are with the terrorists". Pakistan decided to side with US. It remains debatable, whether Pakistan's decision was wholly voluntary or it was made

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under duress. However, whatever were the reasons; Pakistan has emerged to become a central figure in the war against terrorism, which has so far taken lives of thousands of troops and innocent Citizens, and displaced millions of people from regions of their origins. In 2009, provincial government of Khyber Pakhtunkhwa signed peace treaties with the local Taliban in Swat. According to the treaties, the government agreed to pull out Army from the area and Taliban also agreed to shut anti-state activities. However, complete ceasefire between the security forces and militants in the troubled areas remained only a dream.

Heading in the war on terror in May, 2009, Pakistan army started action against Taliban in the Swat valley of Khyber Pakhtunkhwa. This war resulted in a largest humanitarian and displacement crisis, compelling more than a million people to flee the conflict zone while dozens of civilians were killed miserably (UNHCR official website).

Internally Displaced Persons

Unlike refugees, who have been deprived of the protection of their state of origin, Internally Displaced Persons remain legally under the protection of national authorities of their own country. The Internally Displaced Persons should, therefore, enjoy the same rights as the rest of the population. The Guiding Principles on Internal Displacement remind national authorities of their responsibility to ensure that the rights of IDPs are fulfilled (Guiding Principles on Internal Displacement, available online).

“The internal displacement is usually the result of multiple factors. These include natural and human made disasters, ethnic or religious discrimination and armed conflicts etc. furthermore, the definitions of the concepts ‘migration’, ‘refugee’ and ‘internally displaced persons (IDPs)’ are loose and carelessly applied and are often used for same purposes” (Muggah, 2003, p. 6f).

The report generated by United Nations and published in Daily Dawn says that “Africa is witnessing the greatest volume of internal displacement with about 11.6 million IDPs in 21 countries, while South and South-East Asia met with the biggest increase in the population of IDPs from 3.5 million in 2008 to 4.3 million in 2009. It was also observed that the number of IDPs has jumped from 17 million in 1997 to more than 27 million in 2009. This report attributes the increase in the Internally Displaced Persons to long-running conflicts within the countries.” (*Daily Dawn*, May 18, 2010). Some Guiding Principles on Internal Displacement have been formulated by the international community to preserve the rights of the Internally Displaced Persons. However, these are only the guidelines and not legal bindings (Newland, 2003: p.121). Some of the major problems, which the Internally Displaced Persons

face during their exodus are Social Status, Work and Education, Legal and Political Rights, Food, Shelter and Livelihood and Land and Property etc. (Newland, 2003).

OBJECTIVES OF THE STUDY

This study has been designed to achieve the following objectives:

1. To explore the types of frames used to highlight the issue of the Internally Displaced Persons from Swat.
2. To explore the kind of slants used in favour and against the government's policy to handle the situation of Internally Displaced Persons from Swat.

LITERATURE REVIEW

Gartner (1988) argues that “the government officials and politicians usually pressurize the media to influence the news content or to mediate the media message”. “More specifically, speeches, press briefing and press conferences by the government officials are means used by the government of any country to manage the media.” (Dorman and Farhang, 1987; Yu and Riffe, 1988; and Mann, 1999).

Gans (1979) detected ethnocentrism, individualism, social order, and national leadership as values influencing decision for selecting news in the media. Similarly, Shoemaker and Reese (1991) say that “the reporter's framework, personal attitudes and orientations influence news construction.” Reese and Lewis (2009) in their article “Framing the War on Terror: The Internalization of Policy in US Press” has examined that how the Bush administration's framing of war has been internalized by the media of the United States.

While talking about the Internally Displaced Persons, the literature review shows that very little research work has been carried out on different aspects of the Internally Displaced Persons especially on the media treatment of the IDPs. However, some of the studies carried out on the various aspects of the Internally Displaced Persons are discussed in following paragraphs. The Internally Displaced Persons usually settle spontaneously, however, a big number face problems in finding a suitable solution and, therefore, they have to live in camps, which are generally managed or administered by governments concerned and Non-Governmental Organizations. The literature published on the conflicts that resulted in the displacement of people is not as conceptually rich or theoretically exact. One of the major reasons of it is that the humanitarian community concentrates more on the aid delivery and implementation than on portrayal of different aspects and research. “When there is a growing

literature on Internally Displaced Persons, at the same time, there is little theoretical work on the settlement of the displaced persons” (Muggah, 2003).

Framing Theory

Framing theory originally presented by Erving Goffman in 1974 explains that people always require the system of primary framework to perceive and recognize the infinite number of happenings. These Frames help the people classify, simplify and filter the information reaching them in an easy way (Goffman, 1974).

According to Entman (1991), “journalists select some aspects of a perceived reality and make them more prominent in media content, in such a way as to promote a particular problem definition, causal interpretation and moral evaluation”. Entman (1991) further elaborates the phenomenon of Framing as “the process of Framing occurs when media persons prioritize some aspects of a reality in their texture as against others for whatever reasons by using some keywords, phrases, concepts and sentences that provide thematically reinforcing clusters of facts or judgments.”

Norris elaborates the process of framing by saying that “the journalists consciously or unconsciously use news frames to simplify, prioritize and structure the news discourse”, (Norris, 1995). According to Wikipedia, “a Frame defines the packaging of an element of rhetoric in such a way as to encourage certain interpretations and to discourage some other aspects”.

Similarly Gitlin (1980) explains the Framing as “Media Frames are persistent patterns of cognition, interpretation, and presentation of selection, emphasis and exclusion, by which symbol handler routinely organizes discourse, whether verbal or visual. Framing also enables the journalists to process large amounts of information quickly and routinely to recognize it as information for efficient relay to their audiences.” (Gitlin, 1980, p.7)

According to Scheufele (1999) “the Frame Analysis is neither a full-fledged theoretical paradigm, nor a coherent methodological approach, rather, the Frame analyses are a number of related, even sometimes partially incompatible methods for the analysis of discourse”. Scheufele (2000) says that Agenda Setting tells the audience ‘what to think about’ while the Framing emphasis ‘how to think about’ an issue. However, the work on the framing done by Goffman in the year 1974 unifies all these analyses. The review of the literature, theoretical framework and initial assessment of the newspapers of the study led to the development of following Research Questions and Hypotheses.

Research Questions

Following Research Questions were formulated for the study:

- What were the differences among various newspapers in terms of policy in the coverage and treatment of the issue of IDPs?
- What were the Slants given by newspapers in coverage of IDPs?
- What were the Frames used by newspapers in coverage of IDPs?

Hypotheses

The following are the Hypotheses of the study:

- *Dawn* will give more ‘Unfavorable’ slant than *The Nation* and *The News*.
- *The News* will frame ‘IDPs as Co-Citizens’ more than *The Nation* and *Dawn*.
- *The Nation* will frame ‘War on Terror as Problem’ more than *The News* and *Dawn*.
- *Dawn* will frame ‘Taliban as Foe’ more than *The News* and *The Nation*.

METHODOLOGY

The study is based on the Content Analysis of three leading English newspapers of Pakistan i.e. Daily *Dawn* Islamabad, Daily *The News* Rawalpindi and Daily *The Nation* Islamabad for a period of three months (w.e.f. May 1, 2009 to July 31, 2009). All the hardcopies of sample newspapers for study period were collected and arranged in chronological order. All the editorials and news stories along with pictures published about the Internally Displaced Persons from Swat on front and back pages were collected, coded and analyzed. The reason for selection of time period is that the issue of Internally Displaced Persons from Swat remained dominant in Pakistani press during this time period (i.e. May 1, 2009 to July 31, 2009) after the start of the fight between militants in Swat and Security Forces of Pakistan in the first week of May, 2009. During this period, as per reports of the United Nations, more than a million people of Swat were uprooted. The IDPs rushed to safer regions like Mardan, Charsadda, Swabi, Nowshera and Peshawar, where they were exposed to awful experience of displacement, which severely affected their physical, socio-economic and legal safety and left them in a confused, fearful, dependent and helpless situation.

The data was collected from the newspapers with the help of ‘Code Sheet’. After data collection, the data was computerized using Statistical Package for Social Scientists (SPSS-16) and then it was analyzed to generate the results by using appropriate descriptive and inferential statistics.

Sample Newspapers

The reason for selection of sample newspapers is that these are the widely circulated English newspapers in Pakistan, covering almost all important issues. Another reason for the selection of these three newspapers is that these newspapers are usually considered as National Agenda Setters. These newspapers enjoy a great prestige not only among the general readers but also among the elites including the policy makers.

Slant

Slant has very important standings in research studies involving Content Analysis because it reveals that how an issue has been treated in media. In this study, the Slant refers to writer's attitude in story towards government's handling of the situation of IDPs. Slant was categorized into 'favorable to the government', 'unfavorable to the government' and 'neutral'. The definitions and explanations of three categories of Slant are provided below:

Favourable

Slant for a story was coded as 'favourable', when the story was emphasising on good governance and good handling of Internally Displaced People and crisis by government of Pakistan.

Un-favourable

When the story was criticising the government or its institutions for its bad governance and mismanagement, the story was coded as 'unfavourable'.

Neutral

The story with no clear emphasis on either favourable to the government or unfavourable to government aspects was coded as 'Neutral'. If a story was found with an equal number of favourable and unfavourable paragraphs, then the story was also coded as 'Neutral'.

Frames

Frame is the parameter within which a journalist outlines a story. In this study, three Frames have been identified and each Frame is having two values. Frames have been recognized from the contextual point of view in the whole news item. The detail of the Frames of the study is as under:

a. Frame A has following two values:

1. *IDPs as Burden*

This Frame exposes the IDPs as a burden on the national economy and they are identified as responsible for all the financial and economic problems in the country.

2. *IDPs as Co-Citizens*

This Frame places emphasis on IDPs as Co-Citizens and promotes the theme of brotherhood among the nation. This frame treats IDPs equal to other citizens of country in respect to their basic human rights without any discrimination.

b. Frame B has following two values:

1. *War on Terrorism as an Issue*

This Frame exposes the War on Terrorism as a problem and main threat to our national sovereignty and territorial integrity. This frame considers War on Terror as responsible for unleashing a wave of terror in the society, loss of men and material. Furthermore, this frame also emphasises on War on Terror as responsible for all national ills and problems in the country.

2. *War on Terrorism as Solution*

This Frame calls the War on Terrorism as a solution to all the ills and problems within the country. The War on Terrorism is called as a patriotic motion and movement and it is hoped that this war will solve the problems and sufferings of the people and will bring good law and order situation and equality in the society.

c. Frame C has following two values:

1. *Taliban as Foe*

This Frame exposes Taliban and the phenomenon of Talibanization as the main threat to our national sovereignty and territorial integrity. The role of Taliban in challenging the writ of the state government and unleashing a wave of terror in society is highlighted through the use of this frame. The stories about ignorance of societal values by Taliban and making Taliban responsible about all the national ills and problems in the country also come under this umbrella.

2. *Taliban as Friend*

This Frame depicts the Pakistani Taliban as patriotic people and emphasises on the phenomenon of Talibanization as a normal ideology that would solve the problems

and sufferings of the people. Furthermore, their achievements would be highlighted through the use of this frame.

RESULTS

This research study looks at the differences in the framing of the Internally Displaced Persons from Swat in the most prestigious English language newspapers of Pakistan, i.e. *Daily Dawn*, *Daily The News*, and *Daily The Nation*. The data was analyzed using SPSS, which generated the results as discussed in detail in the following paragraphs.

Sample of the Study

The total number of stories and editorials analyzed in the study is 270, which constitutes the whole sample of the study. A total of 84 stories were published in *Dawn*, which comprises 31.1% of the total population. *The News* published a total of 101 stories, which comprises 37.4% of total population of study. Similarly *The Nation* gave space to 85 stories, which is 31.5% of total population of study. In this way, we can observe that *The News* published the largest number of stories while *Dawn* published the smallest number of stories. A total of 219 News Stories appeared in sample newspapers which is 81.1% of total sample stories, while 51 Editorials appeared, which comprises 18.9% of the total sample stories published in three newspapers during the study period.

Coverage in Newspapers by Type of Stories, Source, Placement and Pictures

To answer the question that what was the comparative treatment of sample newspapers with the coverage of Internally Displaced Persons with respect to Type of Story, Source of Story, Placement of Story and Pictures with the story, we may refer to the Table 1 below, which gives a clear picture about the above-mentioned categories with respect to newspapers.

Coverage in Newspapers by Type of Stories

As seen in the Table 1, *Daily Dawn* published 66 News Stories, *Daily The News* published 81 News Stories and *Daily The Nation* published total 72 News Stories. So, in this way *The News* published the largest number of News Stories.

Similarly, when we talk about Editorials published by newspapers, we see that again *The News* published the largest number of Editorials i.e 20 in number. So, *The News* overall gave space to the maximum number of News Stories and Editorials by publishing a total of 101 stories.

Table 1: Coverage in newspapers by type of stories, source, placement & pictures

Variable	Categories	Newspaper ID			Total
		Dawn	News	Nation	
Type of Story	News Story	66 (78.6)	81 (80.2)	72 (84.7)	219 (81.1)
	Editorial	18 (21.4)	20 (19.8)	13 (15.3)	51 (18.9)
Source	Official	27 (32.1)	31 (30.7)	23 (27.1)	81 (30.0)
	Unofficial	57 (67.9)	63 (62.4)	59 (69.4)	179 (66.3)
	Others	0 (0.0)	7 (6.9)	3 (3.5)	10 (3.7)
Placement	Leading News on Front Page	11 (13.1)	3 (3.0)	6 (7.1)	20 (7.4)
	Front Page Upper	25 (29.8)	23 (22.8)	17 (20.0)	65 (24.1)
	Front Page Lower	11 (13.1)	12 (11.9)	14 (16.5)	37 (13.7)
	Back Page Upper	16 (17.9)	30 (29.7)	21 (25.9)	67 (24.8)
	Back Page Lower	3 (3.6)	13 (12.9)	14 (15.2)	30 (11.1)
	Editorial	18 (21.4)	20 (19.8)	13 (15.3)	51 (18.9)
Picture	Yes	17 (20.2)	18 (17.8)	19 (22.4)	54 (20.0)
	No	67 (79.8)	83 (82.2)	66 (77.6)	216 (80.0)

Coverage in Newspapers by Source of Stories

About the ‘Sources of Stories’ published in sample newspapers, Table 1 tells us that *Dawn* published 27 news items from official sources while *The News* published 31 and *The Nation* published 23 news items originated from official sources. So, in this way the largest number of news items originated from ‘official sources’ was published by *The News*, while *Dawn* published the second largest and *The Nation* has given space to least number of stories originated from ‘official sources’. When we talk about news items published by ‘Unofficial’ sources, we see that *Dawn* published 57 news stories from ‘Unofficial’ sources, *The News* published 63 stories while *The Nation* published 59 such news stories that were initiated from ‘Unofficial’ sources.

Coverage in Newspapers by Placement of Stories

Regarding the placement of news stories in sample newspapers, Table 1 shows that *Dawn* published 11 news items as ‘Leading News on Front Page’. *The News* gave space to 03 news items and *The Nation* published 6 stories as ‘Leading News on Front Page’. So, *Dawn* published the largest number of news items as ‘Leading News on Front Page’. Similarly, *Dawn* published 25 news items on ‘Front Page Upper’. While *The News* published 23 stories and *The Nation* published least number of stories i.e. 17 on ‘Front Page Upper’.

A total of 11 stories were published by *Dawn* on ‘Front Page Lower’, while *The News* published 12 news stories and *The Nation* published 14 news items on ‘Front Page Lower’. Daily *Dawn* published 16 stories on ‘Back Page Upper’, *The News* published 30 while *The Nation* published 21 stories on ‘Back Page Upper’. Similarly, *Dawn* published 03, *The News* published 13 and *The Nation* published 14 news items on ‘Back Page Lower’. When we talk about the number of Editorials, we see that *The News* published the largest number of Editorials i.e. 20, while *Dawn* published 18 Editorial and *The Nation* has given the minimum space to Editorial about IDPs i.e. it published 13 editorials in its editorial page.

Coverage in Newspapers by Pictures with the Stories

A total of 54 news items were carrying pictures with them, while rest of news items were published without pictures. When we make a detailed look on the appearance of the pictures in three newspapers along with the news items, we see that *Dawn* published 17 stories with pictures while 67 stories without any picture. *The News* published 18 news items with pictures and 83 without pictures. Similarly *The Nation* published 19 stories with pictures while 66 news items without any picture. So, in this way we see that the difference between the three newspapers in publishing news stories with pictures is very minor.

With respect to 1st research question a indicated in Table 1, *Dawn* published 66 new stories and 18 editorials, *The News* published 81 news stories and 20 editorials and *The Nation* gave space to 72 news stories and 13 editorials. Similarly, *Dawn* published 11, *The News* published 03 and *The Nation* published 06 stories as ‘Leading News on Front Page’. While *Dawn* published 25 news items, *The News* published 23 stories and *The Nation* published 17 stories on their ‘Front Page Upper’. Furthermore, *Dawn* published 11, *The News* published 12 and *The Nation* published 14 news items on ‘Front Page Lower’. Furthermore, *Dawn* published 16 stories, *The News* published 30 and *The Nation* published 21 stories on ‘Back Page Upper’. *Dawn* published 3, *The News* published 13 and *The Nation* published 12 stories on ‘Back Page Lower’.

Similarly, Table 1 elaborates that *The News* published the largest number of Editorials i.e. 20, while *Dawn* published 18 Editorials and *The Nation* has given minimum space to Editorial i.e. 13.

Dawn published 17 stories with pictures, *The News* published 18 news items with pictures and *The Nation* published 19 stories with pictures.

Coverage in Newspapers by Slant of Story

The Table 2 gives the detailed information about the Slant of Stories published in sample newspapers. *Dawn* published a total of 27 news items with slant ‘Favorable to the Government’, while *The News* and *The Nation* published 27 and 22 news items respectively carrying the slant ‘Favorable to the Government’.

Table 2: Coverage in the newspapers by Slants

Variable	Categories	Newspaper ID			Chi-Square
		Dawn	News	Nation	
Slant	Favorable	27 (32.1)	27 (26.7)	22 (25.9)	4.143; p=.387
	Unfavorable	37 (44.0)	37 (36.6)	38 (44.7)	
	Neutral	20 (23.8)	37 (36.6)	25 (29.4)	

On the other hand, a total of 37 news stories were published by *Dawn* with slant ‘Unfavorable to the Government’ and at the same time *The News* also published 37 stories with slant ‘Unfavorable to the Government’ while *The Nation* published 38 news stories with slant ‘Unfavorable to the Government’. Similarly, a total of 20 news items were published by *Dawn* with ‘Neutral’ slant, while at the same time *The News* published 37 stories and *The Nation* published 25 news items with the slant ‘Neutral’.

Concluding, we can say that *Dawn* and *The News* used slant ‘Favorable to the Government’ in equal number of stories i.e. 27 while *The Nation* used the same slant in less number of stories i.e. 22. Contrary to this, *The Nation* used the slant ‘Unfavorable to the Government’ in greater number of stories i.e. 38 while *Dawn* and *The News* again used the ‘Unfavorable’ slant in equal number of stories i.e. 37. *The News* published largest number of stories with ‘Neutral’ slant while *The Nation* stood second and *Dawn* published the minimum number of stories with ‘Neutral’ slant.

In case of research question 2, the table 2 indicates that *Dawn* published 27 news items with slant ‘Favorable to the Government’. *The News* published 27 while *The*

Nation published 22 news items about IDPs with slant ‘Favorable to the Government’. Similarly, Daily *Dawn* published a total of 37 stories with slant ‘Unfavorable to the Government’ and Daily *The News* also published 37 stories with slant ‘Unfavorable to the Government’ while Daily *The Nation* published 38 stories with slant ‘Unfavorable to the Government’. A total of 20 stories were published by *Dawn* with ‘Neutral’ slant, while *The News* published 37 stories with ‘Neutral’ slant and *The Nation* published 25 stories with ‘Neutral’ slant. Results in the table 2 indicated that there is no significant difference in Slants given by three newspapers to the coverage of the IDPs. (Chi-Square = 4.143, $p = 0.387$) so, the Hypothesis 1 is not supported.

Coverage in Newspapers by Frames

Three Frames, each having two categories were identified in the study and the treatment of the sample newspapers with the coverage of the Internally Displaced Persons from Swat by applying different frames is apparent in Table 3. As shown in the Table 3, *Dawn* applied frame ‘IDPs as Burden’ in 03 stories, while *The News* and *The Nation* applied the same frame in 05 and 03 stories respectively. Thus *The News* used the first category of Frame A in largest number of stories while *Dawn* and *The Nation* used this frame in equal number of stories. The second category of Frame A i.e. ‘IDPs as Co-Citizens’ was applied in 32 stories by *Dawn*, in 50 stories by *The News* and *The Nation* used this frame in 35 stories. So, *The News* used this category of Frame A in largest number of stories while *Dawn* used the frame in minimum number of stories.

The treatment of the sample newspapers with the news items in applying Frame B can also be seen in Table 3, which shows that *Dawn* used first category of Frame B i.e. ‘War on Terror as Problem’ in 11 news items, *The News* used in 22 stories while *The Nation* used the same frame in 28 news stories. Thus *The News* used the said frame in largest number of stories while the *Dawn* used it in minimum number of stores. Similarly, about second category of Frame B i.e. ‘War on Terror as Solution’, it can be seen that only *Dawn* used this frame in 02 publications while *The News* and *The Nation* did not use the frame in any story.

Table 3: Coverage in the newspapers by Frames

Variable	Categories	Newspaper ID			Chi-Square
		Dawn	News	Nation	
Frame A	IDPs as Burden	3 (8.6)	5 (9.1)	3 (7.9)	0.041; p=.980
	IDPs as Co-Citizens	32 (91.4)	50 (90.9)	35 (92.1)	
Frame B	War on Terror as Problem	11 (84.6)	22 (100)	28 (100)	7.945; p=.019
	War on Terror as Solution	2 (15.4)	0 (0.0)	0 (0.0)	
Frame C	Taliban as Foe	24 (100)	20 (95.2)	18 (100)	2.032; p=.362
	Taliban as Friend	0 (0.0)	1 (4.8)	0 (0.0)	

The application of Frame C can also be observed in Table 3, which shows that the category of Frame C ‘Taliban as Foe’ was applied in 24 stories by *Dawn*, while *The News* and *The Nation* applied this category of Frame C in 20 and 18 stories respectively. Regarding second category of Frame C ‘Taliban as Friend’, the Table 3 tells us that it was only used by *The News* in 01 news item while *Dawn* and *The Nation* did not apply this frame in any of the news item.

In response to research question 3 the Table 3 explained the details about the Frames used by newspapers to portray the issue of IDPs. We can observe that *Dawn* used frame ‘IDPs as Burden’ in 03 stories, while *The News* and *The Nation* applied this frame in 05 and 03 stories respectively. The second category of Frame A i.e. ‘IDPs as Co-Citizens’ was applied in 32 stories by *Dawn*, in 50 stories by *The News* and *The Nation* used this frame in 35 stories. Similarly, about Frame B, Table 3 shows that *Dawn* used first category of Frame B i.e. ‘War on Terror as Problem’ in 11 news items, *The News* in 22 stories and *The Nation* in 28 stories. While talking about second category of Frame B i.e. ‘War on Terror as Solution’, it can be seen that only *Dawn* used this frame in 02 publications while *The News* and *The Nation* did not use the frame in any story. When we observe the application of Frame C, it is evident that the frame ‘Taliban as Foe’ was applied in 24 stories by *Dawn*, while *The News* and *The Nation* applied this category of Frame C in 20 and 18 stories respectively. Similarly, the frame ‘Taliban as Friend’ was used by *The News* in 01 news item while *Dawn* and *The Nation* did not apply this frame in any of the news items.

Results in the table 3 indicated that there is no significant difference in applying two categories of Frame A by sample newspapers. (Chi-Square = 0.041, p = 0.980). Similarly Table 3, also indicated that *The Nation* framed ‘War on Terror as Problem’

more (28) than *The News* (22) and *Dawn* (11). (Chi-Square = 7.945, $p = 0.019$) and there is no significant difference in applying the two categories of Frame C by the three newspapers. (Chi-Square = 2.032, $p = 0.362$) so, the Hypothesis 2, 3 and 4 are not supported.

DISCUSSION

The content analysis of stories on Front and Back pages and editorials of the sample newspapers regarding the Internally Displaced Persons for a period of three months w.e.f. May 1, 2009 to July 31, 2009 has explored many interesting results and facts about the slants and frames used by the newspapers.

The total number of stories and editorials analyzed in the study was 270, out of which, 219 were News Stories while 51 Editorials were published in three newspapers. A total of 84(31.1) stories were published by daily *Dawn*. *The News* published a total of 101(37.4) stories, while *The Nation* published 85 (31.5) stories. In this way, we can observe that *The News* gave the largest coverage to the issue while *Dawn* published the smallest number of stories. Similarly, *The News* published the largest number of Editorials i.e 20, *Dawn* published 18 Editorials while *The Nation* published total 13 editorials. So, *The News* overall gave space to the maximum number of News Stories and Editorials by publishing a total of 101 stories. A total of 81(30.0) Stories were published through 'Official' sources while a total of 179(66.3) stories were generated through 'Un-Official' sources. However, only 10(3.7) stories appeared through 'Others' category of the source. So, the largest number of stories were published through 'Un-Official' sources.

The maximum stories appeared on 'Back Page Upper' portion of newspapers, then on 'Front Page Upper', third largest number of stories appeared in shape of 'Editorials'. Fourth largest number of stories were published on 'Front Page Lower', fifth on 'Back Page Lower', while minimum number of news items got place as 'Leading News on Front Page'. This shows that much importance was given to the issue of Internally Displaced Persons from Swat. Similarly, majority of the stories were not supported or supplemented with pictures.

About the Slant used in the coverage, we see that *Dawn* and *The News* used slant 'Favorable to the Government' in equal number of stories i.e. 27 while *The Nation* used the same slant in less number of stories i.e. 22. Contrary to this, *The Nation* used the slant 'Unfavorable to the Government' in greater number of stories i.e. 38 while *Dawn* and *The News* again used the 'Unfavorable to Government' slant in equal number of stories i.e. 37. *The News* published largest number of stories with 'Neutral' slant, then comes the turn of *The Nation* while *Dawn* published minimum number of stories with 'Neutral' slant.

The Frame ‘IDPs as Burden’ was used in 11 news stories and Frame ‘IDPs as Co-Citizens’ was found in 117 news items. Similarly, 61 news items were published with Frame ‘War on Terror as Problem’ and only 02 news items were found with Frame ‘War on Terror as Solution’. The situation with Frame C is also similar, as a total of 62 news stories were found to be incorporating the Frame ‘Taliban as Foe’ while only 01 news item appeared with Frame ‘Taliban as Friend’. So, the Frame used in the largest number of stories was ‘IDPs as Co-Citizens’, the second is ‘Taliban as Foe’, third is ‘War on Terror as Problem’, fourth is ‘IDPs as Burden’, fifth is ‘War on Terror as Solution’ and the Frame which was found in minimum number of stories is ‘Taliban as Friend’ with only one news story.

Going into the detail, we see that *Dawn* applied frame ‘IDPs as Burden’ in 03 stories, while *The News* and *The Nation* applied the same frame in 05 and 03 news items respectively. Thus *The News* used the first category of Frame A in the largest number of stories. The second category of Frame A i.e. ‘IDPs as Co-Citizens’ was applied in 32 stories by *Dawn*, in 50 stories by *The News* while *The Nation* used this frame in 35 stories.

The treatment of newspapers with the Frame B is as follows. *Dawn* used first category of Frame B i.e. ‘War on Terror as Problem’ in 11 news items, *The News* used in 22 stories while *The Nation* used the same frame in 28 news stories. Thus *The Nation* used the said frame in the largest number of stories. Similarly, only *Dawn* used the second category of the Frame B i.e. ‘War on Terror as Solution’ in 02 stories while *The News International* and *The Nation* did not apply this frame in any news item. Similarly, the category of Frame C ‘Taliban as Foe’ was applied in 24 stories by *Dawn*, while *The News* and *The Nation* used this frame in 20 and 18 stories respectively. While *The News* used the second category of Frame C ‘Taliban as Friend’ in only one news item while *Dawn* and *The Nation* did not apply this frame in any news item. So, the study shows that the newspapers applied various Frames and Slants in the coverage of the IDPs from Swat in line with Framing Theory.

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Newspapers

Daily Dawn, Islamabad dated 18th May, 2010

The Nation, Islamabad dated 18th May, 2010

A Genre Based Study of Women Related Crime Reports in Pakistani English Newspapers

Abstract

The main aim of this study was to probe the role of texts and contexts in framing the linguistic representation of women in newspapers. The present study intended to explore the genre of crime reporting by situating it in the local Pakistani context with special reference to women related crimes. Genre studies have been popular in ESP and Applied Linguistics; hence this research contributes to genre studies by correlating genre of crime reports and sociolinguistics. This study employed qualitative approach and used random sampling for data collection out of three most popular English newspapers in Pakistan i.e. Dawn, The News and Daily Times. The data was collected over a period of one month. Analysis of the data is carried out by using the techniques of critical discourse analysis (CDA) as well as systemic functional linguistics (SFL). The major findings throw light on the fact that women related crime news reports are carefully crafted representation of typical patriarchal culture where they are embedded. The research is highly significant as it contributes not only to Genre Studies by analyzing an unidentified genre, but also to the Gender Studies as it highlights the marginalized representations of women in Pakistani English newspaper

Keywords: *Genre, Linguistic Representation, Text and Context, Crime Reports and Women Related Crime*

Context to the Study

This study investigates the genre of crime news reporting, its lexico-syntactical features, the underlying ideological stances, communicative structuring and its

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purposes and repertoires in Pakistani English newspapers. Newspapers being the representation of a society and culture are portraying sensationally what is going in and around the society. The media reflects all aspects of human condition and make available to the public many varieties of language already well known elsewhere, such as those associated with religion, politics, science, and literature, and the more topic-directed aspects of conversation (e.g. discussion, interview, debate, argument, and letter). When we apply the notion of a language variety to the media, we have to look within each product (a newspaper, a radio, or TV channel) for uses of language which have been shaped by the nature of the medium, or whose purpose is to make use of capabilities provided by the medium. And here, the communication and presentation of the news is dominant. Taking inspiration from this local context, the present research looks at this aspect of newspapers by presenting a genre based study of women related crime reports as presented in three most popular Pakistani English newspapers.

Theoretical and Methodological Perspectives

Texts and contexts are the two formative constituents of discourse. Text is the first analytical focus of Fairclough's (1995) three part model of discourse. According to Fairclough (1995), the analysis of text involves linguistic analysis in terms of vocabulary, grammar, semantics, phonetics and cohesion. For this study, the lexico-grammatical features of the text (headlines of the crime reports in newspapers) have been analyzed by applying systemic analysis. Bhatia (2002) presents three perspectives on discourse. He says that the universe of discourse consists of three main aspects that is discourse as social practice, discourse as genre and discourse as text. The notion of discourse as text aims at analyzing the textual features in a discourse. It analyses the surface level properties of discourse focusing majorly on phonological, semantic, lexico-grammatical features and organizational features. Whereas discourse as genre is the socio-cognitive domain and it can be understood in terms of disciplinary cultures. This notion of discourse as genre goes beyond the physical properties of text to the explanation of the way a text is constructed, used and exploited to achieve certain goals based in a context. The perspective of discourse as social practice involves social knowledge and can be understood in terms of broad social realities. This perspective moves a little further towards the direction of social context where the focus from textual output shifts to the features of context. Elaborating its discussion on texts and contexts, Fairleigh (1989) in one of his widely cited models of texts and contexts, defines context and says that it can be defined in terms of conditions of production and conditions of interpretation. Bourdieu (1998) says that contexts can be construed as 'social fields' or in simple words context provides the background information where a text is embedded. Cole (1992) redefined the idea of context according to metaphor of rope. He argued that 'contexts

are not containers in which activity occurs. Instead, they are dynamic and mutually constitutive relations that are forged when people act with mediational means for particular purposes within a particular field of practice’.

The above discussion on text and context can be concluded by saying that both texts and contexts are essential components of discourse and genre. The current study focuses both on texts and contexts as without the detailed analysis of both the components, the generic study of crime reports would never have been possible. *Genre* is the second key term and the most recurrent concept of the current study. For the researchers, genre is a piece of communication having a specific communicative purpose built up in a specific discourse community to achieve specific aims. Genre is site of contestation between producers of genres and consumers of genres. It keeps producing the conventionalized patterns of the texts in discourse community but it does not mean that genre is static; it is dynamic and keeps changing. Although it is a myth that genre is the production and reproduction of the same consistent patterns, yet it accepts challenges and is flexible enough to allow the change. Bhatia (2002) presents the following seven perspectives on genre:

1. Genres keep developing instead of the uniformed patterns (Berkenkotter and Huckin, 1995).
2. The audiences often come across the typical textual patterns, yet the professionals keep exploiting it (Berkenkotter and Huckin, 1995).
3. Although genres do serve the socially recognized communicative purposes, yet sometimes they are manipulated to serve private intentions (Bhatia 1993, 1995).
4. The experts can easily manage to identify individual generic artefacts but in real complex world they are usually mixed genres, hybrid genres or embedded genres (Fairclough 1992, Bhatia 1997).
5. Usually genres are identified by their typical names, but as genre is a site of contestation so different participants of discourse community can interpret it differently (Candlin and Plum 1999, Bhatia 1999).
6. Although it is believed that genres are independent of academic conflicts, yet sometimes we may find the conflicts specifically in case of academic genres (Bhatia 1998b, 1999b).
7. Typically, generic analysis is associated with textual investigations, yet generic analysis has lot of diversity and can apply various methods of analyses

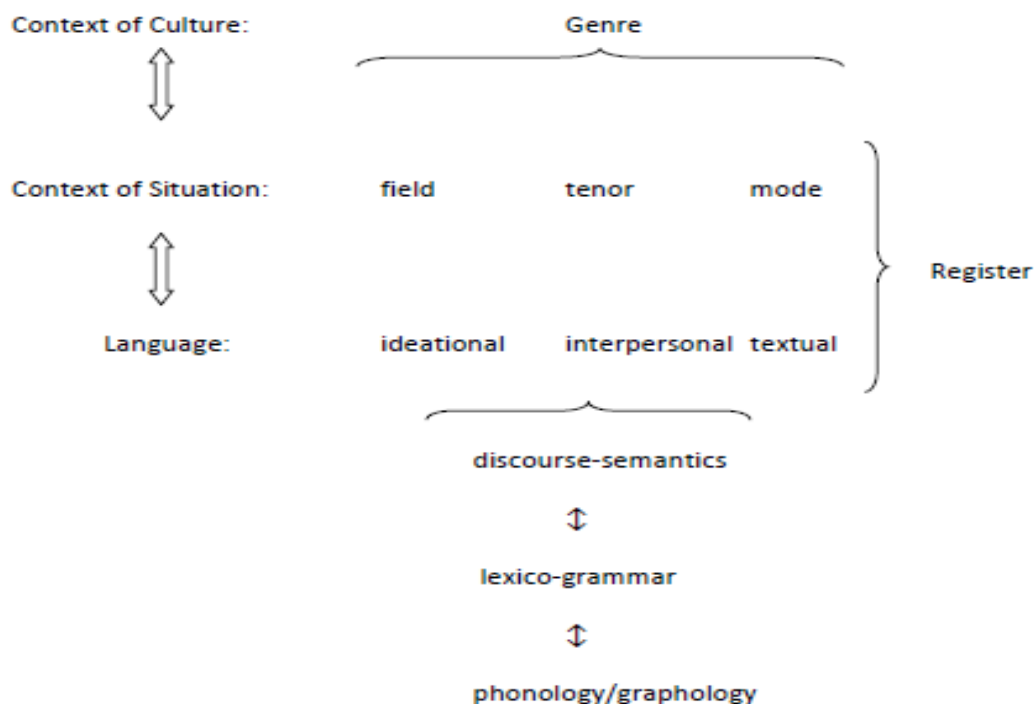
to achieve its aims ranging from ethnographic techniques to cognitive procedures and critical awareness.

The present study is an application of all the above perspectives of genre analysis. It not only reiterates these notions but also challenges, contests and encounters them by touching upon all the formative constituents of genre of crime reporting.

Crime and Crime Reports is another key word or the base term for current study. Anything that is violable against law is crime. Crime reports can be broadly classified into numerous categories such as violence, attacks, rapes, murders and blasts. All the news items that are referred to as crimes were collected keeping the following directions in mind:

- i. The actual committed crimes for example blasts, shootings and killings
- ii. The only reported crimes such as killings are on rise this year
- iii. Statistics of crimes
- iv. Although not serious, yet few were considered as mild/partial crimes such as revolts and strikes

Halliday (1978) throws light on the concept of genre by relating it to systemic functional linguistics. He puts forth the concept of 'language as a form of socialization' where he emphasizes on the role that language plays in making the people socialized and making them perform the meaningful actions in 'contexts of situation'. According to him, these contexts of situations are not isolated, but reoccur as a set of typified semiotic and semantic relations that make up a scenario of persons, things and events from which the said things derive their meanings. Extending Halliday's (1978) discussion on genre, Martin (1997) also relates genre to the concept of register and says that as register is the clustering of semantic and semiotic typified situations that works on the level of context of situation, so genre works on the level of context of culture. The following diagram transparently presents this fact:

Figure 1

Adapted from Bawarshi and Reif (2010)

In this diagram, genre is shown as an umbrella term that connects context of culture to context of situation and register further connects context of situation to the language. Martin (1997) beautifully puts it in these words “register (encompassing field, tenor and mode) contextualizes language and is in turn contextualized by genre”.

This study probes into the following major research question:

How do the lexico-grammatical as well as the choice of discourse markers within the genre of women related crime reports, constrain the stylistic choices of writer (s) and establish the visible features of genre of crime reporting in Pakistani English Newspapers?

Following the contemporary trends of research, this study uses an eclectic approach and integrates the different methods for data collection and analysis. The data for this study is collected out of three daily English Pakistani newspapers *Dawn*, *The News* and *Daily Times*. The data is first categorized by using the technique of content analysis. Hence this research paper focused only on one category (women related crimes) out of the seven categories of crimes that emerged out of the data studied for

the main doctoral research. Using the random samples of crime reports collected from all the three newspapers, this study analyses women related crime reports by applying the tools of Systemic Functional Analysis (SFL) and Critical Discourse Analysis (CDA).

ANALYSIS, DISCUSSION AND RESULTS

Women related crimes have emerged as a distinct category in crime reports. As a distinct category, the researchers were not able to collect variety of women related crime reports. So, considering this as a limitation in research, the three crime reports were analyzed by the application of Systemic Functional Linguistic (SFL) analysis and four crime reports by employing Critical Discourse Analysis (CDA).

Systemic Functional Linguistics (SFL) Analysis

The following crime reports have been selected out of three newspapers for systemic functional analysis. For systemic analysis one representative crime report from all three newspapers is selected and analysed. After collecting the data, it has been analyzed by adapting Halliday's (1978, 1985, and 1994) framework. All the selected news items are analysed under the following headings adapted from Halliday (1985):

1. **Theme:** in systemic functional grammar is a kind of subject or actor or doer of the action. Halliday (1985) says that "the theme provides the environment for the remainder of the message, the rheme". Out of these two structures, theme is more prominent element. The analysis of theme in text will help in understanding the texture and thematic structure that how the writer has made clear to us the underlying concerns.
2. **Information:** In this analysis, this heading will deal with the main information units given in the crime reports. The researcher will explore that how the information is divided into how many chunks. It will also help in analysing a little of the tone of the text. Information section will provide the information of the crime reports from three major aspects:
 - I. **Target of crime**
 - II. **Repercussions of crime**
 - III. **Site of crime**
3. **Mood:** Very simply put, "mood is the element that realizes the selection of mood in the clause" Halliday (1985: 74). Sometimes it may be referred to as modal element. The remainder of the clause is known as residue.

4. **Transitivity:** Transitivity specifies the different types of processes that are recognized in the language and the structures by which they are expressed, says Halliday (1985: 101). According to Peter (2008) transitivity generally refers to how meaning is represented in the clause. It plays a role in showing how speakers encode in language their mental picture of reality and how they account for their experience of the world around them.

The analysis of crime reports is carried out by keeping the following paradigms in mind:

- a) Only headlines are analyzed
- b) Throughout the article the term ‘crime report’ and/or ‘news item’ or ‘crime news report’ is used to refer to the selected news.
- c) The terms reporter/ writer / editor is used to refer to the people behind news items.

Crime Report 1



The News June 26, 2012

Crime Report 2

Man, niece shot dead for honour

KHAR, June 23: A young boy shot dead his uncle and a married sister allegedly in an honor related incident in Yusufabad area of Khar on Saturday.

Officials said the 33-year-old man and his niece, both married, were present in a room in the house when his nephew opened fire on them, killing them on the spot.

Locals said the family of Taj Khan and his brother were living in the same house. The levies force arrested the alleged killer along with a Kalashnikov. — **Correspondent**

Dawn June 24, 2012

Crime Report 3

British Pakistani found guilty in 30 rape cases in new trial

— Former taxi driver encouraged victims to call him 'daddy'

By Asif Mahmood

LONDON: A British Pakistani ringleader of a sex-grooming gang was found guilty of 30 counts of rape in a new trial of the Rochdale sex-grooming case.

Shabir Ahmed, 39, a father of four, and his friends raped an underage girl above a Heywood takeaway where he worked as a delivery driver. He also encouraged his victims to call him "daddy".

The Pakistan-born former taxi driver claimed the girls gave him the name because he would scold them if they behaved badly in the takeaway. He was one of nine men convicted at Liverpool Crown Court in May over the sexual grooming of vulnerable girls in Rochdale between 2008 and 2010. He raped one underage girl twice and "aided and abetted" in a

third rape by another takeaway worker, Kabeer Hassan. Ahmed also had a year-long sexual relationship with another teenage girl, although the girl herself regarded him as a father figure and still insists he did nothing wrong.

Ahmed behaved outrageously during the Liverpool trial, removing his T-shirt and ripping out clumps of his own chest hair in front of the judge in a bizarre bid to demonstrate he would have left damning follicles of his own hair at the scene of his crimes. "You preyed on girls because they were not part of your community or religion," the judge said, as he jailed the Rochdale sex gang for 77 years.

According to one of the victims, she was scared and told him she wanted to go home.

During the trial, Ahmed repeatedly accused the judge, the jury, and the police of being part

of a racist conspiracy against Muslims in the United Kingdom. All the defendants were Asian and all the five young victims who gave evidence during the trial were white.

"It's all white lies," the accused said. But it can now be revealed he repeatedly raped an Asian girl over many years.

The ban on identifying Ahmed was lifted after another jury at Manchester Crown Court found him guilty of yet more sex crimes — this time the allegation was that he repeatedly raped an Asian girl over a number of years. In the latest case, he was convicted on 30 counts as he raped the girl over many years. The jury was not told of his involvement in the Rochdale child sex-grooming scandal until Ahmed went into the witness box and revealed everything as part of his bid to persuade them

he was a victim of a conspiracy against the Muslim community. He was jailed for 19 years at Liverpool Crown Court in May after a jury convicted him on three counts of rape of one girl, for sexual assault on another girl, trafficking within the UK and conspiracy to engage in sexual activity with a child.

The jury in Manchester had been told of the rape and sex assault convictions but not of the other charges and how he was central to the Rochdale case. The jury in the latest case dismissed his defence in finding him guilty of 30 counts of rape. He smiled as the verdicts were read out. Judge Mushtaq Khokhar lifted the ban on identifying Ahmed and told him, "As you know you have been convicted of serious offenses. The court does require further information in your case before proceeding to sentence."

Daily Times July 23, 2012

ANALYSIS

The crime reports selected in this category throw light on women-related crimes. The content analysis brings forth the following categories of women related crimes: Torturing, Honor killing, Raping, Love Marriages, Harassment, Sexual Assault, Burying, Burning, Violence, Hitting, Suicide, Slaughtering and Stabbing, Virginity Tests, Public Execution, Killing and Kidnapping. Out of all the above mentioned crimes, honour killing and rape cases are the ones that show the highest frequency. So, for systemic functional analysis above crime reports are chosen out of three newspapers.

1) Themes

In crime report 1 'man', 2 'man, niece' and in crime report 3 'British Pakistani' set the themes of crime reports. The use of very word 'man' prepares the readers to get ready to know something that has happened because of the 'man'. And again in the next news use of the words 'man, niece' gives an image of some kind of relationship

that may exist between the two. The theme in last crime report ‘British Pakistani’ sets the mind of the readers that something about a British man is yet to come.

2) Information

Following information emerged out of these reports:

- Target of crime: In crime report 1 ‘wife’ is made a target of this monstrous crime of stabbing. In crime report 2 ‘man, niece’ are made a target and in next crime report ‘British Pakistani’ is the one who is made target of this crime.
- Repercussions of crime: As these are women-related crimes, so they do have serious upshots. In all these reports ‘stabbing to death’ ‘shot dead’ and ‘found guilty’ are brutal repercussions that these crimes had on its participants.
- Site of crime: In all the three crime reports, the researchers did not find any spatial or temporal reference. Although these crimes are huge in nature, yet no reference to the context of crime makes them more generalized in nature.

3) Mood

Going with the tradition of all the crime reports, women-related crimes are also indicative and declarative in their mood. Crime report 1 and 2 are direct statements about ‘honour killing’. These two crime reports use lexical items like ‘stabs to death’ and ‘shot dead’ and creates horrible image of these crimes.

4) Transitivity

Crime report 1 and 2 exhibit material process of transitivity and crime report 3 represents mental process of transitivity. Halliday (1985, p: 103) is of the view that “material processes are the processes of ‘doing’. They express the notion that some entity ‘does’ something (actor) – which may be done ‘to’ some other entity (goal/patient). ‘Mental processes, on the other hand, are processes of feeling, thinking and seeing. They are not kinds of doings, and cannot be probed or substituted by *do*. For the two participants in a mental process, Halliday (1985) uses the terms Senser and Phenomenon. Senser is the conscious being that is feeling, thinking or seeing. The Phenomenon is that which is “sensed”—felt, thought or seen Halliday (1985). There are three main types of mental processes:

- I. Perception (Seeing, Hearing etc)
- II. Affection (Feeling, Liking, Fearing etc)
- III. Cognition (Thinking, Knowing, Understanding etc)

Table 1: Transitivity Analysis

Crime Reports	Actor	Process (Material)	Goal/ Patient	Range
1	Man	Stabs to death	Wife	For honour
2	-----	Shot dead	Man, niece	For honour

Crime reports 1 and 2 are similar to each other in the sense that they not only demonstrate the same meanings but also represent material processes. Both of the crime reports have same issue (range) ‘for honour’. These two reports deal with stabbing and shooting of women ‘for honour’ presenting a very stereotypical picture of patriarchal society where women are considered as ‘an object’ of men. It is better to say that in spite of honour of men, they are ‘ego’ of men in patriarchal cultures where they are not expected to ‘hurt their ego’ at any cost. While being considered ‘honour and ego’ of men, women are expected to conform to their set limits. If anyone of them tries to cross those limits or revolt, they are ‘shot dead’ or ‘stab to death’ for one and only reason that is ‘honour’. This scenario is presented in the above crime reports and the reporters without having any concern for its readers, report it so unflinchingly. It is not simply reported, but is sensationalized, beguiled and mesmerized by using lexical items such as ‘stabs’. One important feature to note here is that the brutality of this crime is enhanced by using ‘stabs’ and in later part of the sentence, this act is justified by stating the reason that it is ‘for honour’. The literal and deeper meanings of this crime report could not stop the researchers from regretting over the intentions of reporters behind reporting.

The use of ‘man’ at the place of actor and ‘wife’ at the place of patient is also enlightening and is drenched with far-fetched meanings. These choices of two lexical items show as if they have some relationship with each other ‘man and wife’. But if they really are in relationship or married, then why are they regarded as ‘man and wife’ instead it must be ‘husband and wife’. But the use of these words in this way leads the researchers to extract following meanings:

- A ‘man’ is a man not ‘husband’
- Whereas a ‘wife’ is a wife not a ‘woman’
- Man being centre, and woman as periphery
- ‘Man’ is independent whereas ‘wife’ is dependent on man
- A distant relationship

- As it is assumed that wife is involved in some extra-marital affair, so it is big bolt to the honour/ego of ‘man’ and an act that is tabooed in heterosexual patriarchal culture
- This assumption justifies the act of ‘stabbing to death’ for nothing but ‘honour’

Almost the same meanings are replicated in crime report 2 with just one difference. The difference is that like many other crime reports, it also has an implicit actor and there are two patients/ goals in this process that have been ‘shot dead’ again ‘for honour’.

Table 2: Transitivity Analysis

Crime Reports	Senser	Process (Mental)	Phenomenon
3	British Pakistani	(Found) Guilty	In 30 rape cases

Crime report 3, represents mental process of transitivity because it is about ‘feeling guilty’ over a barbaric crime, ‘30 rape cases’. Senser in this crime is ‘British Pakistani’ who is guilty of being involved in rape cases. On surface level, the headline does not indicate a lot about the context, rather when one goes through the details of crime report, one gets to know that there are some cross-cultural, ethnic and racial reasons behind allegations.

So the use of systemic functional analysis shows that the genre of crime reports in Pakistani English newspapers is a typical product of patriarchal society where the crimes, although committed by men are associated with women. Transitivity analysis brings forth the ideational function that language is playing in these crime reports. The analysis leads towards the building up of gendered ideologies because of the asymmetrical linguistic representations of women in the crime reports in Pakistani English newspapers.

Critical Discourse Analysis (CDA)

Moving beyond the lexico-grammatical features of language, the women related crime reports have also been analyzed by using CDA. Discourse is an identity kit and CDA analysis unequivocally goes beyond the apparent properties of text and examines the related discursive practices, social issues and social relations of power. Litosseliti (2006) argues that CDA investigates the conflicting views about power that the people exercise when they produce meanings. It also studies the concepts of social inequality, struggle and institutionalized dominance. CDA brings forth the ‘hidden

agenda' of discourse-which, may be accountable for fashioning and nourishing social, gender, political and power inequalities. Dijk (2001) posited the difference between micro and macro levels of analysis and said that 'language use, discourse, verbal interaction and communication' belongs to micro level and 'power, dominance and inequality' comes from macro level of analysis. CDA helps to 'theoretically bridge the well-known 'gap' between micro and macro approaches'. As beauty of CDA is that it goes beyond apparent and physical set limits of text, so keeping this in mind, this section breaks those set categories and moves into a new realm of recurrent emerging themes of CDA. The most recurrent theme that emerged as a distinctive feature with reference to women related crime is 'patriarchal supremacy and predispositions'. Patriarchal supremacy may be defined as hegemonic domination of males in the society where this dominance is practiced, acknowledged and adapted as a consistent consent and predispositions are known as stereotypical beliefs that are set and established in a way that they cannot be resisted, challenged and counterfeited. In the above section, a long list of women related crimes were noted that were reported again and again in all the three selected newspapers, but the honor-related crimes have highest frequency of occurrence. The following examples are selected as a representative sample of honor-related crimes from all three newspapers.

Crime report 4

Man, niece shot dead for honour

KHAR, June 23: A young boy shot dead his uncle and a married sister allegedly in an honor related incident in Yusufabad area of Khar on Saturday.

Officials said the 33-year-old man and his niece, both married, were present in a room in the house when his nephew opened fire on them, killing them on the spot.

Locals said the family of Taj Khan and his brother were living in the same house. The levies force arrested the alleged killer along with a Kalashnikov. — **Correspondent**

Dawn June 24, 2012

Crime report 5



Dawn July 07, 2012

Crime report 6



The News June 24, 2012

Crime report 7



Daily Times July 23, 2012

Crime reports 4-7 as a part of media discourse are a reflection of discourse community where this discourse is embedded. The newspapers that are coming to the hands of readers are coming from an absolute patriarchal structure. News gathering, selecting, writing, editing and reporting all domains are strictly patriarchal. We find hardly a few or not at all any representation of women in all these steps. As a result the discourse that comes up is totally patriarchal in its nature. This was the production process but if we look at consumption process, it is even more patriarchal. Newspaper reading in our society is said to be the domain of men. So the topics and representations that were already coming from a male perspective are now in the hands of men and very interestingly they are made in a way so as to cater the interests of the men (readers). This point is very beautifully elaborated by Spender (1998) who while talking about *Man Made Language* wrote that “----at no stage of this process were females in a position to promote alternatives or even to disagree---the production of this linguistic form—and the effects it had on the thoughts and reality-- --has been in the hands of male” (cited in Cameron 1998 et al). The CDA of these crime reports is further carried out under the following sub-headings:

Lexical Othering: Above crime reports are an obvious substantiation of the use of patriarchal lexis. The two important classes of patriarchal lexis that can be extracted are:

1. Patriarchal Nouns
2. Patriarchal Verbs

The researcher terms these ‘patriarchal lexis’ because, for her, the use of these lexis in crime reports is an example of male supremacy and asymmetrical gendered language. The deliberate use of such lexical items directs the researchers to the concept of ‘Othering’.

Table 3: Patriarchal Lexis

Crime Reports	Patriarchal Nouns	Patriarchal Verbs
4	Man, Niece	Shot
5	Two lives	Claims
6	Man, Wife	Stabs
7	Father, Daughters	Shoots

It seems ‘Man’ is the centre and the rest are ‘Others’. The persistence of patriarchal supremacy is maintained by use of highly sexist language, for example ‘Man, Niece’ in crime report 6 and ‘Man, Wife’. Dijk (2001) in his article discusses certain research projects that were aimed at analyzing ‘lexical description of others’ and

concludes his discussion by saying that ‘discourse expresses and reproduces underlying social representations of Others in the social and political context’. If we analyse the discourse of crime report 4, 5 and 7, we can easily synthesize that patriarchal lexical Othering is solicited in these news items and specially attributed to feminine gender i.e. ‘niece, wife and daughters’.

Apart from the use of nouns, all four crime reports portray the use of patriarchal verbs as well. One can very clearly see the use of atrocious words to report the action of ‘honour-killing’. In almost all examples, the victim of honour killing is woman who is either ‘shot dead’ or ‘stabbed to death’. The use of such loaded words bring to the mind of reader at once the pictorial image and they cannot resist themselves of thinking of a butcher who is stabbing an animal to death. This is malicious and vindictive on the part of patriarchal reporters to present the victims in such a horrible way. Bathla (1998) in the book *Women, Democracy and the Media* throws light on this issue and says that ‘Women’s issues are used only as filler materials when the papers are short of economic and political news. As far as women’s issues are concerned, they occur in some scandal or in some rape case or in demonstrations but not as an intelligent section of the society. Widely covered issues related to women are physical violence against them like bride burning, dowry, rape, harassment. In a rape case the press will not focus on the trauma that a woman has gone through or it is not looked upon as a misuse of power by men but the idea is only to sell the story’. This is the male hegemony that a woman is dehumanized and has been given the status of an object that is used, abused and then thrown out.

Role Relationships: If we critically analyse the participants and role relationships in this media discourse, we can flash out that patriarchal relationships and predispositions are reinforced time and again in the selected crime reports.

Table 4: Patriarchal Relationships

Crime Reports	Participants of Discourse	Role Relationships
4	Man, Niece	Uncle Vs Niece
5	Two lives	-----
6	Man, Wife	Man Vs Woman Husband Vs Wife
7	Father, Daughters	Father Vs Daughter

We find very non-conventional participants of discourse such as man and niece. This deliberate use of inappropriate role relationships of the participants of discourse replicate that these news items are a typical product of patriarchal discourse where everything is presented from male’s perspective. This is how the news items become

asymmetrically gendered because all the semantic derogations are associated with women not with men. This can also be regarded as representation of discursive social practice in the text. Mills (1995) very aptly says, ‘Women are generally described in terms of their relations to other people’.

Synthetic Hub: All four crime reports are embodiment of patriarchal dealing of patriarchal issues of patriarchal society. The main focal point and the synthetic hub of all four crime reports is ‘honor-killing’. If we try to define honor killing in simple words, we can say that it refers to the killing of women for the sake of honor. This definition brings forth some concerns such as:

- Man, who is the possessor of honor specifically in Pakistani and generally around the globe, is very sensitive (even to the extent of being crazy) to his so-called honor that he can kill and take away the life of feminine gender.
- Honor killing appears to be a two way process; on one hand there is fake, so called honor (sometimes may be used interchangeably with ‘ego’) and on the other hand, there is woman who is suspected/charged of being involved with someone else. The castigation of this suspect/charge is the claim of her life keeping aside any relation that she could have with that man (be it sister, wife, daughter etc.).

When analyzed at a deeper level, the underlying patriarchal constructions in these structures become apparent in that the language structures reinforce the patriarchal intentions of the male reporters, where the heinous crime of ‘stabbing to death’ is seemingly mitigated if it is in the name of honour. Ironically, women are the repository of the male honour in the patriarchal Pakistani society and the language re-enacts those patriarchal structures with ease (Spender 1998, Zubair 2004).

Fairclough, in his book *Media Discourse* (1995), says that media is not simply representational, but also it can be seen as sites for the discursive construction, of knowledge, beliefs, values, social relations and social identities. And Litoselliti (2006) further states that discourse is a potential site of struggle, and participants are neither helplessly controlled by dominant discourses, nor ‘rational’ individuals who make free choices. In resisting and contesting dominant discourses and assumptions embedded in them, we are part of a process of changing perception of experience, as well as roles and identities.

CONCLUSION

The findings of this research directly answers the major research question posed in the beginning that “How do the lexico-grammatical as well as the choice of discourse markers within the genre of women related crime reports, constrain the stylistic choices of writer (s) and frame/ establish the visible features of genre of crime reporting in Pakistani English Newspapers?”. Hence the first section of data analysis deals with the lexico-syntactical analysis by the application of SFL and the results show that these lexico-syntactical choices not only play an integral part in transferring the ideological assumptions of the news editors to its targeted audiences but also constrain the meaning receptions of its readers. Specifically, SFL analysis reveals that absence of agents and minimal use of modal verbs in transitivity processes is used in women related crime reports. The positioning of actor and circumstance also emerges as an established feature of genre of crime reports. The second part of analysis employs CDA and shows that genre of crime reports exhibit unequal relations of power, hegemony, control, access, manipulation, dominance and supremacy. The study has put forth the phenomenon that all newspapers are meant for pre-determined discourse communities and hence the representation of genre of crime report is essentially designed according to its targeted audiences. The current research explores the concept of genre of women related crime news reports and starts investigating this genre with the analysis on lexico-syntactical level and ends up by presenting the discoursal features of the crime news reports. Although it looks into principal formative constituents of genre, yet there are some research questions that may motivate the follow up researcher for future research:

- a) What do the readers feel after reading the crime reports?
- b) What are the serious repercussions that the crime reports are having on its targeted readers?
- c) What are the ideological assumptions that the readers form after going through the crime reports?

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Comparative Analysis of Test Anxiety Among Male and Female Students in Science Group at 9th Grade

Abstract

This descriptive research is focused to check the levels (high or low) of test anxiety, and to compare test anxiety among male and female students studying in science group of 9th grade in Municipal Corporation Secondary Schools located in Rawalpindi city (MCSS). Multi stage Random sampling technique was applied to select the schools and the respondents of the study. Test anxiety scale developed by William WK Zung was used after translation into Urdu language and validation. The major conclusions of the study were that the level of test anxiety in the form of nervousness and anxiousness, something bad going to happen on test day were found in both male and females of science group. It is reflected that anxiety driven bent of mind may be the result of over emphasis of parents on marks and competitive environment of the classroom that may negatively affects the thinking process of students on a test, and consequently they may not be able to recollect, analyse and critically evaluate the problem that they have to respond on a test. It is recommended that teachers, parents and peers may play their role in developing and promoting anxiety relaxing environment for both the genders to maintain healthy level of test anxiety before, while and after a test.

Keywords: anxiety, comparison, 9th grade, science students

INTRODUCTION

Anxiety is a condition of mood in which one can organize himself/herself to contract with forthcoming troubles. It is feeling of complex fear and nervousness about future events without any logical reasons. It means that the existence of panic, pressure and tension a person feels in performance of any activity that negatively affects his or her performance (Butt & Akram, 2013). It is an emotional state in which somatic, cognitive, emotional and behavioral factors are involved, and is an amalgamation of

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visible physiological feelings of bothering, personal let down and over-excitement. According to Olatoye (2009), test anxiety is outcome of the physiological reactions that students may experience while passing through ego-threatening assessments in critical situations. It is psychological state of brain of a contestant expressed by the degree of concern, fear, uncertainty, suffering and weakness shown before, during or even after attempting an exam (Cizek & burg, 2006). It is psychological construct that refers to phenomenological, physiological, and behavioral reactions that may produce feelings of failure in examination (Ali & Mohsin, 2013). It is anticipatory, situational or evolutionary conditions that have abnormal effects on the state of mind which consequently effects performance on a test.

According to Rana and Mehmood (2004), test anxiety may effects on these points: focusing, testing, learning attention. Research studies carried out to explore the impacts of test anxiety on the performance of students' in respect to gender, race, locality, language, ethnicity, parent's socioeconomic status reveal that it is one of the major problem in achieving good grades (Ali & Awan, 2013; Stober & Pekrun, 2004). Individual differences in test anxiety also play an important role not only in their personality growth and fitness but also their self-concept, and academic development (Cizek & burg, 2006). Therefore, it was decided to conduct a study on comparative analysis of test anxiety among male and female genders studying in Science Group at 9th grade in the schools located in the ambit of Municipal Corporation. It also includes to explore the causes of test anxiety among the students studying in science group at grade 9 and to recommend some logical measures to control the test anxiety for improving the performance of the students.

Objectives

The objectives of the study were:

1. To analyse test anxiety among males studying in science group at 9th grade
2. To analyse test anxiety among females studying in science group at 9th grade
3. To compare test anxiety between male and female studying in science group at 9th grade.

Hypotheses

There is no significant difference in the rate of test anxiety between male and female genders studying at 9th grade in science group on the following variables on academic test:

- a. feeling nervous and anxious on test day
- b. being absent on test day by making different excuses
- c. feeling pain in stomach to forget answers of the questions on test day

- d. thinking everything is all right and nothing bad will happen on a test day
- e. feeling uneasy before attempting a test
- f. developing hot and blush face before the test
- g. usually getting sweaty and cold hands before and after the test
- h. getting the arms and legs shaking and trembling before attempting a test
- i. heart beat fastens (increase) and forgetting answers during a test
- j. feeling the need to be pampered before a test
- k. getting nervousness on a test and do not perform well
- l. performing at the best of ability under pressure conditions
- m. enjoying a difficult test more than an easy one
- n. not to enjoy eating before or after the test
- o. feeling of calmness during the test

Delimitation of study

The study is delimited:

1. to the sixteen Municipal Corporation Secondary Schools located in Rawalpindi City.
2. to the male and female students studying in Science at 9th grade.

LITERATURE REVIEW

Meanings and types of anxiety

Twentieth century was called an era of anxiety because of the widespread wars, inflation, population raise, joblessness, immigration, and the demolition of families (Talib, Tabrizi & Yacob, 2011). These above mentioned problems are worldwide phenomenon that are passing from generation to generation and have given birth to certain psychological problems such as anxiety, stress, and coping. Nature of environmental stimuli inducing stress and anxiety feelings has altered over the years (Zeidner, 1998). Test anxiety is psychological state of mind that reflects the degree of concern, dismay, uncertainty, distress and weakness shown before and after attempting an exam (Olatoye, 2009). It has three main features: cognitive, affective and behavioral. Students who suffer with test anxiety due to cognition element are deficient in self-confidence (Sarason, 1990). According to Stöber and Pekrun (2004), students' academic achievement, life quality and internal motivation may decrease by the negative effects of test anxiety.

According to Smith, Robinson, and Segal (2013), there are six salient types of anxiety discovered by the psychologists that are: *phobia*, *panic disorder*, *possessive-compulsive disorder*, *post-traumatic stress disorder*, *societal anxiety disorder*,

universal anxiety disorder. Phobia is an unreasonable shock of any particular thing, activity, or situation that actually has no risk. Common phobias include fear of animals such as snakes and spiders, fear of flying, and heights. Panic disorder is fear that a student experiences about unexpected happenings. Students keep away from public places, shopping malls, different markets when they become its victim. Possessive-compulsive Disorder (PCD) is lacking capability to control or quickly manage behaviors and bothered by manias (washing hands over and over etc). Post-traumatic anxiety disorder is serious and shocking incidents takes place in it that comes in the form of flashbacks or nightmares about what had already taken place. Societal anxiety disorder is fear of such type of actions that may exist in individual, but one doesn't dare to be known by others. In this situation, the individual is always under the pressure that these actions or behavior may not be observed by others. Universal Anxiety Disorder is permanent fear of something bad going to happen. These have severe effects on the behavior of the individual at a test.

Stress and test anxiety

Stress is an internal state which is caused by some unsatisfying condition, and it affects differently from person to person. It depends upon three elements: personal experience, temperament and environmental conditions. It includes negative effects of examination such as fatigue, time pressure, competition, nervousness etc. According to Sarasons (1990), excessive importance on test score may adversely affect the learning of students. Exams decide the future of students' educational growth and professional choice. A high grade achiever can get good job more easily. Parents and society assess students educational output in the form of grades. Components of test anxiety, according to Zeidner (1998) are *affective, behavioural and cognitive*. Physiological state such as 'tight muscles, shaking and tension are due to affective state. Behavioural component includes students poor study skills, escaping and delaying their work. Cognitive component includes negative thought and under estimating one's self and performance. Putwain (2008) observed that anxious students work more as compared to other students as a compensatory mechanism, but it causes more complication for them.

Effects of test anxiety on students and teachers

According to Smith, Robinson, and Segal (2013), effects of test anxiety on students are the symptom of stress such as crying, aching out, verbalization, less focus on a test, poor self respect, evoke cheating, drop out from school. Students are not only one who experience the outcomes of examination and test anxiety but teachers also. We focus on the indirect effects of anxiety when a teacher takes high-stakes tests. In such scenario, teachers and other affected educators may not be the test takers, but the students' test results effects their liabilities, promotion and reputation. Some effects of test anxiety on both teachers and students are pressure, low motivation, stress, and

inappropriate test behavior. However, a key differentiation is the effect of testing and test anxiety between students and teachers are about what is taught, how it is taught.

Causes and symptoms of test anxiety

According to Khalid and Hasan (2009), causes of test anxiety are *biological, phobia of failure, lack of preparation, mental disorder and poor test history etc.* Body releases hormone called adrenaline in stressful situations that helps the organism to deal with incoming situation. Low level of adrenaline rush may affect individual to deal efficiently with stressful situations. The symptoms of test anxiety such as nausea, sweating and shaking hands can really make students feel more nervous and anxious that consequently put more pressure on students. Phobia is horrified state under the pressure of exams when a student connects his/her self worth to consequence of a test. Lack of preparation results in last time anxiety and they become helpless. *Mental factors* include students' expectations and hopes of getting good grades. Underestimation of the mental capabilities and fears about poor result may affect the performance of student on a test, and failure in one exam may cause anxiety for all the next exams. In this way test anxiety can also become a horrible cycle.

According to Putwain (2008), symptoms of test anxiety are *behavioral/cognitive, emotional, and physical*. Cognitive symptoms include difficulty to concentrate on test, negative thinking about test and comparison with fellow students. It is also observed that anxious students start to use downers (alcohol and opium etc) in order to control their tensions and leave schools. Negative self-talk, trouble in concentrating on the test and racing thoughts are also common cognitive symptoms of test anxiety. Emotional symptoms include feelings of anger, helplessness, fear, despair, low-self esteem and discontent are common emotional responses to test anxiety. Students often feel helpless to change their situation, or disparage and criticize themselves about their poor test performance. Physical symptoms include nausea, headache, diarrhea, extreme sweating, and shortness of breath, rapid heartbeat, light-headedness and feeling faint. Sometime test anxiety leads to such a panic, forceful fear or embarrassment in which individuals may feel like they are unable to breathe or having a heart attack.

Tips for managing test anxiety

According to Rana and Mahmood (2010), tips for managing test anxiety are: students may arrive at least 10 minutes early and try to engage themselves in reading some magazines to make their mind busy, avoid to meet test anxious students, accept a little anxiety as a motivator, be prepared for test, develop good test-taking skills, read directions carefully, answer easy questions at first and then go to difficult ones, make outlines before beginning to write, establish a consistent pre-test routine, follow some time table, focus during the test, maintain a positive attitude, be confident in their

own talent, self-worth and creativity. Student may practice anxiety relaxation techniques such as take deep, slow breaths and intentionally relaxing muscles, remember the enjoyable beautiful scenes before test, get enough sleep, take healthy food, do proper exercise, eat an ample breakfast, visit counseling center, visualize success, watch self-talk, resort thinking and crush negative ideas (I should have studied more, I must be stupid, and I have to do well), work on early warning system, palming method (close and cover their eyes using the center of the palms of their hands), put their feet flat on the floor and with their hands grip beneath the chair.

RESEARCH METHODOLOGY

It was a descriptive survey type research following quantitative approach to collect the data. The variables of the study: *rate* and *comparison* of test anxiety among male and female students of science group were checked in natural setting. Test anxiety scale developed by Zung (1997) was used after translation into Urdu language and validating from the experts. The data collected from the respondents were analysed applying descriptive and inferential statistics. The rate of test anxiety was determined through the cut off scores on the test anxiety scale that was 3.5. The difference in the rate of test anxiety between male and female students of science group was determined applying t test. The detailed description about the methodology portion is as under:

Population and sample of the study

The study was aimed at the comparative analysis of test anxiety among male and female students studying in science group at 9th grade. Therefore, the target population of the study was the students studying in science group at 9th grade in Municipal Corporation Secondary Schools (MCSS) located in Rawalpindi city. The total numbers of male and female MCSS are sixteen. These students belonged to middle class and lower middle class families having almost similar socio-economic status. Students in these schools follow unified curriculum, teaching hours and the evaluation system. In this respect, the population is homogenous.

Multistage random sampling technique was applied to select the schools and the respondents of the study. At first stage, five girls' secondary schools and six boys' secondary schools were selected as the sample of the study out of sixteen boys and girls secondary schools located in the ambit of Municipal Corporation (MC). In this way more than fifty percent of the schools were selected. At second stage, stratified random sampling technique was applied to select male and female students from the selected schools. The total numbers of the students selected for data collection were one hundred ten. Multistage random sampling technique was considered appropriate for this study and it helped to ensure the equal presentation to boys and girls students.

The sampling size of 10 students from each science class was considered appropriate because total number of students in each school were twenty to twenty-five. Therefore, the selection of half of the population for sample selection was considered appropriate for the generalization of the results.

Instrument of the study

Test anxiety scale developed by Zung (1997) was used to collect the data of the study. It was a 20-itemed five point scale response option questionnaire, with a response format strongly agree, agree, neutral, disagree, and strongly disagree with numerical value of 5, 4, 3, 2, 1 respectively. The numerical values of the item number 13,16,17,20 were reversed as being negative statements. The major elements of the scale for measuring test anxiety were fear, tension, feeling of nervousness, feeling of up tightness on doing tests. The instrument was translated into Urdu language and modified to focus the major variable of the study. The translated version and English version of the scale were sent to three English and Urdu language experts for correction, refinement and suggestions in the vocabulary and sentence structure. The proposed changes and adjustments were discussed with the supervisor to finalize the instrument for getting opinions of test development experts. Based on their comments, some items were reconstructed, adjusted and modified.

Procedure of the study

Data collected with the help of test anxiety scale was analyzed through SPSS version 16.0. Mean, standard deviation, t-test was applied to draw out the findings and conclusions of the study. To analyze the level of test anxiety; mean, standard deviation and cut off scores was calculated. To check the level of test anxiety, the average mean value was determined 3.5 as a cut off score. Mean value on the item found 3.5 or above was considered high level of anxiety and mean value on the item below 3.5 was considered low level of test anxiety. t test was applied to compare the test anxiety of the male and female students in science group.

ANALYSIS OF DATA

Data collected with the research scale is analysed under the following tables:

Table1: *Analysis of Test anxiety among male and female students of the science groups*

s.no	Scale item	Gender	N	M	SD	SEM	Decision
01	Feeling nervous and anxious on a test day	Male	60	3.58	1.36	.177	HA
		Female	50	4.26	1.02	.145	HA
02	Absent on test day making different excuse	Male	60	3.28	1.50	.198	LA
		Female	50	1.84	1.26	.179	LA
03	Feeling pain in stomach on forgetting the answer	Male	60	2.88	1.32	.172	LA
		Female	50	2.56	1.48	.210	LA
04	Feeling everything is all right and nothing bad will happen on a test day	Male	60	3.85	1.35	.174	HA
		Female	50	3.62	1.24	.176	HA
05	Bothered by irritating moments on a test day	Male	60	3.52	1.35	.175	HA
		Female	50	3.10	1.24	.177	LA
06	Uneasy feelings on a test day	Male	60	3.87	1.22	.159	HA
		Female	50	3.64	1.41	.200	HA
07	Face gets hot and blushes before the test	Male	60	3.15	1.42	.184	LA
		Female	50	2.60	1.56	.221	LA
08	Before and after the test my hands are usually sweaty and cold	Male	60	3.25	1.56	.203	LA
		Female	50	3.16	1.67	.236	LA
09	Feel my arms and legs shaking and trembling before attempting a test	Male	60	3.18	1.56	.202	LA
		Female	50	3.40	1.51	.214	LA
10	Mind goes blank and I am unable to think clearly during a test	Male	60	3.48	1.46	.189	LA
		Female	50	3.10	1.52	.216	LA
11	During a test my heart beat fastens (increase) and I forget my answers	Male	60	3.53	1.46	.189	HA
		Female	50	3.54	1.44	.204	HA
12	I often feel need to be pampered before a test	Male	60	3.43	1.41	.183	LA
		Female	50	3.28	1.42	.202	LA
13	Enjoy test because it is directly connected to my future success	Male	60	2.17	1.39	1.80	LA
		Female	50	2.40	1.41	.200	LA
14	Even getting good score in a test does not seem to increase confidence	Male	60	3.20	1.38	.179	LA
		Female	50	2.94	1.53	.216	LA
15	Nervousness while attempting a test hinders (stops) me from doing well	Male	60	3.70	1.31	.170	HA
		Female	50	3.62	1.44	.204	HA
16	Perform the best of my ability when I am under pressure	Male	60	2.13	1.12	.145	LA
		Female	50	3.04	1.98	.210	LA
17	Enjoy attempting a difficult test more than an easy one	Male	60	2.03	1.20	.156	LA
		Female	50	2.56	1.32	.188	LA
18	Do not enjoy eating before or after an important test	Male	60	3.18	1.44	.186	LA
		Female	50	3.52	1.46	.207	HA
19	I eat too much before or after an important test	Male	60	3.80	1.20	.156	HA
		Female	50	2.50	1.44	.205	LA
20	I feel clam down during a test	Male	60	2.03	1.29	.161	LA
		Female	50	3.24	1.47	.209	LA

The Mean value of male students on the variable of feeling nervous and anxious on a test day was 3.58 and of female was 4.26. The std. deviation of male students was 1.36 and that of female was 1.02. Mean values of both the male and female students were above the cut off scores that was 3.5. It indicates existence of higher level of test anxiety among both of the groups. The mean value of male students on the variable of being absent on test day was 3.28 and that of female was 1.84. The std. deviation of male students was 1.508 and that of female was 1.267. There was lower level of test anxiety among male and female students. The mean value of male students on the variable of feeling pain in stomach to forget answers of the questions on test day was 2.88 and that of female was 2.56. The std. deviation value of male students was 1.329 and that of female was 1.487. There was lower level of test anxiety existing in male and female students on the basis of cut off score. The mean value of male students in science group on the variable of feeling that everything is all right and nothing bad will happen on a test day was 3.85 and that of female was 3.62. The std. deviation value of male students was 1.351 and that of female was 1.244. There was higher level of test anxiety in male and female students of science group.

The mean value of male students in science group on the variable of bothering by irritating moments on a test day was 3.52 and that of female was 3.1. The std. deviation value of male students was 1.35 and that of female was 1.24. There was higher level of test anxiety among male students of science group and lower level of test anxiety exists in female students of science group. The mean value of male students on the variable of feeling uneasy before attempting a test was 3.87 and that of female was 3.64. The std. deviation of male students was 1.22 and that of female was 1.41. There was higher level of test anxiety does exist among both of the genders of science group. The mean value of male students in science group on the variable of their face grow hot and blush before and after the test was 3.15 and that of female was 2.60. The std. deviation of male students was 1.42 and that of female was 1.56. There was lower level of test anxiety among male and female students on the basis of cut off scores. The mean value of male students on the variable that before and after the test their hands are usually sweaty and cold was 3.25 and that of female was 3.16. The std. deviation of male students was 1.56 and that of female was 1.67. There was lower level of test anxiety among male and female students of science group.

The mean value of male students in science group on the variable of arms and legs shaking and trembling before attempting a test was 3.18 and that of female was 3.40. The std. deviation of male was 1.56 and that of female was 1.51. There was lower level of test anxiety among male and female students of science group. The mean value of male students on the variable of minds go blank and unable to think clearly during a test was 3.48 and that of female was 3.10. The std. deviation of male students was 1.46 and that of female was 1.52. There was lower level of test anxiety

in male and female students of science group. The mean value of male students on the variable heart beat fasten (increase) during a test was 3.53 and that of female was 3.54. The std. deviation value of male students was 1.46 and that of female was 1.44. There was higher level of test anxiety in male and female students of science group. The mean value of male students in science group on the variable of feeling the need to be pampered before a test was 3.43 and that of female was 3.28. The std. deviation of the male students was 1.41 and that of female was 1.42. There was lower level of test anxiety in male and female students of science group.

The mean value of male students on the variable of enjoying test that is directly connected to the future success was 2.17 and that of female was 2.40. The std. deviation of the male students was 1.39 and that of female was 1.41. There was lower level of test anxiety in the male and female students of science group. The mean of male students on the variable of getting good score on a test does not seem to increase the confidence was 3.2 and that of female was 2.94. The std. deviation of male students was 1.38 and that of female was 1.53. There was lower level of test anxiety in male and female students of science group because the mean values of both the genders were found below the cut off scores. The mean value of male students on the variable of nervousness while attempting a test hinders me from doing well was 3.7 and that of female was 3.62. The std. deviation of male students was 1.31 and that of female was 1.441. There was higher level of test anxiety in male and female students of science group because the mean values of both the genders were found above the cut off scores. The mean value of male students in science group on the variable of performing at the best of ability when they are under pressure was 2.13 and that of female was 3.04. The std. deviation value of male students was 1.12 and that of female was 1.98. There was lower level of test anxiety in male and female students of science group.

The mean value of male students on the variable of enjoying to attempt a difficult test more than an easy one was 2.03 and that of female was 2.56. The std. deviation mean of male students was 1.20 and that of female was 1.32. There was lower level of test anxiety among male and female students of science group. The mean value of male students on the variable of not enjoying eating before or after the test was 3.18 and that of female was 3.52. The std. deviation of the male students was 1.44 and that of female was 1.46. There was higher level of anxiety in female students of science group and lower level of test anxiety in male students of science group. The mean value of male students in science group on the variable of eating too much before or after the test was 3.80 and that of female was 2.50. The std. deviation of male was 1.20 and that of female was 1.44. It indicates higher level anxiety in male students and there was lower level of anxiety found in female students studying in science group. The mean value of male students on the variable of feeling of calmness during

a test was 2.17 and that of female was 2.40. The std. deviation of male students was 1.32 and that of female was 1.41. There was lower level of test anxiety among male and female students of science group because the mean values of both the genders were found below the cut off scores.

Table 2: *Significant difference of test anxiety among male and female students of science group*

s.no	Scale item	Gender	N	M	SD	DF	T.V	P.V
01	Feeling nervous and anxious on a test day	Male	60	3.58	1.36	59	20.27	.000
		Female	50	4.26	1.02	49	29.34	.000
02	Absent on test day making different excuse	Male	60	3.28	1.50	59	16.86	.000
		Female	50	1.84	1.26	49	29.34	.000
03	Feeling pain in stomach on forgetting the answer	Male	60	2.88	1.32	59	16.80	.000
		Female	50	2.58	1.48	49	12.17	.000
04	Feeling everything is all right and nothing bad will happen on a test day	Male	60	3.85	1.35	59	22.07	.000
		Female	50	3.62	1.24	49	20.58	.000
05	Bothered by irritating moments on a test day	Male	60	3.52	1.35	59	20.04	.000
		Female	50	3.10	1.24	49	17.54	.000
06	Uneasy feelings on a test day	Male	60	3.87	1.22	59	24.39	.000
		Female	50	3.64	1.41	49	18.24	.000
07	Face gets hot and blushes before the test	Male	60	3.15	1.42	59	17.13	.000
		Female	50	2.60	1.56	49	11.74	.000
08	Before and after the test my hands are usually sweaty and cold	Male	60	3.25	1.56	59	16.04	.000
		Female	50	3.16	1.67	49	13.37	.000
09	Feel my arms and legs shaking and trembling before attempting a test	Male	60	3.18	1.56	59	15.73	.000
		Female	50	3.40	1.51	49	15.90	.000
10	Mind goes blank and I am unable to think clearly during a test	Male	60	3.48	1.46	59	18.39	.000
		Female	50	3.10	1.52	49	14.34	.000
11	During a test my heart beat fastens (increase) and I forget my answers	Male	60	3.53	1.46	59	18.65	.000
		Female	50	3.54	1.44	49	17.31	.000
12	I often feel need to be pampered before a test	Male	60	3.43	1.41	59	18.74	.000
		Female	50	3.28	1.42	49	16.22	.000
13	Enjoy test because it is directly connected to my future success	Male	60	2.17	1.39	59	12.05	.000
		Female	50	2.40	1.41	49	12.00	.000
14	Even getting good score in a test does not seem to increase confidence	Male	60	3.20	1.38	59	17.86	.000
		Female	50	2.94	1.53	49	13.56	.000
15	Nervousness while attempting a test hinders (stops) me from doing well	Male	60	3.70	1.31	59	21.73	.000
		Female	50	3.62	1.44	49	17.76	.000
16	Perform the best of my ability when I am under pressure	Male	60	2.13	1.12	59	14.66	.000
		Female	50	3.04	1.98	49	14.48	.000
17	Enjoy attempting a difficult test more than an easy one	Male	60	2.03	1.20	59	13.06	.000
		Female	50	2.56	1.32	49	13.63	.000
18	Do not enjoy eating before or after an important test	Male	60	3.18	1.44	59	17.07	.000
		Female	50	3.52	1.46	49	17.04	.000
19	I eat too much before or after an important test	Male	60	3.80	1.20	59	24.43	.000
		Female	50	2.50	1.44	49	12.22	.000
20	I feel clam down during a test	Male	60	2.03	1.29	59	12.61	.000
		Female	50	3.24	1.47	49	15.49	.000

There was significant difference in the means of the male and female students studying in science group about feeling nervous and anxious on a test day. The significance difference of male students was $t(59) = 20.27, p = .000$ and the significance difference of female students was $t(49) = 29.34, p = .000$. t value of the female students was found greater than the male students of the science group. There was significant difference in the means of male and female students studying in science group about trying to be absent on a test day. The significance difference of male students was $t(59) = 16.86, p = .000$ and the significance difference of female students was $t(49) = 29.34, p = .000$. t value of the female students was found greater than the male students of the science group. Difference in the means of male and female students studying in science group about feeling pain (nervousness) in the stomach when they forgot their answers were found significant.

The significance difference of male students was $t(59) = 16.8, p = .000$ and the significance difference of female students was $t(49) = 12.17, p = .000$. t value of the male students was found greater than the female students of the science group. Difference in the means of male and female students studying in science group about feeling that everything is all right and nothing bad will happen on a test day was found significant. The significance difference of male students was $t(59) = 22.07, p = .000$ and the significance difference of female students was $t(49) = 20.58, p = .000$. t value of the male students was found greater than the female students of the science group. Difference in the means of male and female students studying in science group about bothering by irritating moments on a test was found significant. The significance difference of male students was $t(59) = 20.04, p = .000$ and the significance difference of female students was $t(49) = 17.54, p = .000$. t value of the male students was found greater than the female students of the science group.

Difference in the means of the male and female students studying in science group about feeling uneasy before attempting a test was found significant. The significance difference of male students was $t(59) = 24.39, p = .000$ and the significance difference of female students was $t(49) = 18.24, p = .000$. t value of the male students was found greater than the female students of the science group. Difference in the means of male and female students studying in science group on the statement that face grows hot and blush before a test was found significant. The significance difference of male students was $t(59) = 17.13, p = .000$ and the significance difference of female students was $t(49) = 11.74, p = .000$. t value of female students was found greater than the male students of the science group. Difference in the means of male and female students studying in science group on the statement that before and after a test my hands are usually sweaty and cold was found significant. The significant difference of male students was $t(59) = 16.04, p = .000$ and the significance difference of female students was $t(49) = 13.37, p = .000$. t value of the

male students was found greater than the female students of the science group. Difference in the means of the male and female students studying in science group on the statement my arms and legs are shaking and trembling before attempting a test was calculated. The significant difference of male students was $t(59) = 15.73$, $p = .000$ and the significance difference of female students was $t(49) = 15.90$, $p = .000$. There is minor difference of t value in the male and female students of science group.

Difference in the means of male and female students studying in science group about minds goes blank and students are unable to think clearly during a test was found significant. The significant difference of male students was $t(59) = 18.39$, $p = .000$ and the significance difference of female students was $t(49) = 14.34$, $p = .000$. t value of the male students was found greater than the female students of the science group. Difference in the means of male and female students studying in science group that during a test their heart beat fasten (increase) and they forget their answers was found significant. The significance difference of male students was $t(59) = 18.65$, $p = .000$ and the significance difference of female students was $t(49) = 17.31$, $p = .000$. t value of the male students was found greater than the female students of the science group. Difference in the means of male and female students studying in science group about feeling the need to be pampered before a test was found significant.

The significance difference of male students was $t(59) = 18.74$, $p = .000$ and the significance difference of female students was $t(49) = 16.29$, $p = .000$. t value of the male students was found greater than the female students of the science group. Difference in the means of male and female students studying in science group about enjoying test that it is directly connected to the future success was not found significant. The significance difference of male students was $t(59) = 12.05$, $p = .000$ and the significance difference of female students was $t(49) = 12.$, $p = .000$. There is minor difference in the t value of the male and female students of science group. Difference in the means of male and female students studying in science group about getting good score in a test does not seem to increase the confidence was found significant. The significance difference of male students was $t(59) = 17.86$, $p = .000$ and the significance difference of female students was $t(49) = 13.56$, $p = .000$. t value of male students was found greater than the female students of the science group.

Difference in the means of the male and female students studying in science group about nervousness while attempting was found significant. The significance difference of male students was $t(59) = 21.73$, $p = .000$ and the significance difference of female students was $t(49) = 17.76$, $p = .000$. t value of male students was found greater than the female students of the science group. Difference in the means of male and female students studying in science group about performing at the best of their ability when under pressure was not found significant. The significance

difference of male students was $t(59) = 14.66$, $p = .000$ and the significance difference of female students was $t(49) = 14.48$, $p = .000$. There is minor difference in the t value of the male and female students of science group. Difference in the means of the male and female students studying in science group about enjoying to attempt a difficult test more than an easy one was found significant. The significance difference of male students was $t(59) = 13.05$, $p = .000$ and the significance difference of female students was $t(49) = 13.63$, $p = .000$. t value of the female students was found greater than the male students of the science group.

Difference in the means of the male and female students studying in science group about not enjoy eating before or after an important test were not found significant. The significance difference of male students was $t(59) = 7.07$, $p = .000$ and the significance difference of female students was $t(49) = 17.04$, $p = .000$. There is minor difference in the t value of the male and female students of science group. Difference in the means of the male and female students studying in science group about eating too much before or after an important test was found significant. P value on t test was .000 that was highly significant. T value of the male student group was 24.43 and of the female student group was 12.22. The t value of the male students was found greater than the female students of the science group. Difference in the means of the male and female students studying in science group about feeling of clam down during a test was found significant. The significance difference of male students was $t(59) = 12.61$, $p = .000$ and the significance difference of female students was $t(49) = 15.49$, $p = .000$. t value of the female students was found greater than the male students of the science group.

DISCUSSION

Level of test anxiety in the form of nervousness and anxiousness both in male and female students of science group was found high. The rate of test anxiety was found higher in female students as compared to the male students of science group. This result was verified by the study conducted by Ali & Mohsin (2013). Therefore, it is invoked that the feeling of nervousness and anxiousness may affect the performance of female and male students' on test, and that higher rate of anxiety in female students is due to the sensitive and very cautious attitude towards education as well as to the other matters of life. The perceptions that there is something bad going to happen in reference to their performance on a test may negatively affect their performance. These stressed conditions may affect performance negatively and they were not able to utilize the optimum level of their abilities. This confused and anxiety driven bent of mind may be the result of over emphasis of parents on marks and competitive environment of the classroom.

The study also revealed that students need to maintain balanced condition as far as their level of anxiety is concerned. It may positively promote their performance in case of acceptable rate of anxiety that may trigger and activate their optimum performance on a test, and consequently that may not feel their hands damp and cold before and after the test. They may be able to analyse, examine, and critically evaluate the problem that they have to respond on a test. The study conducted by Smith, Robinson, and Segal (2013) also confirmed the results of the study. The higher rate of test anxiety may have biological and physiological repercussions on functioning of human brain and body. Their heart beat work to function at increased rate that may affect the cognitive functioning of their brain. It is required that the students need to learn to face situation in cool and calm manner to make use of maximum level of their abilities on a test. The rate of test anxiety was greater in female of the science group as compared to male students on the variable of nervousness and anxiousness, everything is all right and nothing bad will happen, feeling uneasy on a test day, heart beat fastens (increases) during a test not enjoying eating before or after an important test. The study conducted by Rana and Mahmood (2010) confirmed these result whereas Study conducted by Khalid and Hassan (2009) does not agree to the results. It is invoked that the Pakistani society is male dominated and expect greater sense of responsibility on the behalf of female as compared to male. This may place greater burden on the female that may consequently raise the level of test anxiety not only in the performance of a test but also in other matters of life.

CONCLUSION

It was concluded that the level of test anxiety in the form of nervousness and anxiousness both in male and female students of science group was found high. It was also concluded that the rate of test anxiety was found higher in female students as compared to the male students of science group. It is required that the teachers may guide students to practice anxiety relaxing techniques for performing on the test day to the best of their abilities. These stressed conditions may affect performance negatively and they were not able to utilize the optimum level of their abilities. It was also concluded that students need to maintain balanced condition as far as their level of anxiety is concerned. It may positively promote their performance in case of acceptable rate of anxiety that may trigger and activate their optimum performance on a test, and consequently that may not feel their hands damp and cold before and after the test. They may be able to analyse, examine, and critically evaluate the problem that they have to respond on a test. The higher rate of test anxiety may have biological and physiological repercussions on functioning of human brain and body. Their heart beat work to function at increased rate that may affect the cognitive functioning of their brain.

RECOMMENDATIONS

The study has significant implications for students, parents, and teachers. In order to eradicate the student's negative attitude towards test and test anxiety, students, parents, teachers and peers group work cooperatively in the light of following recommendations:

1. Teachers may develop and promote an environment during a test in which the students may feel comfortable and perform at the higher level of their abilities. They may inform the students about the aims of tests, test techniques, and number of the questions and address any ambiguities and misperceptions of the student on a test.
2. Teachers may develop teaching strategies that help highly anxious students. Teachers may create an environment in which students do not feel threatened rather perform on the test in relaxed way.
3. Students may learn and practice behavioral techniques of anxiety relaxation such as deep breathing, progressive muscle relaxation and visualization, physiological state of relaxation that may help to overcome the rate of anxiety.
4. Classroom learning and testing may go hand in hand. They may support, facilitate and guide each other that may help to overcome the rate of anxiety.
5. Parents may support the teacher in developing collaborative learning habits in the students and do not place their wards in the ever burning fire of competition. On the other hands, parents play a vital role in shaping their children's' attitudes to overcome anxiety.

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Impact of Sense of Humor on Perceived Stress among Undergraduate Medical Students: A Gendered Perspective

Abstract

The current study was envisioned to assess the relationship between perceived stress and numerous factors of sense of humor among undergraduate university medical students. The sample of this study (N = 220) was drawn conveniently and comprised of 104 female and 116 male undergraduate medical students with an age range of 18 to 30 years (M = 20.58, SD = 1.88). Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1993) and Multidimensional Sense of Humor Scale (James, Thorson, & Powell, 1991) were used to operationalize perceived stress and different factors of sense of humor, respectively. Multiple regression analysis reveals adaptive humor, appreciation of humor, and production and social use of humor as negative predictors of perceived stress whereas attitude towards humor and negation to use humor predict perceived stress in positive direction ($R^2 = .76$, $F(5, 214) = 138.98$, $p < .001$).

Keywords: *sense of humor, adaptive humor, maladaptive humor, perceived stress, gender.*

INTRODUCTION:

Independent sample t-tests indicate that male students have significantly higher mean scores on appreciation of humor (Cohen's $d = 3.28$), adaptive humor (Cohen's $d = 2.16$), and production and social use of humor (Cohen's $d = 1.28$) whereas female students have higher mean scores on perceived stress (Cohen's $d = 2.02$), negation to use humor (Cohen's $d = 3.58$), and attitude towards humor (Cohen's $d = 7.79$). Implications of current study and suggestions for further research have also been elaborated. Modern life is jam-packed of psychological dysfunctioning such as frustration, depression, anxiety, and finally stress. Among all these, stress is a prevalent phenomenon to which every one of us is exposed at some point of our lives.

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The state of stress involves physiological and psychological components and it arises because of discrepancy between demands of situations and one's perceived motivation and capability to cope with those demands (Lazarus & Folkman, 1984).

The present research conceives humor as a multidimensional construct. It may be inherited in characteristics of a stimulus (animation and cartoons, comic movies, jokes), involves mental processes which generate, perceive, comprehend, and evaluate humor ("getting the joke") and includes individuals' responses (fun, delight, laughing, and joy) (Katy & Liu, 2012). Humor is considered as an absolutely positive trait but recently it has been categorized into two dimensions: adaptive and maladaptive (Katy & Liu, 2012). The component of maladaptive humor includes negation of using humor and attitude toward humor and the component of adaptive humor include production and social use of humor, appreciation of humor, and adaptive humor (Helena, Pedro, James, Debra, 2007). Adaptive humor is beneficial to psychological well-being and it may reduce the effects of stressor. Contrarily, maladaptive humor is the tendency to negatively evaluate or manipulate others, which may spawn stress. Adaptive humor includes affiliative humor and self-enhancing humor (Martin, 2007) and maladaptive humor is usually injurious to well-being.

In behavioral science, adaptive humor is valuable in enhancing self-worth, stimulating associations, and buffering stressful and anxious states of mind (Astedt-Kuurki & Isola, 2001; Bauer & Garont, 1999; Johnson, 2002) and maladaptive sense of humor may compromise one's self-esteem (Thorson, Powell, Ivan, & William, 1997) resulting in stress and anxiety. Numerous previous studies have support the subjective view that people who are high on adaptive humor are less prone to being stressful owing to the relieving nature of humor (Kuiper & Martin 1998; Moran & Massan, 1999) and people who are high on maladaptive humor are likely to have lower levels of self-esteem which may make them perceive situational demands more stressful. Furthermore, adaptive humor appears to be a defense mechanism for buffering the negative effects of stress (Abel, 1998; Martin & Dobbin, 1988). Kuiper, Sandra, and Kristine (1995) observed that people with good sense of adaptive humor are capable of changing their perspective while confronting stressful situations. They perceive these situations more positively than those with low sense of adaptive of humor.

Adaptive sense of humor can be labeled as constructing an affective and cognitive change or reorganizing the negative life events as less threatening with the affective discharge allied with the perceived stress (Dixon, 1980). Contrarily, people using maladaptive humor may restructure the situation as more hostile leading to increased levels of perceived stress. In consonance with the aforementioned literature and empirical support, the present study postulates:

Hypothesis 1: Attitude towards humor and negation to use humor (maladaptive humor) will predict perceived stress positively.

Hypothesis 2: Appreciation of humor, adaptive humor and production and social use of humor (adaptive humor) would be negative predictor of perceived stress.

Men and women are different in responding to both adaptive and maladaptive styles of humor (Aries, 1987; Svebak, 1974; Eagly & Johnson, 1990). Men have higher likelihood of making jokes (Wong, 2010) and women are expected to use criticism humor. Women have more restrictions and have limited exposure of external world than men. Due to these reasons, women were found to be more vulnerable to psychological distress on self-report measures of perceived stress (Matud, 2004; Mirowsky & Ross, 1995).

Hypothesis 3: Women will have high scores on maladaptive sense of humor whereas men will have high scores on adaptive sense of humor.

Hypothesis 4: Women will have higher levels of perceived stress as compared to men.

METHODOLOGY

Sample

The convenient sample of the present study ($N = 220$) comprised of undergraduate medical students of Quaid-i-Azam medical college, Bahawalpur, Sargodha medical college, Sargodha. The sample comprised female students ($n = 104$) and male students ($n = 116$). Age range from 18 to 26 years ($M = 20.58$, $SD = 1.88$). The inclusion criteria of the sample included minimum age of 18 years and being a full time student of MBBS in the aforementioned institutions (second or third year).

Instruments

Data were collected through psychometrically sound self-report measures of the focal constructs of the present study. Demographic information such as name (optional), age, gender, family system, number of siblings. A brief description of the instruments is as follows:

Multidimensional Sense of Humor Scale (MSHS). It was developed by Thorson and Powell in 1991. The response format is 5-point Likert scale (4 = strongly agree, 0 = strongly disagree) and contains 24 statements with a score range of 0-96. The scale contains two major styles of humor, which are adaptive and maladaptive humor. Maladaptive sense of humor includes negation to use humor (15, 16, & 21) and attitude towards humor (22, 23 & 24). Adaptive sense of humor includes appreciation of humor (19, and 20), adaptive humor (12,13,14, and 17), and production and social

use of humor (1,2,3,4,5,6,7,8,9,10,11, and 18). Coefficient alpha for the internal consistency of the scale was quite impressive ($\alpha = .92$; James, Thorson, & Powell, 1991).

Perceived Stress Scale (PSS). PSS was developed by Cohen, Kamarck, and Mermelstein (1983) and this scale was used for quantifying perceived stress in the present study. The scale comprises of 10 direct queries about current levels of experienced stress. Subjects' responses are measured on a 5-point Likert scale (0 = never, 4 = very often) and score of the scale ranged from 0-40. Item number 4, 5, 7, and 8 are positively stated items and they need to be coded reversely. Alpha coefficient of reliability of PSS was 0.85 (Cohen et al., 1983).

Procedure

Formal permission for data collection of the present research was sought from the principals of medical colleges. Afterwards, students were individually approached in their classrooms, cafeterias, and libraries. While rapport building, they were informed about the nature and purposes of the study after which their voluntary participation in the study was sought on an informed consent form. They were informed that their participation in the study would not expose them to any sort of risk and they had the right to withdraw their participation in the study at any time. They were assured that their responses on the scales would be kept confidential and would anonymously be used for research purpose only. Personal information was taken through demographic sheet. Afterwards, scales were given to take responses of students. They were appreciated for their participation after taking response and in the end research participants were thanked for their valuable cooperation. All participants were treated in accordance with the APA code of ethics.

RESULTS

The obtained data were subjected to statistical analyses through SPSS version 21. Descriptive statistics and alpha coefficients of reliability were computed for each of the scales. Independent sample t-test was computed to test gender differences in sense of humor and stress. Correlations and multiple linear regression analysis were undertaken for testing the proposed hypotheses of the present study. The results are depicted in Table 1 to 4.

Table 1: *Descriptive Statistics of Variable of the Preset Study (N = 220)*

Variables	Range						
	<i>M</i>	<i>SD</i>	<i>α</i>	Actual	Potential	<i>Sk^a</i>	<i>Ku^b</i>
PS	15.35	10.11	.90	0-34	0-40	.59	-1.22
APH	7.42	1.91	.78	5-10	2-10	-.34	-1.74
NH	10.33	2.95	.71	6-15	3-15	.13	-1.46
ATH	9.63	2.94	.85	6-15	3-15	.12	-1.73
ADH	13.99	3.34	.73	9-20	4-20	-.19	-1.57
PSH	42.65	9.71	.89	25-58	12-60	-.28	-1.59

^a Standard error of skewness = .164 ^b Standard error of kurtosis = .327

Table 1 shows descriptive statistics and alpha coefficients of reliability for the tools used to operationalize focal constructs of this study. The reliability analysis indicates that the reliability coefficient of all scale and their subscale were up to the marks i.e., all of them were greater than the benchmark of .70. Values of kurtosis and skewness were also in the acceptable range indicating normal distribution of variables of the present study, which justify the choice of parametric tests for hypothesis testing.

Table 2: *Zero Order Correlations Among Variables of the Present Study (N=220)*

Variables	PS	APH	NH	ATH	ADH	PSH
PS	-	-.86*	.63*	.62*	-.63*	-.55*
APH	-	-	-.75*	-.77*	.90*	.66*
NH	-	-	-	.86*	-.63*	-.38*
ATH	-	-	-	-	-.61*	-.47*
ADH	-	-	-	-	-	-.67*
PSH	-	-	-	-	-	-

Note. PS = perceived stress. APH = appreciation of humor. NH = negation to use humor. ATH = attitude toward humor. ADH = adaptive humor. PSH = production and social use of humor.

* $p < .001$.

Table 2 shows Pearson correlation among study variables. The findings indicate that perceived stress has negative correlation with adaptive humor, appreciation of humor, and production and social use of humor. It has significant positive correlation with attitude towards humor and negation to use humor.

Table 3: Multiple Regression Analysis for the Predictors of Perceived Stress (N=220)

Variables	Perceived Stress	
	β	R^2
Appreciation of humor	-.86*	.76*
Negation to use humor	.63*	
Attitude towards humor	.61*	
Adaptive humor	-.82*	
Production and social use of humor	-.55*	

* $p < .001$.

Table 3 presents the findings of multiple regression and suggests that various components of adaptive and maladaptive sense of humor explained 76% variance in perceived stress and the model was overall significant $\{F(5, 214) = 138.98, p = .000\}$. Constituents of adaptive humor (appreciation of humor, production and social use of humor, and adaptive humor) were significant and negative predictors of perceived stress whereas components of maladaptive sense of humor (attitude towards humor and negation to use humor) were significant and positive predictors of perceived stress.

Table 4: Mean, standard deviation and t-value for male and female among study variable (N = 220).

Variables	Men (n = 116)		Women (n = 104)		$t(218)$	p	95% CI		
	M	SD	M	SD			LL	UL	Cohen's d
PS	8.48	3.32	23.02	9.61	15.30	.000	16.41	12.66	2.02
APH	8.97	0.44	5.68	1.35	24.75	.000	3.03	3.55	3.28
NH	7.90	1.29	13.06	1.58	26.65	.000	-5.54	-4.78	3.58
ATH	6.94	0.70	12.63	0.76	57.64	.000	-5.89	-5.50	7.79
ADH	16.34	1.23	11.38	3.00	16.31	.000	4.35	5.55	2.16
PSH	47.61	7.71	37.12	8.68	9.50	.000	8.31	12.68	1.28

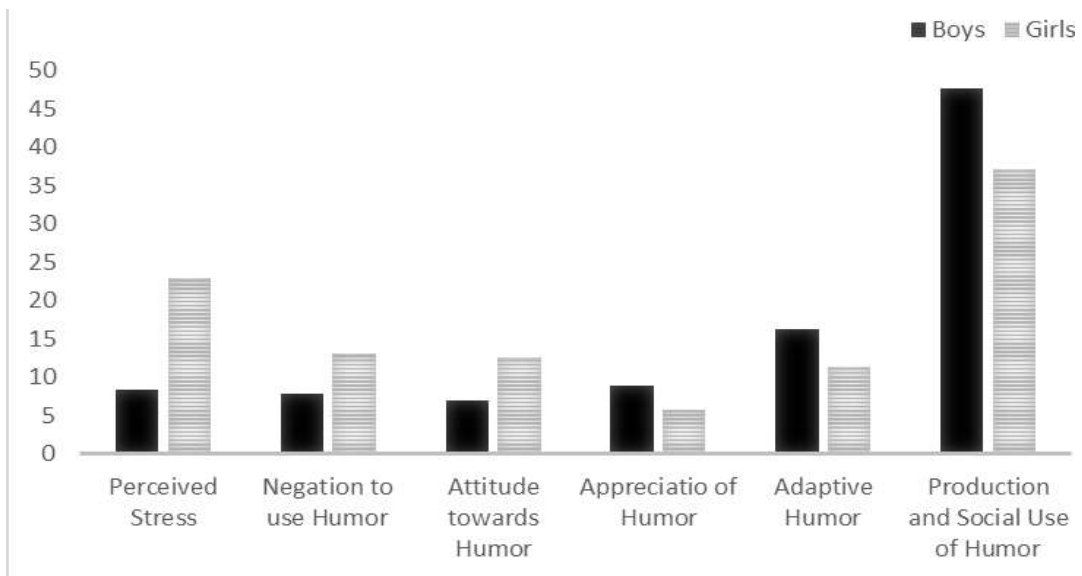
Note. PS = perceived stress. APH = appreciation of humor. NH = negation to use humor. ATH = attitude toward humor. ADH = adaptive humor. PSH = production and social use of humor.

Results indicate significant gender differences in perceived stress and various components of humor. Boys scored significantly higher on adaptive humor, appreciation of humor, and production and social use of humor (constituents of

adaptive humor) whereas girls had significantly higher on negation to use humor, attitude toward humor (constituents of maladaptive humor), and perceived stress.

These results have been schematically presented in Figure 1.

Figure 1. Gender differences mean scores of variables of the preset study



DISCUSSION

The present study aimed at formulating a gendered perspective on the impact of various types of humor on perceived stress among university students. The results of this study provide empirical support for all the proposed hypotheses. Attitude towards humor and negation to use humor (maladaptive humor) positively predicted perceived stress, which supported our first hypothesis (see Table 3). Individuals having maladaptive sense of humor may have lower levels of self-esteem because use of maladaptive humor in social situations may elicit negative emotional reactions from others, which may make them prone to the feelings of anxiety and depression. Furthermore, owing to their tendency of negatively evaluating others, such individuals are likely to perceive situations as more hostile, which may lead to higher levels of perceived stress.

Our results also demonstrated that perceived stress was negatively influenced by constituents of adaptive humor. This is in line with the pertinent literature that suggests use of adaptive humor as a defense mechanism for coping with stress whereby individuals may restructure negative life situations more optimistically in

comparison with their counterparts with a low sense of humor. Furthermore, the relieving nature of adaptive humor may buffer the negative effects of stress and it is a valuable source of enhancing self-esteem and stimulating relationships (Astedti-Kurki & Isola, 2001; Bauer & Geront, 1999; Beck, 1997; Johnson, 2002).

Our third hypothesis was also supported as significant gender differences emerged in terms of and constituents of various types of humor (see Table 4). It was observed that girls were significantly higher on negative humor and attitude towards humor (components of maladaptive humor) whereas boys scored significantly higher on appreciation of humor, adaptive humor, and production and social use of humor (components of adaptive humor). These findings may have their grounds in the patterns of our endogenous gender role socialization whereby boys are encouraged to be expressive, assertive, open, and frank within their social circles in contrast with the girls who are expected to be timid, shy, and reserved in social interactions. Thus, boys are encouraged to use and produce humor in social interactions and they reciprocate one another by appreciating the use of adaptive sense of humor whereas girls are fostered to have negative attitude towards humor. In fact, in our traditional rural backgrounds, girls are even not allowed to openly laugh or share any joke in front of elders of the family. Girls' higher level of perceived stress is

The higher levels of perceived stress among girls provided empirical support for our fourth hypothesis. This finding is in consonance with numerous empirical investigations that have concluded that girls are more likely to have higher levels of perceived stress (Dahlin, Joneborg & Runeson; 2005; Ranjita & Michelle, 2000; Polychronopoulou & Divaris, 2005). Owing to gender role socialization whereby girls are expected to be dependent on male family members for majority of important decisions in their lives, they may lack in self-confidence and may have greater fear of failure, examinations, and grades, which may lead to higher levels of perceived stress (Polychronopoulou & Divaris, 2005). Finally, findings of the present study also suggest that girls may lack in adaptive humor because of which they are deprived of an important buffering personal resource against stressful events in life.

Limitations and Recommendations

The present study has certain limitations, which should be considered while interpreting the findings. Owing to the correlational design of the study, no causal relationships can be implied. Furthermore, use of medical college students as participants is a specific population and the current findings may not be generalizable to the general population.

Moreover, the data were collected through self-report measures that may have inflated the relationships among variables. The data of the current study were obtained from undergraduate medical students who, owing to voluntary nature of participation, demonstrated casual attitude towards the research. There should be some attractive incentive for the participants so that they should have been involved in research and express their true opinion.

The present study was aimed at framing a gendered perspective on the relationship between constituents of various types of humor and perceived stress among undergraduate medical students. In general, hypotheses of the present study were supported and the large amount of variance that various components of adaptive and maladaptive sense of humor have explained in perceived stress suggested that adaptive humor could be an important shield against the negative influences of stressful life events whereas maladaptive humor may aggravate these influences. Furthermore, the pattern of gender differences in humor and perceived stress opens new avenues of research for exploring the influences of gender role socialization that may put our girls at a disadvantageous position and make them more vulnerable to higher levels of perceived stress.

Despite its scientific rigor, the present study involves certain limitations. Firstly, while assessing components of adaptive and maladaptive humor and perceived stress, it was not possible to control all factors which may influence one's level of perceived stress or characteristic style of humor, therefore, the inferences of the current study are theoretically grounded. Gender differences are quite likely to play significant role in determining the valence of different stressors in relation to perceived levels of stress. Future studies should assess whether male and female students have different sets of stressors and the differential impact of adaptive and maladaptive sense of humor on levels of perceived stress.

Moreover, relationship found in the present study may have been inflated owing to mono-operation and mono-method bias (Shadish, Cook, & Campbell, 2001) because data were collected through self-report measures. The participants of the current study were medical undergraduate students, who may not be a representative sample of the general population. Therefore, one should be cautious while generalizing the present findings. Finally, the variables of the present study should be investigated in populations who by virtue of their occupational demands are more vulnerable to heightened sense of stress. Such occupational groups may include but are not limited to nurses, teachers, customer services representatives, and police officers.

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Postnatal Affective Disorders: Mapping the research in Pakistan

Abstract

Postnatal psychiatric disorders and postnatal period have long been the popular areas of research. Several researches have attempted to find out and establish the causal relationship of postnatal psychiatric Disorders with various biological, demographic and social factors. Innumerable researches worldwide have focused on the assessment, symptomatology, management and prevalence of postnatal psychiatric disorders. Interest in the domain of postnatal disorders is recent in Pakistan but the focus is mainly on postnatal Blues and Postnatal Depression with the exception of postnatal psychosis for its rare prevalence and diminutive documentation to the clinicians. This systematic critical review abridges the state of indigenous research on prevalence, symptomatology and treatment of Postnatal Affective Disorders (PAD) other than postpartum psychosis in Pakistan. Review of the reports published between 1988 and 2015 showed postnatal Affective Disorders are quite prevalent in Pakistan. The unique psychosocial factors and Symptomatology make PAD different from what is documented in researches from western cultures. Absence of indigenous psychological measures leads to the ignorance towards the assessment of PAD in Pakistan which ultimately leads to their chronicity, unmanageability and persistence in Pakistani mothers.

Keywords: *Postnatal Depression, Postnatal Blues, Postpartum Depression, Postpartum Blues*

INTRODUCTION

Pakistan is considered to be the second largest Muslim country (WHO, 2011) situated at the South Asian region. Growing by 1.49% percent per annum, Pakistan's population has reached the, 199,085,847 making it the seventh most populous country in the world (CIA, 2015). The total expenditure on health in percentage is 2.8% of GDP in 2013 (Pakistan Bureau of Statistics) out of which 0.4% is devoted on mental

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psychological and emotional health of mothers is extremely relevant here. Mothers in health in Pakistan (Gulamani, Shaikh, & Chagani, 2013). The issue of the physical, the postnatal period have higher chances of developing affective disorders as compared to any other time throughout their life. The post delivery period in this regard is critical enough to be taken care of. Childbirth is not just a physical incident; it is a significant event that transforms women's lives forever and affects their physical, emotional, social and spiritual well-being (Buultjens & Liamputtong, 2007). Brockington (1996) held childbearing as the most complex experience involving major biological, social and emotional transitions. According to him this incident exposes the mother to a range of psychological and medical complications which steals the motherhood out of her. It is quite interesting to note how the incident of child birth can bring abnormality in apparently a normal mother. The mother witnesses physical changes in her body ranging from excessive body weight to the innumerable changes in her genital tract and pelvic organs. Physically she is returning back to the non pregnant state while adjusting to the physical changes of pregnancy, labor and delivery.

The initial phase of excitement after delivery is followed by exhaustion, physical discomfort and sleep deprivation. Most of the mothers are also going through the problems and issues of lactation and breastfeeding. Sometimes these physical, psychological and emotional changes exceed from the limits of normality. Physiologically the mother may suffer from a number of problems including urinary infection, bladder infection, uterine infection, puerperal sepsis (infection of genital tract) retracted / cracked nipples, breast engorgement, failure of lactation, urinary incontinence and retention issues etc. Psychologically and emotionally she may experience post trauma including tocophobia (phobia about childbirth), querelant reaction, puerperal panic, pathological fear of cot death, obsessional neurosis, grief, Postnatal affective disorders are comprised postnatal blues, postnatal depression, postpartum psychosis and mother infant relationship disorders including infanticide, child abuse and rejection are characterized under the umbrella of postnatal affective disorders (Brockington, 1998). This paper will talk about the state of indigenous researches primarily focusing on postnatal blues and postnatal depression.

Postnatal affective disorders were documented first time in literature by a French Psychiatrist Louis Victor Mace in 1858 as a distinct category from other psychiatric disorders (Marce' Society, 2006). Review of literature shows the identification of puerperal illnesses can be dated back in Hippocrates times. In those days it was treated by separating the mother from the baby. In 1960's this was characterized as a 'Milk Fever'; a fever that sometimes occurs shortly after childbirth. Initially thought to result from engorgement of the breasts with milk but now considered to be caused by infection (Medical Dictionary, 2013). Since the onset of postnatal disorders often

coincides with the beginning of lactation (which is governed by the change in hormones) therefore these disturbances were referred to as milk fever in the history (Stoppered, 2008). Literature has arbitrarily divided postnatal period into the immediate puerperium, which comprise of the initial twenty four hours postnatal, when severe post natal or post anesthetic problems may emerge. The early puerperium, lasts up to first week postnatal; and the remote puerperium, which lasts till the involution of the genital organs and beginning of the regular menstrual cycle. It occurs usually by 6 weeks in non- lactating or partially lactating women.

The early puerperium is manifested by Postnatal Blues (PNB) more popularly known as “The Baby Blues”. About eighty percent of females experience Postnatal Blues (GodFried & Charlot, 1996) in first two weeks next to delivery. In India, the occurrence rate of PNB is in the range of 50–60% (Vera, Alegría, Freeman, Robles, Ríos, et.al. 1999; Venkatesh , Manjunath & Rajanna, 2011). The documented prevalence of Postnatal Blues in Pakistan is as high as 54.36 percent (Rasheed & Khalid, 1988) and as low as 09 percent (Afzal & Khalid, 2016).

PNB begins usually three to four days after delivery and resolves between two weeks postnatal (Andrews-Fike, 1999; Gurel & Gurel, 2000). This post delivery phase is marked by inexplicable crying, sadness, fatigue, irritability, mild confusion, headaches, and less frequently insomnia (Khalid, 1989), depressed mood, anxiety and poor concentration. (Andrews-Fike, 1999), Sleep problems, concentration problems, reduced appetite (Kendall- Tackett, 2007; Wheatley, 2005). The symptoms reach the peak about four or five days after birth, and then decline rapidly, disappearing before the tenth day (Kennerly & Gath,1989). Bronkington (1996) considered their occurrence as a result of postnatal hormonal changes, tiredness, over whelming and stressful experience of childbirth. Being self limiting in nature, the symptoms of PNB usually do not intrude the mothers’ ability to take care of herself and new born but they can have an effect on the quality of life.

Postnatal blues have an etiological importance because the extended postnatal blues lasting more than ten days are the warning signs of the emerging Postnatal Depression (PND). Postnatal Depression is very common depressive illness that complicates the postnatal period. It affects around twenty percent of postnatal females (GodFried & Charlot, 1996). The indigenous studies in Pakistan have reported the prevalence rate of PND in between 16 percent (Afzal & Khalid, 2016) to as high as 94 percent (Rehman & Creed, 2007). Few other researches documented the prevalence rate as high as 63 percent (Kalyani, Saeed, Rehman, & Mubbashar, 2001) and as low as 5.2 percent (Ali, Ali, & Azam2009). The documented prevalence of Postnatal Blues is 54.36 percent (Rasheed & Khalid, 1988) and at least 50 percent (Habib & Khalid, 1997). Exact prevalence rate of PND and PNB in Pakistan is hard

to document because of variations in the methodologies of assessing and measuring the construct. PND is marked by the symptoms of depressed mood, weeping spells, anhedonia, lack of sleep or disturbed sleep, fatigue, lack or disturbance of appetite, forgetfulness, reduced self esteem, suicidal ideation, recurrent thoughts of death , concentration problems, severe exhaustion, anxiety, guilt, lack of energy, indecision, uneasiness, irritability, annoyance, anger , suicidal thoughts , inability to have warm feelings for her new born , thoughts of harming the child, obsessions about the infant's health and well-being as well as the concern over the own abilities of being mother (Brockington, 1996; Wisner, Peindl, Gigliotti & Hanusa, 1999; Cox & Holden, 2003; Riecher-Rossler & Fallahpour, 2003; Wickberg & Hwang, 2003; Dennis & Creedy, 2004; Kendall-Tackett, 2007) and thoughts of failing as a mother accompanied by lack of self care.

METHODOLOGY

This article focuses on the critical appraisal of research on Postnatal Blues and Postnatal Depression in Pakistan from 1988-2015. It is based on the archives of published and unpublished researches from Pakistan Journal of Psychological Research, Journal of College of Physicians and Surgeons in Pakistan, Pakistan Journal of Social and Clinical Psychology, Pakistan Journal of Psychology, Pakistan Journal of Clinical Psychology , Journal of Behavioral Sciences and Asia Pacific Psychiatry . In addition to that Pub Med and international journals were searched for potentially relevant published articles on the indigenous puerperal samples.

The key words used for the search were Postnatal Depression, Postpartum Depression, Postnatal Blues, Postpartum Blues, Baby Blues, Pakistan, Assessment, Management, Treatment, Consequences and a number of the combination of words. The literature search was restricted to English language, human subjects and psychological manifestations of PNB & PND. Reference lists and bibliographies of the selected articles were also examined in detail to identify the additional sources of information. The researches on indigenous female puerperal samples on Postnatal Blues and Postnatal Depression based in Pakistan were included; however the researches on immigrant Pakistani Samples, on mothers with still births and abortions, antenatal depression were excluded.

LITERATURE REVIEW

Review of Literature reveals that Postnatal Blues are often studied because of its etiological relevance for the onset of Affective disorders in Puerperium. Clinicians document significant correlation between the postpartum blues and postpartum depression. The research era of eighties in Pakistan brought the researchers' interest in studying Postnatal Blues and the interest is still intact. Following the trend of those

times most of the researches used western assessment measure and tools to study postnatal psychiatric disorders.

Rasheed & Khalid, 1988 found that women experiencing Postnatal Blues are more likely to experience Postnatal Depression. Their Research “Maternity Blues and Symptoms of Postnatal Depression Four weeks after Childbirth: A comparative study” revealed that considerable majority of Pakistani women experience Maternity Blues and later Postnatal Depression. This research with the sample of hundred and three females attempted to identify the symptomatology and bio-social factors of maternity blues and postnatal depression. It was found that women who were suffering from blues experience depression, anxiety, guilt, irritability, hypochondriasis, depersonalization, retardation, cognition, dependency, appetite disturbances, sleep disturbances and libido with different magnitude. Sleep disturbances were most experienced by the sample in this research; whereas the least experienced symptom was guilt. However this research couldn’t find significant relevance of gender of the new born child, birth order, relationship with husband, family system, work load at home and education of the mother with the onset and exacerbation of Postnatal Blues and Postnatal depression. This research didn’t assess the females for their mood swings prenatally because of which documented percentage of postnatal disturbances might be questionable. The possibility of chronic depression or prenatal depression in the sample understudy was not ruled out which makes it debatable.

In the same era another research named “Maternity Blues and Puerperal Depression in Pakistani women” was carried by Khalid (1989). This research concluded that majority of Pakistani mothers experience postnatal blues subsequent to deliveries and most among them were documented as having higher chances to develop postnatal depression. This research directed the clinicians to be vigilant regarding a strong relationship between postnatal blues and postnatal depression. Despite setting the trend for future researches on PNB and PND in Pakistan, this research however could not find the relevance of the place of delivery, personality of the mother, attitude and support at home and the gender of the new born child for the incidence of maternity blues and postnatal depression. This might be due to the use of western tools i.e. Gordon’s Maternity Blues Questionnaire and Pitt’s Questionnaire to measure PNB and PND in Pakistani Sample.

A decade later, comparative study on maternity blues among Nuclear and Joint family systems in Pakistan appeared in the PND literature. This study by Ahmad & Munaf in 2006 reported mothers in nuclear family system having more chances of developing postnatal blues as compared to the mothers from joint family system. This research did not pay attention to the other psycho-social determinants of

postnatal blues, like expected gender of the child, number of the children, physical health of the mother, relationship with in laws and specifically with husbands. This research included the mothers in the sample based on their reported family system and totally ignored the place where female is delivering her baby. i.e her parents or in-laws. In Pakistan, culturally a female goes to her parents place for her delivery and stays there for at least one and a half month unless she observes the ritual of *Chilla* (forty days postnatal). During this period she has an excessive physical, psychological, emotional and financial support and help from her parents and siblings. The association between the incidence of Postnatal Blues and family system she is living don't make much sense without learning about the place of delivery. Secondly, this research assessed the new mothers very next day of their delivery (more or less than twenty four hours), when literature on Postnatal Blues warrants their occurrence from first twenty four hours to ten days postnatal. This increases the chances of mistakenly assessing acute post anesthetic or post delivery complications as Postnatal Blues.

In the same era another research with the title "To study postnatal Depression in Pakistan" (Sarwar & Khalid, 1990) was carried out in Punjab University as the course completion requirement of Masters of Science in Psychology. This research intelligently assessed females for depression prenatal and postnatal following the longitudinal research design. Beck Depression Inventory was given to fifty mothers in third month of pregnancy, a month before delivery and three weeks after delivery. The results showed that prenatal depression was a significant risk factor for postnatal depression however the factors associated with depression in prenatal and postnatal period were not similar. This research also documented a strong relationship with undesired gender of the child and onset of postnatal depression. This research used Beck Depression Inventory which is criticized on its high face validity and multicollinearity. Response on every item has an effect on the response of subsequent items. The significant scores on BDI can be subjected to multicollinearity instead of actual ratings on the given items. Moreover BDI was developed and standardized on male and female population suffering from depression which doesn't support its utility to measure Postnatal Depression in females. Secondly if we assume prenatal and postnatal depression distinctly different and one serving as a risk factor for second owing to this research than measuring both of them using BDI seems to be unreasonable. This research itself has proved Depression as a continuum having a trigger i.e. childbirth which intensifies it. With a gap of seven years an unpublished thesis on "Pregnancy related Psychiatric Disorders" was done by Khalid & Habib (1997). This research aimed at the investigation of pregnancy related psychiatric problems and related factors in Pakistani women. Although the research is sound in terms of design and methodology but it focused on the postnatal psychiatric disorders instead of pregnancy related, more precisely delivery related disorders and associated

factors. With the sample of thirty this research has reported fifty percent incidence of postnatal blues, twenty percent of postnatal depression and thirty seven percent of postnatal anxiety in Pakistani females. The disorders discussed in this research are categorized among postnatal psychiatric disorders and are related to more of a child birth than pregnancy.

Risk Factors and Psychosocial Determinants

We cannot negate the importance and contributions of social determinants in the onset and exacerbation of postnatal affective disorders. The risk factors for postnatal depression in Pakistan are widely discussed by many researchers. Kalyani, Saeed, Rehman, & Mubbashar, (2001) reported of illiteracy, unwanted pregnancy, living in extended family, interpersonal marital difficulties, and mother loss in childhood as the strong associated factors with Postnatal depression. Moreover the risk factors like low socioeconomic status (Khooharo, Majeed, Das, Majjed, Majeed, & Choudhry, 2010; Klainin & Arthur, 2009; Rahman & Creed, 2007; Rahman, Iqbal, & Harrington, 2003; Irfan & Badar, 2003), mothers of young age (Irfan & Badar, 2003) gender of the new born child (Mujeeb & Qadir, 2012), poor relationship of mother with her in-laws (Klainin & Arthur, 2009; Rahman & Creed, 2007; Rahman, Iqbal, & Harrington, 2003), physical, verbal and sexual violence by others (Karmaliani, Asad, Bann, Moss, McClure, Pasha & Goldenberg, 2009), and violence by partner (Ali, Ali, & Azam, 2009; Khooharo, Majeed, Das, Majjed, Majeed, & Choudhry, 2010) are the most reported risk factors.

A research conducted particularly in this regard is “Risk factors associated with postnatal depression in Pakistani women” (Iftikhar & Khan, 2005). This research used Edinburgh Postnatal Depression Scale (EPDS) to assess depression among ninety hospital attending females. This indigenous research indicated females with baby girls, normal delivery, unplanned and unwanted pregnancies have high incidence of depression as compared to their counter parts. Among the mentioned variables unplanned pregnancy was the strongest indicator of postnatal depression. However this research had convenience sampling from the postnatal care clinics of urban areas only, and the findings cannot be generalized to the mothers belonging to the lower socio economic status, especially those who cannot afford to visit the postnatal care clinics as well as the females belonging to the rural areas. Moreover, EPDS was used in the era of research when the indigenous scale development for answering the indigenous research questions was not new to the researchers in Pakistan. Moreover EPDS was applied even when it had questionable clinical validation in Pakistan. The rationale of using EPDS might be the lack of resources in terms of time, funding and the research level, since this was an unpaid student research carried in terms of completing the M-Phil degree.

Another research aiming to identify the psychosocial determinants of postnatal depression appeared in 2008. Sadiq studied marital adjustment, perceived lack of social support, and socio economic status as the “Psychosocial determinants of depression in prenatal and postnatal period”. With the attrited sample of ninety out of hundred and fifty five mothers assessed prenatally and within four weeks postnatal, this research documented important findings. The sample was assessed prenatally on structured interview, Dyadic Adjustment scale Non-Support subscale of personality Assessment Inventory and Edinburgh Postnatal Depression Scale. EPDS was conducted to assess females for postnatal depression in fourth week post delivery. Results indicated that Socio-Economic Status and perceived lack of social support are non significant indicators. However the variable of marital adjustment appeared to be a strong indicator of postnatal depression among mothers. The only limitation of this research is the non indigenous measures used to assess mothers on various variables and particularly depression. Assessment of the mothers living and belonging to Eastern culture through Western based measures may confound the results and findings.

In 2009 a research with the title “Frequency and Associated factors for Postnatal depression” was conducted to study the relationship between obstetric and medical factors with Postnatal Depression in a Pakistani mothers. Muneer , Minhas, Nizami, Mujeeb & Usmani(2009) found that almost thirty three percent of the sample was diagnosed with moderate to severe level of postnatal depression. This research indicated a number of significant variations between the depressed and the non-depressed groups. Women suffering from the postnatal depression belonged to the lower socio economic class, were married for a shorter period of time, had more than five children, an uneducated partner and no friend.

Prevalence of anxiety, depression and associated factors among pregnant women of Hyderabad, Pakistan was studied by Karmaliani, Asad, Bann, Moss, McClure, et.al (2009). Their findings showed eighteen per cent of the women anxious and/or depressed. These psychological issues were found to be associated with husband unemployment ($p = 0.032$), low income ($p = 0.027$), a first child ($p = 0.002$) and an unwanted pregnancy ($p < 0.001$). The strongest of all the associated factors were physical/sexual and verbal abuse. Forty two percent of the females were identified with the history of physical and sexual abuse; however twenty three percent were identified as the victim of verbal abuse. This study identified the need of screening and intervention for domestic violence and depression/anxiety during pregnancy to improve the mental health of Pakistani mothers. This study has a limitation of using the assessment tool (Agha Khan University Anxiety Depression Scale) which is developed for assessing depression and anxiety among general population when

peripartum depression has some significant features which may not be detected through a depression scale developed on the general population.

Imran & Haider (2010) conducted a research focusing in the screening of antenatal depression and identified 42.7% of the sample as depressed. They documented the marital issues, conflict with parents and parents in law, history of domestic violence, psychiatric history, obstetric risk factors history including previous miscarriages, problematic pregnancies as the significant risk factors for antenatal depression. Moreover, mothers with antenatal depression had more complicated deliveries and babies with lower birth weight and APGAR scores. This research has assessed all the possible risk factors around pregnancy which can lead a mother towards the development of antenatal depression. The limitation for this study was the use of Edinburgh Postnatal Depression Scale for the assessment of antenatal depression when this scale is meant for assessing postnatal Depression among women (Cox, Holden & Sagovsky, 1987).

Similarly, the risk factors associated with the postnatal depression presenting at a teaching hospital by Khooharo, Majeed, Das, Majeed, Majeed & Choudhry (2010) also showed the patients with young age, history of postnatal depression, marital dissatisfaction, physical abuse, joint family system, poor socio economic status and non working status of the women were more likely to experience postnatal depression. Despite the sound methodology, this study had the limitation of generalizability as it was hospital rather than community based study. The sample representation has potential threats as the participants were taken not more than one teaching hospital, which may not be the representative of the rural women who fail to visit for postnatal follow-up.

Shah, Bowen, Afridi, Nowshad and Muhajarine (2011) aimed to investigate the prevalence and correlates of depression in pregnant women of different culture. They attempt to compare Pakistan with Canada in terms of prevalence and correlates of Antenatal Depression. Results revealed that the forty eight percent of the Pakistani mothers reported to be depressed in their Antenatal phase. This percentage was higher than the Aboriginal (31.2%) and Caucasian mothers (8.6%). Antenatal Depression was found to be significantly correlated with poor physical health in all women; however, there were distinctive correlates of antenatal depression in all the comparison groups: physical abuse was found to be significantly correlated with antenatal Depression in Pakistani women, sexual abuse was a significant correlate of antenatal depression among Aboriginal women, where as among Caucasian women, low income was the significant correlate of antenatal depression. This study adds up to the data of another study and drew the comparisons. This study couldn't identify the percentage of the women who had the history of depression out of the collated

percentage of antenatal depressed women. This makes the findings dubious regarding the exact comparative prevalence of Antenatal Depression among the sample. Moreover, the Pakistani mothers have the negative feelings towards self and child, somatic component in addition to psychological discomfort (Afzal & Khalid, 2014) which is unique to Pakistani mothers in puerperium. EPDS do not cater these factors and therefore assessment of Pakistani mothers on the culturally biased assessment tool question the generalization of the research findings to all the Pakistani community.

In 2013, Gul, Bajwa, Niaz, Haroon, Liaqat, Ahmad,... & Riffat identified the female gender of the new born in the fourth pregnancy has a significant relationship with postnatal depression. This study highlighted the significance of the deep rooted cultural preference for having the male child. Despite the sound methodology, this study had a limitation of including the mothers with prior history of depression/postnatal depression. Moreover, the presence of the attendants with the participants influenced their actual responses.

In 2014, Social support as the correlate of postnatal depression among Pakistani mothers was studied. Afzal & Khalid concluded that both the variables had significant negative correlation with each other and held social support as the significant protective and the preventive factor for the development of postnatal depression. They found the strongest of all the types of supports was informational support.

Sadiq, Sadiq & Ali (2015) evaluated the Post Partum Depression in Rawalpindi and Islamabad Pakistan. This study identified Elderly and professional women at higher risk of experiencing Postnatal Depression and social support from joint family system as the protective factor of Postnatal Depression. This study also used EPDS which questions the credibility of assessment by not tapping and assessing the symptoms manifestation of Postnatal Depression unique to Pakistani mothers.

Table 1: *Articles on Postnatal Blues and Depression on Pakistani sample.*

Year	Topic	Author	Design	Tools & Sample	Findings	Limitations	Reference
1988	Maternity Blues and Symptoms of Postnatal Depression Four weeks after Childbirth : A comparative study	Rasheed & Khalid	Cross Sectional	103 Postnatal Females	Women who were suffering from blues experience Depression, Anxiety, Guilt, Irritability, Hypochondriasis, Depersonalization, Retardation, Cognition, Dependency, Appetite disturbances, Sleep disturbances and libido with different magnitude. Sleep disturbances were most experienced by the sample in this research; whereas the least experienced symptom was guilt.	This research didn't assess the females for their mood swings prenatally because of which documented percentage of postnatal disturbances might be questionable.	Unpublished Thesis.
1889	Maternity Blues and Puerperal Depression in Pakistani women	Ruhi Khalid	Cross Sectional	Gordon's Maternity Blues Questionnaire (1984) and Pitt's Questionnaire (1968) Sample:	Pakistani mothers experience postnatal blues subsequent to deliveries and most among them have higher chances to develop postnatal	It could not find the relevance of the place of delivery, personality of the mother, attitude and support at home and the gender of the new born child for the incidence of maternity blues and postnatal	Pakistan Journal of Psychological Research. 4; 71-80

					depression	depression.	
1990	To study postnatal Depression in Pakistan	Abida Sarwar & Ruhi Khalid	Longitudinal Research Design	Beck Depression Inventory Sample: 50 mothers	Prenatal Depression was a significant risk factor for postnatal depression. The factors associated with depression in prenatal and postnatal period are not similar. It also documented a strong relationship with undesired gender of the child and onset of postnatal depression.	This research used BDI, which was developed and standardized on male and female population suffering from depression which doesn't support its utility to measure Postnatal Depression in females.	Unpublished thesis.
1997	Pregnancy related Psychiatric Disorders	Shazia Habib & Ruhi Khalid	Cross Sectional Study Design	Sample: 30	This research has reported fifty percent incidence of postnatal blues, twenty percent of postnatal depression and thirty seven percent of postnatal anxiety in Pakistani females.	The disorders discussed in this research are categorized among postnatal psychiatric disorders and are related to more of a child birth than pregnancy related.	Unpublished thesis.

2001	Incidence of Depressive Illness in Pakistani Women During Postnatal Period.	Saqib, Kalyani, Khalid Saeed, Rehman, & Mubashar	Cross Sectional	BDI & Psychiatric assessment Schedule (based on ICD 10) Sample: 120 , full term pregnant women.	Unwanted pregnancy, being primipara, living in extended family, interpersonal marital difficulties and early loss of mother, lower level of education found to have association with PND.	Assessment tools were not indigenous.	Journal of college of physicians and surgery, Pakistan .2001, vol. 11 (4)
2005	Risk Factors Associated with Postnatal Depression in Pakistani Women	Maria Khan and Iftikhar Ahmed	Cross Sectional	EPDS (Urdu version) & Demographic interview Sample: 90 hospital attending females	27% of the sample found depressed. Difference in EPDS mean scores of Normal-C section, mothers of baby boys and girls, & planned & unplanned pregnancies was highly significant. Negative relationship between economic status and PPD was found. Risk factors were unplanned pregnancy, gender of new born, income level of family, and type of delivery.	Convenience sampling from the postnatal clinics. So it cannot be generalized among rural population The important variables associated with PPD like age, number of children other than recent born child was not catered.	Pakistan Journal of Social & Clinical Psychology , 2005. Vol.3 no 1-2, 41-50

2006

Nuclear Family System as an Important risk factor for the Development of The Baby Blues	Riaz Ahmed and Seema Munaf	Cross sectional	Beck Depression Inventory (1961), the indigenous Intake Card and Case History Sheet Sample: 50 females	Depression is higher in Nuclear family systems as compared to Joint family systems.	BDI was used to assess Blues. The time range for the assessment of blues is not followed (i.e. first two postnatal weeks). This research has Sweeping over generalization.	Pakistan Journal of Social & Clinical Psychology , 2006. Vol. 4 no 1-2, 67-74
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2009

Frequency and Associated Factors for Postnatal Depression	Ather Muneer, Fareed Aslam Minhas, Asad Tamiz-ud-Din Nizami, Faiza Mujeeb and Asma Tanvir Usmani	Descriptive & Cross Sectional	Edinburg Postnatal Depression Scale (Urdu version) & Hamilton Rating Scale for Depression Sample: 154 participants	One third of a sample of women suffered from postnatal depression. Most of them showed the moderate severity. Lower socioeconomic status, low level of education, small families, married with three kids, married less than five years and living in extended families.	The assessment tools used were based on Western Norms and not sensitive enough to assess the sy	Journal of the College of Physicians and Surgeons Pakistan 2009, Vol. 19 (4): 236-239
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2009

Prevalence of anxiety, depression and associated factors among pregnant	Karmalia ni, Asad, Bann, Moss, McClure, Pasha, & Goldenberg.	Cross Sectional	Aga Khan University Anxiety Depression Scale; Sample: 1,368	Eighteen per cent of the women were anxious and/or depressed. The depression was found to be associated with husband's	Al Khan University Anxiety Depression Scale is developed for the assessment of anxiety and Depression in general population when peripartum depression has some	International Journal of Social Psychiatry 55(5), 414-424
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	women of Hyderabad, Pakistan				unemployment, poor socioeconomic status, education, first and unwanted pregnancy and abuse (physical, verbal and sexual)	significant features which may not be detected through a depression scale developed on the general population.	
2010	Screening of antenatal depression in Pakistan: risk factors and effects on obstetric and neonatal outcomes	Imran & Haider	Cross sectional	Edinburgh Postnatal Depression Scale & semi-structured demographic questionnaire Sample: 213	Out of 213 women, 91 (42.7%) scored above the cut-off for AD. Marital issues, conflict with parents and parents in law, history of domestic violence, psychiatric history, obstetric risk factors history including previous miscarriages, problematic pregnancies as the significant risk factors for antenatal depression. Moreover, mothers with antenatal depression had more complicated deliveries and babies with lower birth weight and APGAR scores.	Assessing the antenatal risk factors with EPNDS which is developed for the assessment of postnatal depression in true spirits.	Asia-Pacific Psychiatry, 2: 26–32

2010

Khooharo Majeed, Das, Majeed, & Choudhry,	Associated risk factors for postpartum depression presenting at a teaching hospital.	Descriptive and Cross Sectional	Edinburgh Postnatal Depression Scale Sample: 100	41.0% of a sample with the demographic Profile of young age, Previous PND, marital dissatisfaction; joint family system, physical abuse, poor socioeconomic and non working status had higher Postnatal Depression as compared to counter parts.	It was hospital rather than community based study. The sample representation has potential threats as the participants were taken from one teaching hospital, which may not be the representative of the rural women who fail to visit for postnatal follow-up.	Annals of King Edward Medical University, 16(2).
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2011

Shah, Bowen, Afridi, Nowshad and Muhajarine	Prevalence of antenatal depression comparison between Pakistani and Canadian women.	Cross Sectional	Edinburgh Postnatal Depression Scale. Sample: 354	Pakistan had the highest prevalence of Antenatal Depression as compared to other countries. Among the determinants of antenatal depression, physical abuse in Pakistan, sexual abuse in Aboriginal women and low income among Caucasian women were significant correlate of antenatal depression.	As women in the sample were not screened for previous history of Depression a sample was assessed on a culturally biased assessment measure.	Journal of the Pakistan Medical Association, 61(3), 242.
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2013

Gul, et, al

Postnatal depression and its comparison with the gender of newborn in fourth pregnancy.

Cohort research design

Demographic questionnaire, the Siddique Shah Depression Scale, the Edinburgh Postnatal Depression Scale and the DSM-IV-TR's criteria of depression
Sample: 500

The birth of baby girl increases the likelihood of postnatal depression among Pakistani Mothers.

is study had the data limitation, as mothers with the history of depression/postnatal depression were not screened out.

International Journal of Culture and Mental Health, 6(1), 16-28.

2014

Sidra Afzal & Ruhi Khalid

Social support and Postnatal Depression in Pakistani Context

Correlational Research.

Postnatal Depression Screening Scale, Social support Demographic Performance.
Sample: 106

Social support has significant negative relationship with Postnatal Depression

The emotional support needs of the mothers were assessed focusing only on the intimate partner as the main source of support provider, ignoring the other sources of emotional support.

Journal of Social and Clinical Psychology, 12(1), 34-38.

2015

Sadiq, Sadiq & Ali

Evaluation of Post Partum Depression in

Observational case-control and

Edinburgh Postnatal Depression Scale

Elderly and professional women are at a higher risk of Postnatal

assessment on a culturally irrelevant tool.

EC Gynecology 1.1 ;19-25

Rawalpindi/Islamabad Pakistan	retrospective.	Sample: 380	Depression. Social support from joint family system has shown to decrease risk of PND.
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Note: table incorporates the researches on postnatal affective disorders on Pakistani Sample from 1989 - 2015

Assessment Issues

The symptoms of postnatal blues and depression are not recognized due to their significant resemblance with natural postnatal symptoms, like fatigue, sleep difficulties and fluctuations in libido etc. Moreover, despite a remarkable research in the field of Postnatal Affective Disorders, Pakistan still lacks a standardized assessment protocol for postnatal affective disorders.

In Pakistan like any other country, Edinburgh Postnatal depression scale (Cox , Holden & Sagovsky, 1994) is extensively used assessment tool for the screening of PND. The review of literature depicts the research trend using Edinburgh Postnatal Depression scale since nineties till date. But these researches fail to evaluate and document the context of women's experience as new mothers and the elements of postnatal depression. Symptoms like, Feelings of loneliness, loss of libido, irritability, concentration issues, agitation, insomnia, weight diminution, perceived lack of privacy, psychomotor retardation, anxiety, and confusions are not assessed by EPDS. Moreover, EPDS seems to have a tendency of over diagnosing the mothers with PPD which questions the validity and reliability of prevalence studies in Pakistan. It assesses the depressive symptoms for a preceding week only, however clinically a person is screened for Depression when she is reporting her symptoms for two weeks.

Another self rating scale named Postpartum Depression Screening Scale (PDSS) by Beck & Gable in 2000 was developed to triumph over the EPDS limitations of evaluating additional thoughtful concerns of postnatal mothers. The theoretical domains of PDSS are sleep and appetite instabilities, nervousness/uncertainty, emotional lability, cognitive mutilation, self esteem issues, guilt and suicidal ideations. PDSS being a western based assessment tool fails to notice the indigenous manifestation of depression in addition to its limited utility with the non- English speaking community of Pakistan. Therefore the indigenous researches using PDSS may not give the generalized view of PND in Pakistan

Agha Khan University Karachi developed an indigenous screening instrument to counter these issues. This scale attempts to measure anxiety-depression syndromes. With the name of Agha Khan University Anxiety and Depression Scale (Ali & Raza, 1998) it covers most of the major symptoms of clinical depression and anxiety in the classification system of DSM IV TR. i.e. sleep and appetite disturbances, mood, interests, concentration, anxiety, loneliness, hopelessness, suicidal thoughts, gastro-intestinal symptoms, breathing problems etc. Based on the sample of both male and females' population, this scale technically cannot assess the symptoms specific to postnatal depression among new mothers.

CONCLUSION

From an anthropological perspective, postpartum depression is “culturally bound syndrome” (Stern & Kruckman, 1983), therefore the factors like socio-economics, biological factors, psychological factors, stigma associated with postnatal disorders, myths and practices associated with puerperium may influence the expression of postnatal psychiatric disorders and their manifestations. The current review of literature shows that the biological factors might be same owing to biological diathesis, but the cultural forces and socio economic elements play a crucial role in the manifestation of maternal distress during postnatal period. The ignorance toward the postnatal affective symptoms can impair mothers' ability of caring the new born and bring hindrance in bonding with the child. The consequences don't limit here, infants with depressed mothers are four times at risk for malnourishment than the children with physically and psychologically healthy mothers (Ali, Ali & Azam, 2009).

The timely assessment of postnatal blues and postnatal depression is indispensable in this regard. The most relevant assessment protocol can be indigenously developed and standardized, whether it is a structured interview, questionnaire or self rating scale. Unfortunately, PNBs and PNDs in gynecological units of Pakistan get attention of the gynecologists, physicians and families only when the symptoms reach to profound levels. This is because of the absence of screening rituals in hospitals. The valid screening is not possible unless some indigenized measures are available. The current review of literature shows the absence of indigenous assessment measure for screening postnatal affective disorders. Even when the indigenizing of tools is not new to Pakistan, still we lack indigenous tool for the assessment of postnatal affective disorders. There is the dire need for the ingenious assessment protocols that can assess the individuals on the basis of cultural specific symptoms' manifestation. Future research should be directed towards the formulation of valid and reliable indigenous screening protocols in the national and local languages. Moreover, the research on the development of teaching and training programs of would be parents

for their education about the symptoms and the challenges of parenthood. In addition, family intervention programs should be developed to benefit the patients suffering in silence.

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