Effectiveness of Psychological Well-Being among the Population of Jammu and Kashmir

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Abstract

The Indian state of Jammu and Kashmir, located in the northwestern part has found itself under a stormy socio-political condition since it is beset by historical issues as well as persistent confrontations. In light of this, this study aimed to conduct validity testing on psychological well-being among Jammu and Kashmir people. This was done through a thorough analysis that focused on varied facets of psychological wellness regarding the peculiar cultural, social and political landscape. The methodology used a deductive approach and quantitative surveys to reveal the intricate aspects of psychological being as realized by individuals living in Jammu & Kashmir. Data were quantitatively collected using standardized methods measuring factors such as levels of stress, anxiety symptoms, depressive disorders and resilience or satisfaction with life in 50 participants. For primary quantitative data that had been collected, SPSS was used to undertake different types of data analysis such as descriptive statistics, ANOVA test, T-Test, regression analysis, and others.

The results showed complicated relations of diverse determinants of psychological well-being that Jammu and Kashmir has experienced. Outstanding resilience and adaptive coping strategies were witnessed by a massive number of citizenry notwithstanding continual socio-political trials. On the other hand, stress anxiety, and depression rates were also substantial, especially for certain population groups exposed to conflict or disruption. Additionally, the research revealed multiple protective factors which provided psychological well-being. in consideration of this region. Effective and supportive social networks, cohesiveness of the community and cultural resilience emerged as robust buffers against negative effects associated with some biological stressors or traumatic events. Besides, the availability of mental health resources and interventions led him to be an essential factor in driving psychological well-being among the people in Jammu and Kashmir.

Additionally, qualitative analysis revealed the subtleties under which individuals interpret and deal with their psychological situation in Jammu and Kashmir's socio-political environment. A variety of themes ranging from collective trauma, and identity dynamics to

resilience narratives were identified through the stories told by participants and represent the diverse nature of psychological well-being in that part of the world. Hence, this study highlights the significance of psychological well-being at the population level in Jammu and Kashmir. When the interventions are designed to embrace these challenges and strengths that exist within the given socio-cultural context, coping skills can be developed to positively impact mental health. Finally, enhancing psychological well-being in Jammu and Kashmir stands vital not only for personal growth but also for facilitating sustainable peace building outcomes.

Keywords: Psychological well-being, Socio-political condition, Resilience, Mental health resources

Introduction

Background of the Study

The region of Jammu and Kashmir is characterized by prolonged socio-political unrest which may affect the psychological well-being of its population (Shabbir & Fayyaz, 2023). Even after the attempts at addressing these issues there still needs to be a disconnect in the assessment of the efficacy of the ongoing interventions in fostering psychological well-being. This study seeks to ascertain the current level of the psychological well-being of the population from Jammu and Kashmir, assessing the efficacy of different psychological therapies in developing resilience and promoting mental health in this specific context.

Problem Statement

In Jammu and Kashmir we face a serious issue, namely, a high prevalence of psychological distress and trauma in the population created by a long-term conflict situation and by political instability. Permanent exposure to violence, displacement, and uncertainty negatively affects mental health incidences of personality disorders, PTSD, anxiety and depression. (Nickerson et al., 2023). Mental health issues are widely investigated but no consolidated account of therapeutic methods taking into account the socio-cultural setting of this region has yet been made. An important aspect of this study is that it facilitates the discovery of evidence-based strategies which are aimed at preventing the occurrence of psychological distress and promotion of resilience in the scheme of things for the longevity of the mental health and stability of the society.

Aim and Objectives

Aim

The study aims to identify the effectiveness of psychological well-being among the population of Jammu and Kashmir.

Objectives

➢ To assess the current level of psychological well-being among the population of Jammu and Kashmir

➢ To investigate the socio-political and cultural factors influencing psychological well-being in the region

➢ To evaluate the effectiveness of existing psychological interventions in promoting psychological well-being and resilience among individuals in Jammu and Kashmir

➢ To provide recommendations for the development and implementation of culturally sensitive interventions for improving psychological well-being for the population of Jammu and Kashmir

Research Questions

➢ What is the current level of psychological well-being among the population of Jammu and Kashmir?

➢ What are the socio-political and cultural factors influencing psychological well-being in the region?

➢ How can the effectiveness of existing psychological interventions be evaluated in promoting psychological well-being and resilience among individuals in Jammu and Kashmir?

➢ What are the strategies for developing and implementing culturally sensitive interventions for improving psychological well-being for the population of Jammu and Kashmir?

Research Hypothesis

H0: There is no correlation between socio-political conflict and lower levels of psychological well-being among the population of Jammu and Kashmir.

H1: There is a correlation between socio-political conflict and lower levels of psychological well-being among the population of Jammu and Kashmir.

Significance of the Study

The Importance of this study is in the fact that it can fulfill a crucial lacuna in the knowledge base regarding the mental health challenges faced by the Jammu and Kashmir population. Determining the effectiveness of psychological interventions will be beneficial for the socio-political and cultural factors that influence people's psychological well-being and will design evidence-based programs to strengthen resilience and mental health in the region (Bernal-Romero et al., 2021). Finally, this study might provide the foundation for the creation of target interventions that are focused on the promotion of long-term psychological well-being and social stability in Jammu and Kashmir.

Literature Review

Psychological Well-being among the Population of Jammu and Kashmir

The Psychological well-being of people in Jammu and Kashmir is inextricably linked with the region's social and political context which is characterized by long-lasting conflict and instability. Bashir et al., (2023) have found a high prevalence of psychological distress, such as anxiety, depression, and PTSD, attributed to exposure to violence, displacement, and chronic insecurity. The multi-generational transmission of trauma complicates the psychological landscape of that area (Bryce & Collier, 2022). Although the interventions were made to sorting out psychiatric problems, the actual validity and significance of the interventions are disputable in consideration of contextual complexities and obvious limitations. Psychological well-being in Jammu and Kashmir calls for consideration of the socio-political script as well as implementation of culture sensitive interventions.

Sociopolitical determinants of mental health Jammu and Kashmir

Cognitive health concept in Jammu and Kashmir is highly dependent on socio-political factors. Protracted conflict, political instability and militarization created a context of perpetual stress, anxiety and trauma. Violence, human rights abuses and the threat of forced displacement all lead to anxiety, depression and PTSD (Bürgin et al., 2022). Also, the disintegration of social coping strategies and communal strains intensify mental anguish. Military environment plus the presence of security officers influences one's perception regarding safety and security which in turn affects mental health. Culture based variables such as the stigma connected to mental disorders or the gender specific factors of mental illness are the other vital determinants of mental health outcomes. In addition, mental health services and resources are scarce which consecutively result in more made demands by populations (Fegert et al., 2020). To improve mental health in Jammu and Kashmir, the socio-political determinants should be addressed and this requires systematic efforts which include peace building, social equity and provision of culturally coherent mental health services.

Effectiveness of Psychological Interventions among the Population of Jammu and Kashmir

The efficacy of psychological interventions in Jammu and Kashmir is determined by various factors inclusive of its exclusivity to a particular socio-political milieu and the cultural dynamics of Jammu and Kashmir (Pandya, 2023). There have been initiatives that have sought to make mental health support available; however, problems such as inaccessibility to mental healthcare, stigma related to madness and continuation of conflict among others have been some of the factors that have contributed to the failure of intervention programs. Also, culturally-determined interventions should be reviewed considering culturally-compatible approaches. Additionally, the absence of competent mental health professionals and the limits to adequate resources further impede the provision of excellent care (Mongelli et al., 2020). Despite these hurdles, some studies have outlined that for instance; trauma-focused therapies

and community-based programmes have been shown to contribute largely to increasing student's psychological well-being and resilience.

Theoretical Underpinnings

Ecological Systems Theory

Ecological Systems theory focuses on the mutual influence between individuals and the environment (Tanhan & Strack, 2020). It focuses on how an individual's development and functioning are affected by different systems. This includes the microsystem (immediate environment), mesosystem (interactions between microsystems), exosystem (external environment indirectly affecting the individual), macrosystem (cultural norms and values), and chronosystem (changes over time). This perspective would help appreciate the interplay of socio-political aspects, cultural interactions, and availability of resources in the case of Jammu and Kashmir which would in turn help in understanding psychological well-being and the effectiveness of interventions.

Conceptual Framework
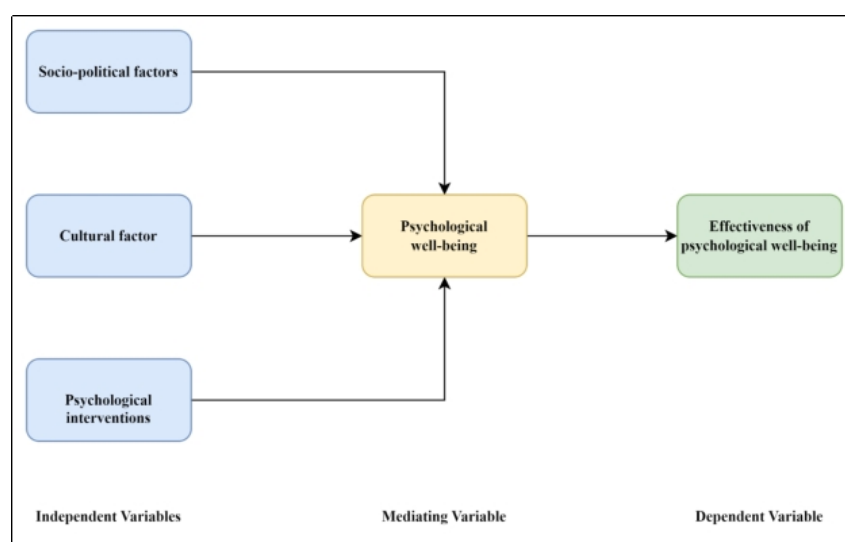
(Source: Self-created)

Figure 2.1: Conceptual framework

Literature Gap

Intensive study of mental health in conflict regions doesn't capture precisely what the Jammu and Kashmir population requires. Studies look at the prevalence of mental distress and the effect of conflict, however, there is a lack of literature on culturally sensitive interventions suited to this region. Present studies do not provide an appraisal of programmes that focus on the socio-cultural context and complex social dynamics. Such a gap highlights the importance of the studies that are concerned with specific psychopathological issues that have the most impact on the population in the region.

Methods

Research Philosophy

It is vital to apply Positivist research philosophy since it can provide one with the objectivity and quantification of results related to one's psychosocial well-being and the efficiency of the treatment interventions, respectively. Positivism highlights empirical observations, systematic measurements, and statistical analysis in verifying hypotheses which constitute the nucleus of rigorous scientific research (Park et al. 2020). This method facilitates the researchers to make generalizable conclusions thus the findings are credible and the recommendations are evidence-based for the mental health context in Jammu and Kashmir.

Research Approach

A deductive approach to the study enables it to test the derived hypotheses based on theories and empirical evidence. The fore-theorization studies are followed by the process of collecting data, and their analysis to prove or disapprove the hypothesis (Casula et al., 2021). Therefore the results are generalizable and they are also generalizable. Providing a Psychosocial status as well as interventions for Jammu and Kashmir are consequently produced.

Research Design

The exploratory research design that was explicitly chosen for our case study research is that such design would allow the making of the links between psychological well-being and interventions in Jammu and Kashmir. The different techniques (for instance, interviews, focus groups and observations as all of them are part of qualitative research) give a chance to the scientists to comprehend different things and add additional lyrics to those dimensions (Ormerod et al, 2023). The other concepts are also presented, some more or less synonymous. As the answer to the mental health issue, regionally, these proposals along with the new study methods are the solution to this.

Data Collection Method

The Selection of a survey method for primary quantitative data collection from 50 populations in Jammu and Kashmir is of the essence for various reasons. Surveys provide an efficient way of data collection from a large number of samples which provides a representative picture of the population's Psychological well-being and experience of interventions. Surveys allow to collection of standardized data which means that all participants will respond similarly therefore it is comparable (Goldammer et al., 2020). Surveys can cover various mental health themes and items that target the interventions in general. Surveys can be administered anonymously which encourages participants to give authentic responses thus improving the validity and reliability of the data collected.

Data Analysis

SPSS allows carrying out several statistical analyses to analyze data from the population which was surveyed among Jammu and Kashmir. Descriptive statistics such as mean, standard deviation and frequencies can summarize the characteristics of data. Inferential statistics including t-tests, ANOVA, chi-square tests, and regression analyses are to assess relationships between variables and test hypotheses (Cooksey & Cooksey, 2020). So, factor analysis can find underlying dimensions within the data, similarly, logistic regression can predict categorical outcomes. These analyses shed light on psychological well-being and intervention efficacy.

Ethical Considerations

Ethical considerations in this study include ensuring the voluntary participation, of participants, their informed consent and the confidentiality of the data (Xu et al., 2020). The researcher should first and foremost ensure the well-being and autonomy of study participants, ensuring the least possible harm or discomfort. Furthermore, cultural sensitivity and respect for local traditions and norms are of paramount importance. The approval from relevant institutional review boards ought to be acquired, with any conflict of interest incised. The results should be distributed responsibly, to ensure that misrepresentation and sensationalism are non-existent.

Findings

Demographic Information

1. What is your age group?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	25-34 years	8	16.0	16.0	16.0
	35-44 years	8	16.0	16.0	32.0
	45-54 years	14	28.0	28.0	60.0
	55-64 years	12	24.0	24.0	84.0
	65 years or older	8	16.0	16.0	100.0
	Total	50	100.0	100.0	

(Source: Self-developed in SPSS)

Figure 4.1: Demographic information of the age group

The age distribution of the interviewees reveals that the most are within the 45-54 years age group (28.0%), coming second is the 55-64 years age group (24.0%). Approximately the same proportion is found in the 25-34 years and 35-44 years age groups and 16.0% of respondents are 65 years old or older.

2. What is your highest level of education completed?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No formal education	9	18.0	18.0	18.0
	Primary education	15	30.0	30.0	48.0
	Secondary education	6	12.0	12.0	60.0
	Higher secondary education	8	16.0	16.0	76.0
	Bachelor's degree	7	14.0	14.0	90.0
	Master's degree or higher	5	10.0	10.0	100.0
	Total	50	100.0	100.0	

(Source: Self-developed in SPSS)

Figure 4.2: Demographic information of the educational qualification

Respondents' educational levels are diversified, and among them, the majority is primary school graduates (30.0%), next are those with no formal education (18.0%). While smaller percentages achieved secondary education (12.0%) or above,10.0% have a master's degree and above, the educational distribution being diverse among the sample.
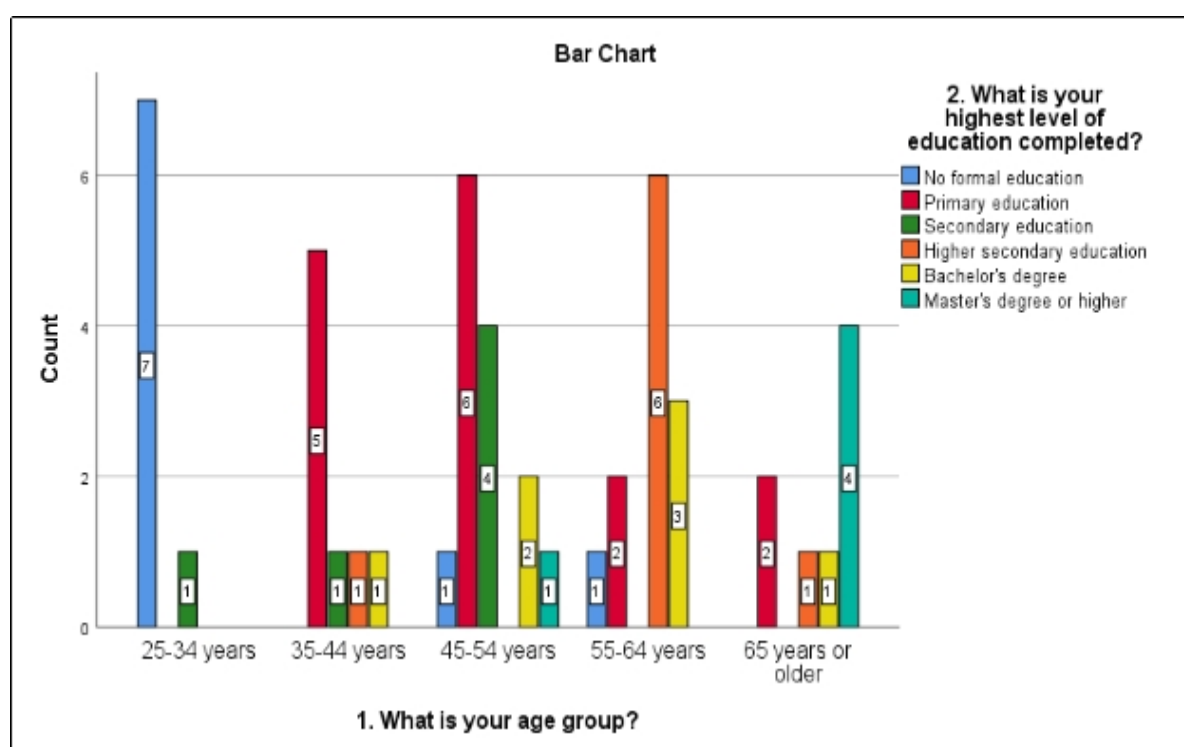
(Source: Self-developed in SPSS)

Figure 4.3: Bar graph between age group and educational qualification

Tabulated age groups and the highest level of education completed indicate different educational distributions across different age groups. Primary education is the most widespread among all age groups; in contrast to the secondary and bachelor's degrees that reveal higher proportions with the 45-54 years age group, which may indicate differences in educational attainment among age cohorts.

T-Test Analysis

One-Sample Test

Test Value = 0

	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference Lower	95% Confidence Interval of the Difference Upper
3. Do you feel generally satisfied with your psychological well-being?	30.802	49	.000	3.920	3.66	4.18
4. Do you often experience symptoms of anxiety or depression?	28.303	49	.000	4.040	3.75	4.33

(Source: Self-developed in SPSS)

Figure 4.4: Result of the one-sample test

The findings suggest that participants in general feel content with their psychological well-being and a mean difference of 3.920 with p < .001, implying a high level of satisfaction. In addition to this, the patients report symptoms of anxiety and depression difference of 4.040 (p<.001), showing a profound presence of mental health conditions. Thus, the focus is laid upon examining and resolving the psychological well-being issues of the Jammu & Kashmir population.

ANOVA Test

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
5. Do you believe that socio-political unrest affects your psychological well-being?	Between Groups	17.878	4	4.470	8.012	.000
	Within Groups	25.102	45	.558		
	Total	42.980	49			
6. Do cultural norms and traditions play a significant role in shaping your psychological well-being?	Between Groups	11.987	4	2.997	3.753	.010
	Within Groups	35.933	45	.799		
	Total	47.920	49			

(Source: Self-developed in SPSS)

Figure 4.5: Result of ANOVA test

The ANOVA results show significant differences in respondents' perceptions of how socio-political unrest influences psychological well-being (F(4,45) = 8.012, p < .001) and the role of cultural norms or traditions (F(4,45) = 3.753, p = .010)). This study implies that both social-political crisis and cultural aspects considerably determine mental health status in Jammu and Kashmir, thus necessitating consideration of these matters in policies of mental health.

Correlation Analysis

Correlations		7. Do you feel that psychological interventions have helped improve your psychological well-being?	8. Do you believe that psychological interventions have contributed to enhancing your resilience?
7. Do you feel that psychological interventions have helped improve your psychological well-being?	Pearson Correlation	1	.355*
	Sig. (2-tailed)		.011
	N	50	50
8. Do you believe that psychological interventions have contributed to enhancing your resilience?	Pearson Correlation	.355*	1
	Sig. (2-tailed)	.011	
	N	50	50

*. Correlation is significant at the 0.05 level (2-tailed).

(Source: Self-developed in SPSS)

Figure 4.6: Result of ANOVA test

The correlation statistics show that the respondents' perceptions of how psychological interventions improve psychological well–being are positively associated with their beliefs that these interventions are useful in enhancing resilience ($r = 0.355$, $p = 0.011$). Therefore, those for whom psychological interventions had a positive effect on their well-being also hold the view that these interventions increase resilience. The positive outcomes of the psychological interventions in terms of well-being and resilience in Jammu and Kashmir are consistent with the evidence.

Regression Analysis

Coefficients[a]		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.197	.791		2.779	.008
	10. Do you believe that culturally sensitive interventions would be more effective in addressing psychological well-being issues in Jammu and Kashmir?	.414	.177	.320	2.339	.024

a. Dependent Variable: 9. Do you think it is important for psychological interventions to consider local cultural practices and beliefs?

(Source: Self-developed in SPSS)

Figure 4.7: Result of regression analysis

The regression analysis demonstrates a considerable and positive relationship ($\beta = 0.320$, $p = 0.024$) between respondents' belief concerning the significance of local cultural practices and beliefs in psychological interventions and their belief in culturally sensitive interventions in improving psychological well-being. This connotes that taking into consideration the local cultural norms and beliefs are significant for the designing and application of appropriate interventions to improve psychological well-being in Jammu and Kashmir.

Discussion

The results of the study indicate that the null hypothesis (H0) is rejected that is, there is a correlation between socio-political conflict and lower levels of psychological well-being among the people of Jammu and Kashmir.

Conclusion

Therefore, this study has detailed the intricate relationship which exists between the socio-political dynamics, and cultural factors with the psychological health of Jammu and Kashmir. The findings emphasize the major role of long-term conflict and ethnic norms in mental health outcomes indicating the importance of culturally sensitive interventions. Evidence suggests that psychological interventions are crucial for promoting resilience and well-being, highlighting the need for tailored solutions to address the region-specific challenges. Hence, policymakers and stakeholders should emphasize peacebuilding activities and invest in integrated mental health services, which acknowledge the socio-political determinants and cultural diversity of the population in Jammu and Kashmir.

> ➢ *Recommendation 1*: Culturally sensitive mental health interventions, in active cooperation with locals, religious leaders and traditional healers, would be effective in the socio-cultural setting of Jammu and Kashmir.

> ➢ *Recommendation 2:* It will also be beneficial to invest in capacity building for mental health professionals and resources for quality care and support services, to meet the varied needs of the population which may differ, age-wise, and educationally.

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